

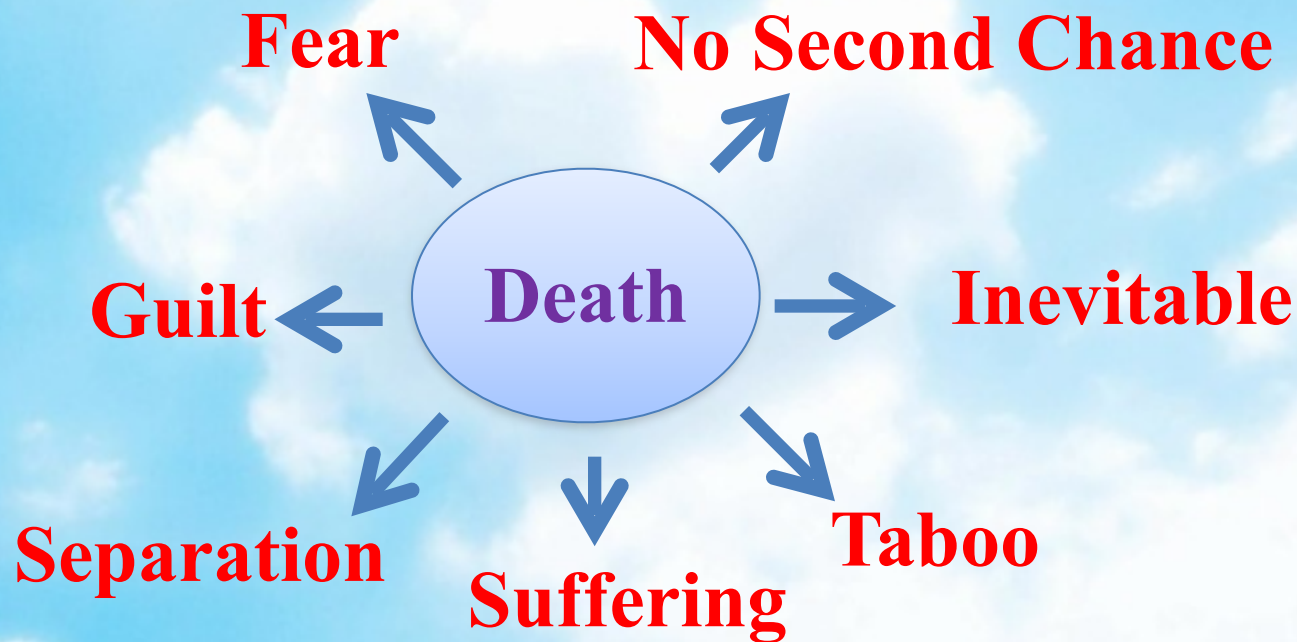


**Methodist Epworth Village Community Centre,  
Social Welfare**

**Abundant and Fulfilling Life –  
Intergenerational Life and  
Death Education Project**

# Significance of the Project in advancing family well-being

“Where there is Life, there is Death!”



Avoidance? / Preparation?

Death



intense emotions from family members

Life and Death Education



accept death will come naturally

advanced preparation



- treasure the time and relationships
- opportunity to remedy
- smoothen mourning process for the families
- advancement of family well-being

# **Intergenerational approach of Life and Death Education**

- **understanding and sharing between the two generations**
- **apply into their own families**
- **enhance family well-being**

# Theoretical framework and approaches adopted

## A. Life and Death Education

“Hospice Home” webpage: three-fold goals

- a. **Review** : evaluate one’s life and accept achievement and failure
- b. **Life-affirming values** : giving meanings to life and death, proactive time planning
- c. **Death preparation** : mend relationships, advanced directives

## **B. Life Review**

Bulter:

Definition : life evaluation as it nears its end

Goals : resolution, forgiving and reconciliation

Ho (2008) :

Life Review Projects for elders   
accomplishments, appreciate current life

## C. Intergenerational Programmes

Feigeles (2006):

increase cooperation, interaction between two generations

elders as mentors to youths

➔ share past experience, enhance resilience

youth share new knowledge

➔ connect elders to the community

Life Review Projects fostered mutual respect and understanding

## **Objectives:**

- Understand “Death”, alleviate fears**
- Affirm contribution, self-reflection, proactive time planning**
- Achieve the effect of “Life Influencing Life”**



# Output, Outcome and Effectiveness Measurement

## A. Output:

Programmes	No. of Sessions	No. of Participants
Elders	72	245
Youth	89	147
Intergenerational	49	1,469
Total	210	1,861

