

Transcript

Title: Counselling Program Groups
Creator: Wellbeing Clinic for Older Adults
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One of the major parts of the counselling program has been groups, reminiscence groups. And we have a number of different kinds of groups whereby the residents get to communicate and socialise within an environment which builds their identity and their sense of community. And I think that's been an increasing part of the program.

We had a session where we listened to lots of music together. That was fun!

What about some politics?

We've steered clear of politics haven't we.

What is it they say, you shouldn't talk about politics or religion.

Sex, politics, religion I think are the big three to steer clear of.

I got the idea for this group from working at a private hospital in London. They were doing some reminiscence work there with the residents. And I just thought that you could see how valuable it was for them. Because you could see just how much the mood was being lifted during the session kind of whenever to reminisce about, you know, different things from their past. And, and so I sat down with Skye, and also we bought Suzanne and talked about what kind of things could we have for a group here. And so we put together a program and covered lots of different areas, such as music, such as sentimental things for people to bring in that they could talk about maybe pictures or things from the past. Food as well, which is often a popular one. You know, what, what, why is that a favourite food? What kind of memories does that elicit for that person?

Certainly, I observe that it was really lovely for some residents. Just had a joy about exploring and recalling things about their lives. And also some would actually also say, I didn't know that about so and so. Which is really lovely. Because it's very important that we build a supportive community here and one way of doing that is actually that people share things with each other.

Really like the focus was on does this actually improve mood? Does this improve well being we're very fortunate to have asked the residents to complete some questionnaires looking at depression and anxiety, loneliness, wellbeing beforehand. And look at whether you know, this does have any sort of positive effect at all on mood or wellbeing. I think that there is a real lack of kind of research in this area, and kind of what you know, interventions and what therapies and things can be bought for older adults. And of course, now, just in our general population, there are more older adults, so

we know that there's going to be more of a need for therapy and for interventions. So it'd be good to start something and see how it flourishes.

It was fun from the start, I think working out what kind of topics we wanted to cover with and it really rewarding and I feel like that in different ways and you get in kind of a clinic setting. You see that it benefits the clients and you know the residents. It's a very positive experience, and I've learned a lot from it.

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