



**PLAYGROUP SA**  
Playing, learning, supporting families

## Media Release:

# Intergenerational Playgroup *Play for the Young and the Young at Heart*

FOR IMMEDIATE RELEASE (Tuesday 17 November, 2015)

Playgroup SA Inc. and ACH Group have joined forces to deliver an innovative new Intergenerational Playgroup.

Playgroup SA, in conjunction with the ACH Group's Kapara Residential Living Facility, is proud to announce a joint project titled *Intergenerational Playgroup*. The *Intergenerational Playgroup* is a unique Playgroup where the young and young at heart join together for a morning of important social interaction. The *Intergenerational Playgroup* is a vital opportunity for parents, children and residents to engage in childhood activities together, create opportunities for children to further develop their skills, parents to create a local peer support network and provide isolated residents vital community interaction.

Research suggests that Intergenerational Playgroups improve outcomes and quality of life for older people, particularly those experiencing:

- Isolation/loneliness
- Dementia
- Disengagement from community

There are a number of studies done on Intergenerational Playgroups and the benefits for aged care residents and attending families. Research by Skropeta C M, Colvin A and Sladen S (2014) into participation benefits included the following outcomes for older residents:

- Increase in dignity, particularly with residents who have dementia
- Increase in longer lasting joy and happiness
- Higher levels of self-esteem
- More active participation in the community

Source:

Skropeta C M, Colvin A and Sladen S, 2014, *An evaluative study of the benefits of participating in intergenerational playgroups in aged care for older people*, *BMC Geriatrics*. <http://www.biomedcentral.com/1471-2318/14/109>

Playgroup SA Inc. is committed to closing intergenerational gaps between aged care residents and the community. We recognise the reciprocal benefits for younger and older people participating in activities together, building connections and building on capacity of all generations through these connections.

The need and benefits extend beyond those of the older person to the parents/ caregivers and children within the playgroup.

Where parents, grandparents and great-grandparents of attending families may have passed or who do not live locally, the playgroup provides them with the opportunity to engage and interact with older people and provides a safe and fun environment for positive shared experiences.





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Playgroup SA Inc. is a not-for-profit organisation founded in 1974 and is the peak association for playgroups in South Australia.

**Our vision** is to create the opportunity for every child to learn through quality play experiences while supporting family/carers in their roles as primary educators.

**Our mission** is to facilitate positive, enriching & educational experiences in a safe environment for young children and their families/carers by providing an accessible network of playgroup services.

The Intergenerational Playgroup will commence on the 23<sup>rd</sup> of November and operate from there on every Monday morning from 10-11:30am at the ACH Group Kapara Residential Facility, Moseley Street, Glenelg South.

**Further Information:**

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Good Lives for  
Older People

# Kapara Intergenerational PLAYGROUP

*Play for the young  
and the young at heart...*



**PLAYGROUP SA**  
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Kapara  
Residential Living

80 Moseley Street  
Glenelg South, SA

**Mondays**  
**10 – 11.30am**

*For families with children aged 0-5 years*  
**Morning Tea Provided**

For more information, please contact Playgroup SA on  
free call 1800 171 882, or Leonie on 0409 282 739.