

APPENDIX In13: GROUP OVERALL EVALUATION REPORT

Hong Kong Shue Yan University
Department of Counselling and Psychology
Group—Group Overall Evaluation Report

Developed by Department of Counselling and Psychology, Hong Kong Shue Yan University (2011 revised 2017).

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Placement Agency: C&MA Riviera Gardena Elderly Center	University Supervisor: Cassie Lam
Session No.: 1	Title of this Session: Ice Break
Group Title: Endless happiness in elderhood	
Date: 19/10/2021	Theme: First contact to the participants
Time: 10:00 - 11:00 AM	No of Group Members: 10

Part 1: Evaluation on goals, objectives, settings, and designs of the groups

Aims and goals of the group

The study mainly focuses on elderly people; how they will be able to express themselves more in different issues in society or in any daily situation that people face which the elderly need to create a platform for building their social skills and expressing themselves to the people around them. It was discussed in the previous activities that the elderly are often facing negative feelings and battling with their sadness because the pandemic had been hindering us to be interactive with others and seeing that most of the elderly aren't the same with the young generation who can use gadgets at any time of the day and are very interested in doing such, the elderly need more time in social interactions they build with other people.

In Erickson's psychological theory, there had been discussed a series of developmental stages in which these people who are battling with time, age, and their thoughts are already thinking of integrity and despair (Rosenthal et al., 2021). This has been the point of their lives that they are thinking of what will happen if they die and what could they leave behind if that happens. Most of the statistics shown say that elderly are vulnerable and are prone to have sensitive feelings that they tend to be sadder at that point of their life that they feel they are just alone. The more they are being isolated to their places, the more they feel unhappy.

Therefore, it has been the goal of the group to study and to have in-depth knowledge of how an interactive environment can bring back the activeness and the happiness of the elderly. It has been a belief that when the elderly are placed in a situation where their only focus is how they could interact and how they can be as lively as others, they can no longer think about the negativity but rather just focus on the positivity that their interactions with other may cause.

The social skills in which the researchers make take a role will help promote healthy aging for the elders as they need more attention, care, and support as their time here in our world is slowly decreasing. The goals of the researchers are to be part of the training centers in which the elderly will be taught different skills in promoting their good health and healthy mind. It is essential indeed to give them an orientation on how they could successfully interact with the other members of the society.

Building a workshop is indeed the goal of the research team to give an interactive platform for the elderly to enjoy themselves and to undergo age-related social and communication lectures and interactive activities which will boost them up. This project will hopefully be bringing enlightenment to other people even in other nations that the elderly must be given a chance to think of the positive things in life through different alternative platforms they can use even at this time of the pandemic.

Setting and designs of the group

The group that was being made is a type of psycho-educational group in which the nature of the group is counseling and how the participants can successfully build social interaction on every session that will be conducted by the team of researchers. The elderly are also expected to develop social expressions and to develop a sense of cooperation and respect as the activities are being performed.

The group is known to be available only for those who are in late adulthood. The group is containing only 4-6 members and will meet at the center's activity room from 19th of October to 18th of November year 2021. There will be a total of six (6) meetings every Tuesday and every session is expected to last for about 60

minutes. Moreover, the groups are supposed to be closed groups and so no more additional members will be allowed to join after the registration period for the group.

Part 2: Evaluation of the group dynamics

Relationship among group members

The elderly as part of the team must be equipped into building friendships with the people in their group to build an interactive environment. The elderly that will be joining the group must be part of the elderly center for this will be a closed group and therefore only the ones registered in the center will be accepted as there will be limited people that will be part of the group for the conduct of research. Moreover, the referrals from the staff of the agency would be highly appreciated especially if these will be for the improvement of the elderly; in their social skills and relationships.

Any conflicts and tensions

It is very important to have a clear mindset when conducting an activity where different moods of the elderly will be encountered. The goal of the team is to build an interactive environment for the elderly but how can this happen if the administrators or the masters of the event will be experiencing any conflicts or tensions? It must be a first that the researchers who will be conducting an event will agree on the roles, to the tasks being placed on them, to the activities they are agreeing with that will be implemented during the groupings, and so much more.

Any changes in group participants

It is highly recommended that the group will be closed and therefore if 10 people joined the team, if one leaves, then there will be no additional, only the people who stay in the activity will be counted as present.

Part 3: Reflect on overall performance

Things I appreciate about myself and my facilitation

I appreciate myself the most for having the courage to help and to contribute

to the group prioritizing the mental health of the elderly. I believe that the more we are being able to interact with the elderly, the more we'll get thankful for how we are getting all the privileges and the strength these elderly once had before in which have disappeared in them as they are slowly being taken by time.

The time that this was proposed, I always look forward to seeing the faces of the elderly giving us thanks for being such a good instrument into giving them happiness and positivity even in this time of crisis.

Major feelings and thoughts after the session

I feel like being one of the team members is already of a high privilege and a high responsibility as to how we can be able to bring good experience to the elderly. The elderly who are the major part of the study are also the ones where the inspiration of the team came from. The experience would be of a memorable lesson and experience that the elderly are also like us, youth, who are trapped in the uncontrollable time we have.

What I did that was unhelpful for member

I think the moment we create the ideas for the team is all part of the progress and so the efforts the members are making as well as the efforts I have given to the team are all important for the success of the team.

Learning from the experience

This experience will indeed give us a great lesson as to how important time and interaction are. The moment our knees are shaking and weakening, it is also the time we are slowly accepting that aging is part of our lives and that we cannot stop time from running. The elderly are indeed an inspiration to us because they have already been in the age we have today and they have already experienced so many things in life and therefore we must do things that will make them feel loved and prioritized.