

Evaluating The Happy Kakis (THK) Groupwork An Early Intervention to Social Isolation (Phase 1)

Presented by: Christopher and Ignatius from THK FSC @ Tanjong Pagar



太和觀 THK

THYE HUA KWAN
MORAL CHARITIES

Vision: An empowered community where quality care and support services are accessible to all.

*Mission: **THK**MC serves people with diverse needs by providing impactful community services with full respect to race, language and religion.*

THE HAPPY KAKIS
GROUPWORK

THE HAPPY KAKIS STORY



2021 Needs Assessment Survey

Gaps in services: **77% of elderly care** provided to households with elderly persons, was by **informal (non-professional) support** such as family members, neighbours, and domestic helpers, with only 11% of the elderly persons experienced formal (professional) support such as day-care and others (e.g.: respite care). The remaining **12%** of the elderly did not receive any care or were **deemed to be able to stay alone at home**.



2022 Focus Group Discussion

The gaps in services mentioned above, resulted in social isolation and unattended loss & grief of the elderly.



2023 Early intervention to social isolation (Phase 1)

Make visible the elderly's values so that they can explore a meaningful lifestyle to alleviate the symptoms of social isolation.



2024 Man Searching For Meaning (Phase 2)

Viktor Frankl. Influenced by Logotherapy. Worldly creations/encounters. Happiness is ensued. Attitude/meaning in life. Celebration.

