

Rainbow Adult Day Health Care Center of Lynn

Senior Support Group program

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Healthcare Studies

Introduction

-Rainbow Adult Day Health Care Centers provide high-quality medical, mental health therapeutic, and social services for older adults 18 and up and individuals with disabilities. (Rainbow ADHC,2018)

Rainbow Adult Day Health Care services include:

Medical Services:

-Register and Licensed Practical Nurses provide the full range of skilled nursing per the physicians' orders, Daily health and vital signs monitoring, Assistance with all Activities of Daily Living, Medication management, including insulin, Diabetes education, and management.

Social Work Services:

- Provide support with social service- concrete needs, Housing, Caregiver support, Coordination of community resources, Translation / Interpretation services.

Nutritional Services:

-Culturally-sensitive breakfasts, snacks, and lunch.
-Education on nutrition.

Alternative Therapies:

-Massage Therapy and Acupuncture.

Exercise program:

-Daily morning exercise, Meditation, Yoga, Tai Chi, Chair exercise, and Zumba.

Transportation Services:

-Door-to-door pick-ups and drop-offs, Medical appointments, Assistance with grocery shopping.

Daily Activities and Recreational Therapy:

-Therapeutic dementia class. Computer Class, English Class, Crossword puzzle and Bingo, Ping Pong and Pool, Arts and Crafts, Chess game, Domino and Friday free dancing.



Related Literature

"The study was conducted in 8 countries for the investigation. They are all from Asia. The study has shown that the older adult living with the family has less depression than the older adult who lives alone. However, compared to western countries, the Asian populations lack more family support than Western people. These results indicated that the children or family members would have provided good support for their parents to decrease depression. This article does relate to the career site where I work now. It's essential to understand the background foundation of the participants who attend the adult daycare. I agree that family support always comes first." (Mohd, T., Amatullah, T. et al., 2019)

"Older adults use more medications and other age groups in the United States and are at greater risk for drug-related problems. As the body ages become more sensitive to the effects of medications, there is a decline in how the kidneys and liver work and their ability to clear drugs from the body. In addition, older adults often have multiple health conditions that weren't used by many medications that can interact and increase the risk of specific side effects or drug-related problems such as falls. The author also added more information about the pill over the counter. The older adult must check with the pharmacist before purchasing any medicine. It is crucial to understand the management of older adults. (Kretchy, I. A., et al., 2021)

Internship Project Objectives

- Decrease social isolation.
- Reduce depressive symptoms.
- The participants can share their ideas and express feelings to each other.
- Improve social skills such as communication with peers and collaborating.



Methods and Materials

- There are two groups that I run. They are through Video Chat and In-Person in the site center.
- Check the front desk to learn how many participants will attend the center that day.
- Call to remind the participant one day before the group starts.
- Create the attendance sheet for participants to sign.
- The first option allows participants to choose the topic they want to talk about today.
- The second option, find the topic that participants are interested in and concerned about in their living situation. Then do some research before coming to the group.
- Check the room. Prepare the table with pencils and paper for each participant.
- Consider providing 2 minutes for each participant to talk about the topic and express their feelings.
- Find a good video to show them topics like reducing stress, meditation, exercise, and eating healthy food.



Result

- In the end, when all participants finish the discussion, I summarize and give them feedback.
- As the group leader, it is my responsibility to give them feedback and potential solutions for a particular problem they might have encountered.
- Support solving the problems.
- The participant can release the stress.
- They improve their social skills and make more friends.
- They learn how to engage each other through facetime with me guiding them.

Conclusion

- Participating in this group would help them engage with each other and see each other face to face, even those utilizing the Group Chat video.
- They can communicate with each other, express their opinions and relieve the stress they might have confronted about a particular subject or situation.
- Every week I make sure all the participants are interested in the topic that I run in the group.
- I observe how they like the topic that we have discussions about by doing the survey and asking for some feedback from them. How do they like it? Do they look happy or not with the result that I give them? Do they look forward to meeting me again?

Intervention

- I can handle the situation in the group first by listening and understanding the participants' needs and issues.
- I make sure the participants understand the purpose of running the group, and the reason that I run the group is that I want to help them solve the problems they might encounter.
- I have to ensure explicit instructions and responses regarding each topic. Find a solution and direct them to helpful resources.
- According to the needs of participants, I allow them to address and discuss the topic because they know what they want and what their problems entail.
- The staff's input is delightful as the group increases or grows.
- The participants appear to improve their social skills and engage with their peers.
- They can address their concerns and get feedback from me.
- After I finished the topic, I checked in to see if the group supported the social issue related to housing, transportation, paperwork, and living situations.
- I make sure my response is suitable to the topic.
- I run the group because I want to help participants improve social skills, communication, engagement, and solving skills problems.
- I remind myself that I cannot solve all their problems. Yet I can direct them to the appropriate resources, but I cannot make decisions for them. The participants have to make their own decisions.
- Some participants are ready to change, and some are not ready to change. If some participants are prepared to change, it will be more uncomplicated for me to collaborate with them. On the other hand, suppose the participant is not prepared to change, then problem-solving will be more difficult for them.
- At the end of the group, they give feedback about their expression during the sessions.

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References

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