**45 Life Story Albums of the Elders**

## B. Outcome and Effectiveness Measurement

### i. Self-report rating of goals achievement and satisfaction level

Programmes	Goals Achievement (%)	Satisfaction Rate (%)
Elders	95.0%	96.0%
Youth	89.0%	88.0%
Intergenerational	95.7%	97.5%

Intergenerational Programmes have the highest ratings

## ii. Pre and Post intervention comparison

### Life Review Groups, Life Satisfaction Index questionnaire

- 17 successful samples, applying t-test

Questions	Diff of Mean	t	Sig
• Feel satisfied with my Life	0.3889	3.2891	0.0022*
• Worry about Health	0.2778	1.7613	0.0481*
• Feel happy in past 1 month	0.4444	3.6878	0.0009*
• Have contribution to Family	0.3333	1.6833	0.0553
• Have contribution to Society	1.0000	7.1414	0.0000*
• Emotional State	0.1667	1.3744	0.0936
• Worry about Future	0.0556	0.4370	0.3338
			* P<0.05

- Has improved the test scores at a 5% significance level.
- Higher improvement in questions 1, 3 and 5

## Death Preparation Experiential Activities and Groups, Perception of Death and Dying Questionnaire

- 37 successful samples, applying t-test

Questions	Diff of Mean	t	Sig
• Accept topic of death	0.3514	2.8368	0.0037*
• Accept visits to cemeteries	0.5135	3.5907	0.0005*
• Share with family members	0.7297	4.4827	0.0000*
• Have the right to choose	0.4595	2.9107	0.0031*
• Plan for the funeral	0.8649	5.9309	0.0000*
• Treasure present moment	0.3243	2.6396	0.0061*
• Feel satisfied with life	0.2973	2.5769	0.0071*
• Worthiness of my life	0.6216	3.7448	0.0003*
• Love and grateful to family	0.2973	2.0605	0.0233*
• Forgive and apologies	0.3784	3.0350	0.0022*
			* p<0.05

- Has improved the test scores at a 5% significance level.
- Higher improvement in Questions 3, 5 and 8

## • **iii. Qualitative Feedback and Focus Groups**

### • **Elders**

- view difficulties differently, treasure the remaining time
- attitude change towards Death, plan ahead for funeral

### • **Youth**

- “realize that death may be imminent, think about life goals”
- “spend more time with family members and grandparents”

- **Both Generations**

- perception change towards each other
- mutual care, encouragement and concern
- through acting as the elders in their youth  
in the Drama Performance

# Applicability in Different Culture

## A. Death is a taboo in Asian countries

- “Economist Intelligence Unit” research in 2010 :  
Quality of “End-of-life” Care
- Develop the “Quality of Death Index” among 40 countries
- 8 Asian countries :
- “Quality of death” rankings chart
- Improvement in quality of care, life and death education is a crucial element

B. Aging population and youngsters lacking life goals

C. Cultural values transmission from older to younger generations

Conclusion: applicable to Asian countries having similar background



# Sustainability and Knowledge Transfer

- Integration into the daily service provision

## A. Elderly service:

Life Review Groups, Bereavement Groups,  
Experiential Tours to Cemeteries

## B. Youth Service:

Youth as volunteer for Intergenerational  
Programmes

- publications :
  - Experience Sharing Booklet



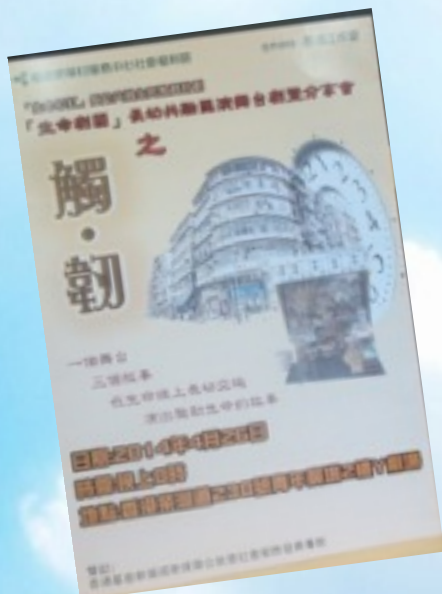
– “End of Life” Preparation Handbook



– Handbook for the Bereavement Group



# - Brochure for the Drama Performance



# - Life Story Albums