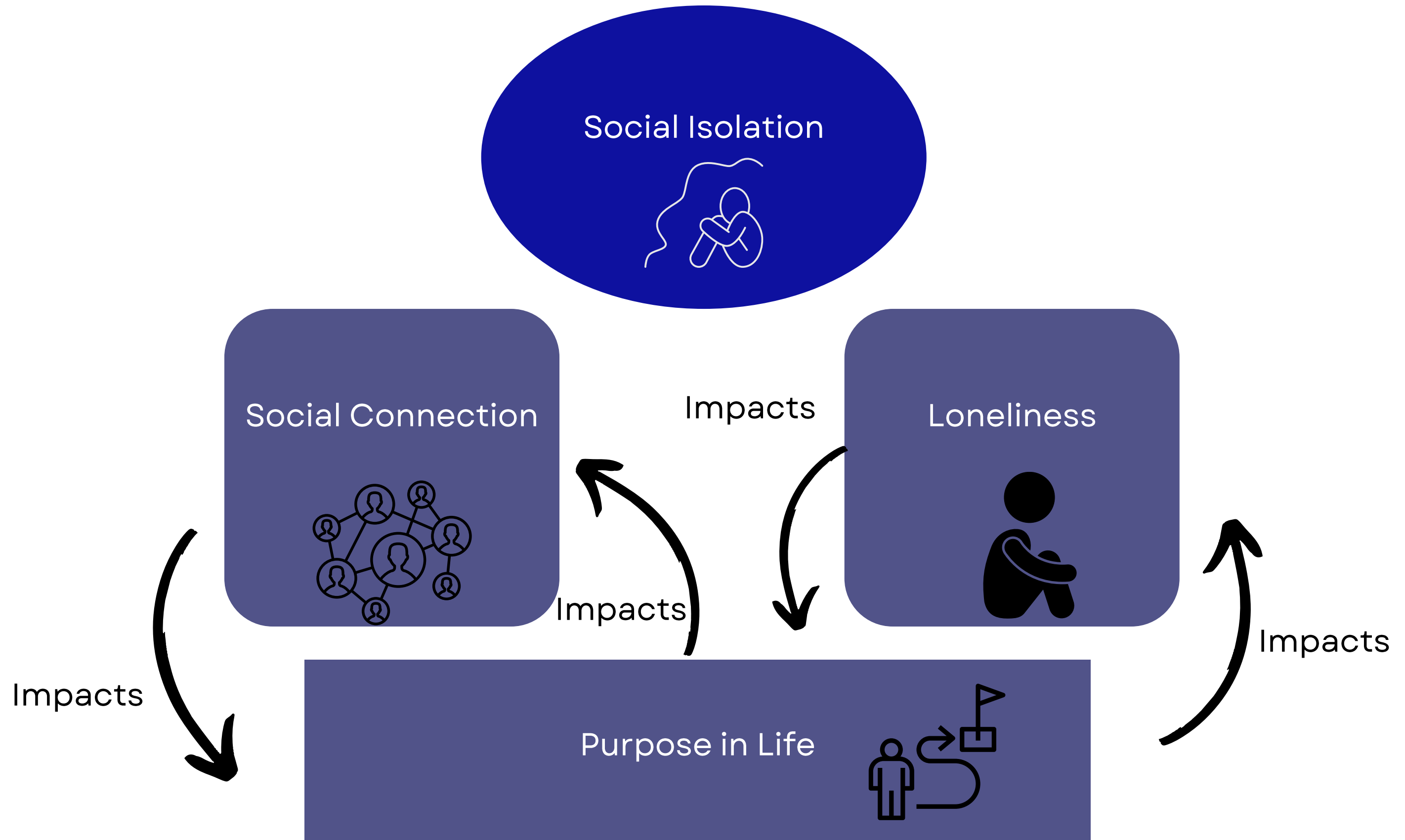


2025 Non-death loss and grief (Phase 3)

Disenfranchised loss:

- ambiguous loss, nonfinite loss, chronic sorrow and tangible/intangible non-death losses.

Literature Review



From Cacioppo et al., (2014) & Macià et al., (2021)

WHAT DOES SOCIAL ISOLATION LOOKS LIKE?

“I DO NOT HAVE FRIENDS, ONLY MY DAUGHTER WHO IS VERY CLOSE TO ME. ONE TIME I WAS WALKING IN THE RAIN, LOST IN THE RAIN. I AM DIVORCED, MY CHILDREN ARE IN OTHER COUNTRY, I AM LOST.

TODAY WHEN I THINK BACK, I FELT SO SAD FOR MYSELF. I AM LOST IN THE RAIN, WALKING UP AND DOWN, DO NOT KNOW WHAT TO DO, CRYING...”

WORDS OF A THK PARTICIPANT

Effects of social isolation



“I would not have cut myself if there was a program like this...”

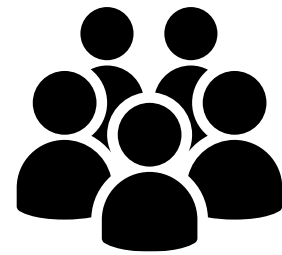


“Suicide is a selfish thought, tears from your love ones will never stop.”

What could be helpful to alleviate the symptoms of social isolation?

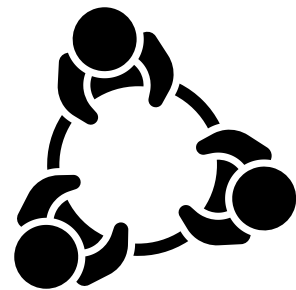
Groupwork Interventions

Eight 2-hour face-to-face sessions were held at THK FSC @ Tanjong Pagar, spaced three weeks apart.



Two distinct group settings were utilized:

- A large group arrangement where participants were seated together.
- A smaller group format designed for detailed discussions, offering increased airtime and space for deeper processing.



Session Rubrics linked to Logic Model/ ToC

Session 2: Reminiscence – Remembering the important persons

Objectives:

- To experience past meaningful moments.
- To remember important people in our lives

Key words:

From Purpose-in-life: Enthusiatic, exciting, well-defined goals, meaningful, more lives like this one, exciting, valuable, reasons to live, adaptable, responsible, freedom, unafraid, purpose in life, under my control, pleasure, satisfaction, goals.

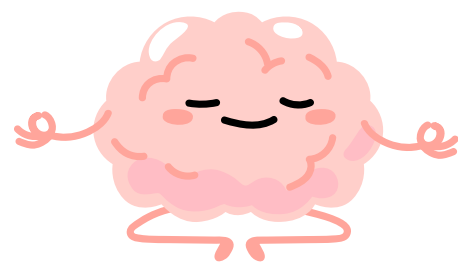
Dates (Wednesday)	Session description
12 July 2023	Intro. Book Launch and mindfulness eating.
2 Aug 2023	Reminiscence - (Remembering the important persons in our lives)
23 Aug 2023	Five stones and one rock : Five stones: Identify values through art and craft. Eg: Art Jar/Leaf decoration.
13 Sep 2023	Five stones and one rock. (Sequel): One Rock: Moving forward with values.
4 Oct 2023	Debunking the myths about aging.
25 Oct 2023	The Velveteen Rabbit. Lost and grief.
15 Nov 2023	Gratitude/giving back/affirmation.
6 Dec 2023	Publication day and X'mas celebration

Groupwork Interventions

Evidence-informed activities (selected):

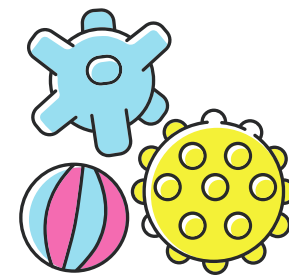


Adopting elements of reminiscence therapy; Sharing past life experiences in a group setting (old photos and memories). (Gaggioli et al., 2014)



Mindfulness-based activities (mindfulness eating); improving emotional well-being and focusing on the here and now.

(Geiger et al., 2015; Nelson, 2017)

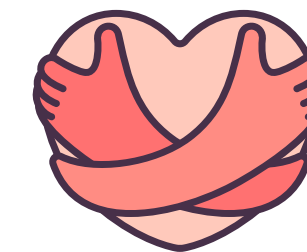


Elements of play therapy to work with projections through activities like creating art jars and building Lego structures.

(Oaklander's ,2007)



>90% of participants rated the activities enjoyable and meaningful from feedback



Self-compassion activities (affirmation notes) and reflection of life's to discover life's values and passion.

(Lindsay & Creswell, 2014, Schippers & Ziegler, (20

Journaling Re-authoring



收健康
收朋友
大家快乐
关心别人
记注恩情
不要忘记
记得大笑

The Happy Kakis Participant 2023

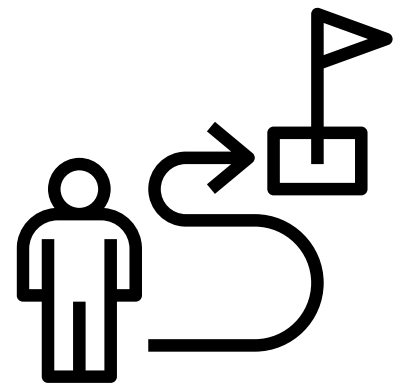
Participant had
created a poem
about value of
happiness and
kindness

Findings (Quantitative)



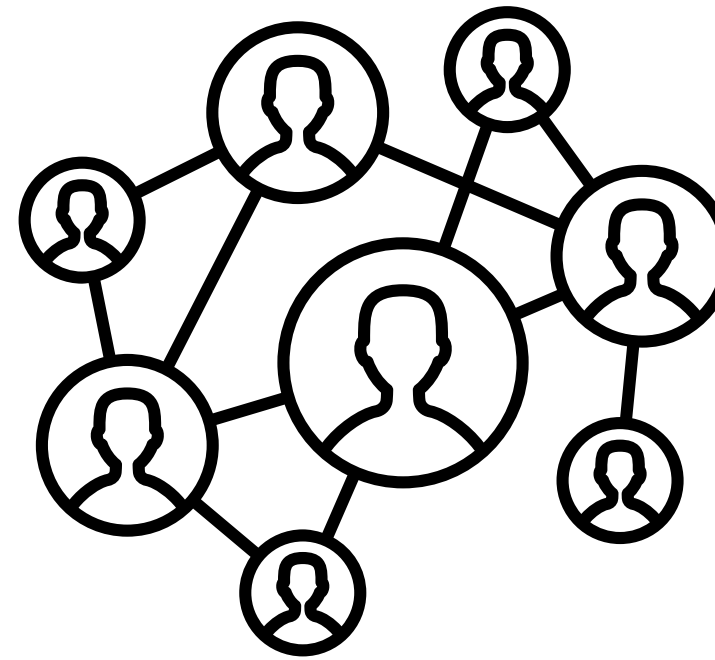
**Loneliness
(ULS-6)**

50% reported a decrease in loneliness following the groupwork sessions



**Purpose- In-
Life (PIL-SF)**

80% reported an increase in the measure of purpose in life following the groupwork sessions



**Lubben Social
Network (LSNS-6)**

***60%** of total participants perceived a decrease. Of those, **4 out of 6 experienced only a marginal decrease** of within 2 points.

40% of total participants reported an increase or no change in social networks.

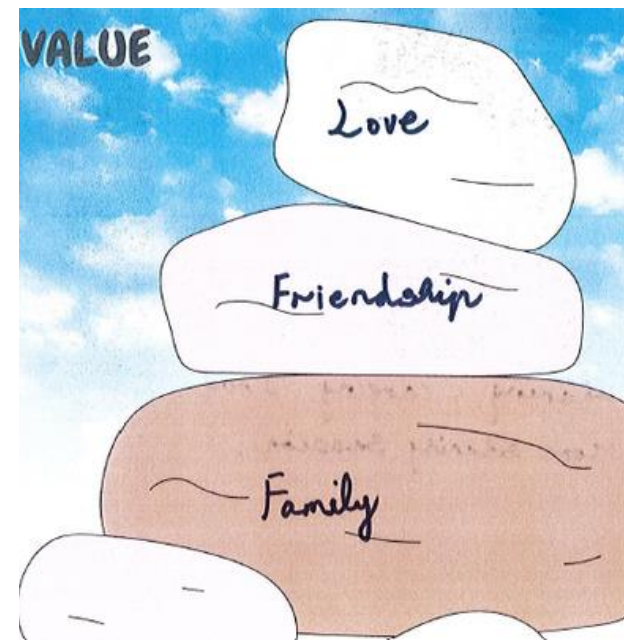


Findings (Qualitative)

Redefining and Rediscovering connections through values

Participant LHS who was estranged from his family had reconnected with his nephew and eventually went overseas to Malacca with him; an indication that he had started to redefine what family meant and reconnected with his extended family members, thus also increasing his social network.

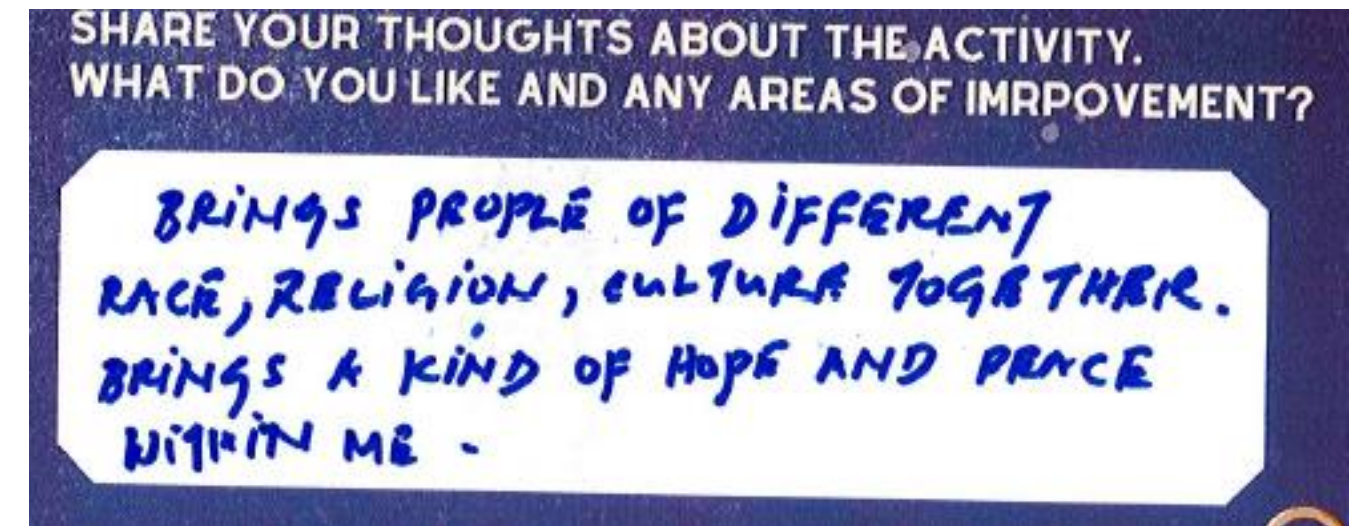
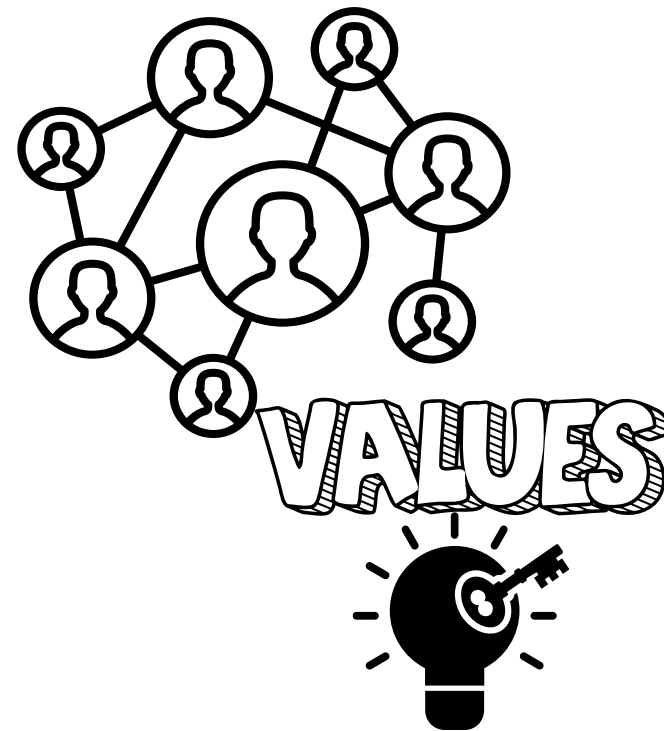
RECONNECTING WITH LOVED ONES



CONNECTIONS AS THE BEDROCK FROM PARTICIPANT KSM

Participant ML shared she has connected with Participant NSJ after the groupwork, where she had met her for coffee and to catch up on life. She shared that hearing about Participant NSG's experiences has helped her to gain insight on how goes through their individual struggles.

SUSTAINING NEW CONNECTIONS

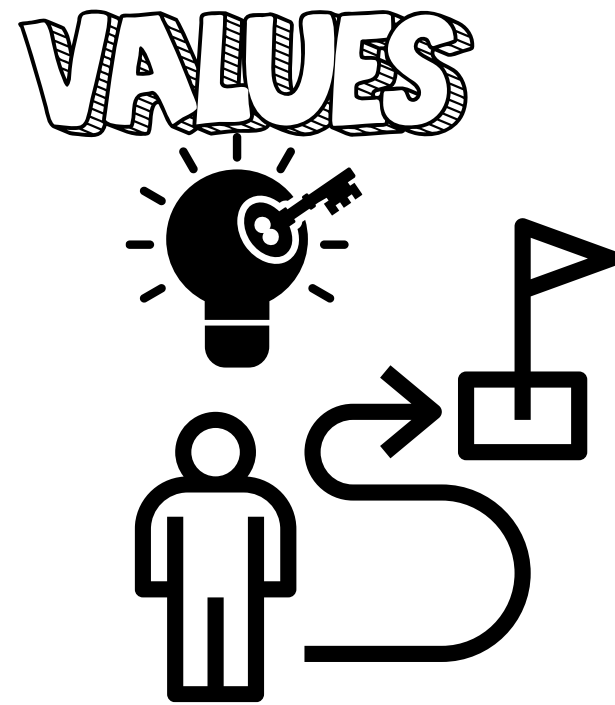


IMPORTANCE OF CONNECTION FROM PARTICIPANT V

THE HAPPY KAKIS
GROUPWORK

Findings (Qualitative)

Rediscovering purpose through identifying values



Facilitator: What did you learn from your moral compass?

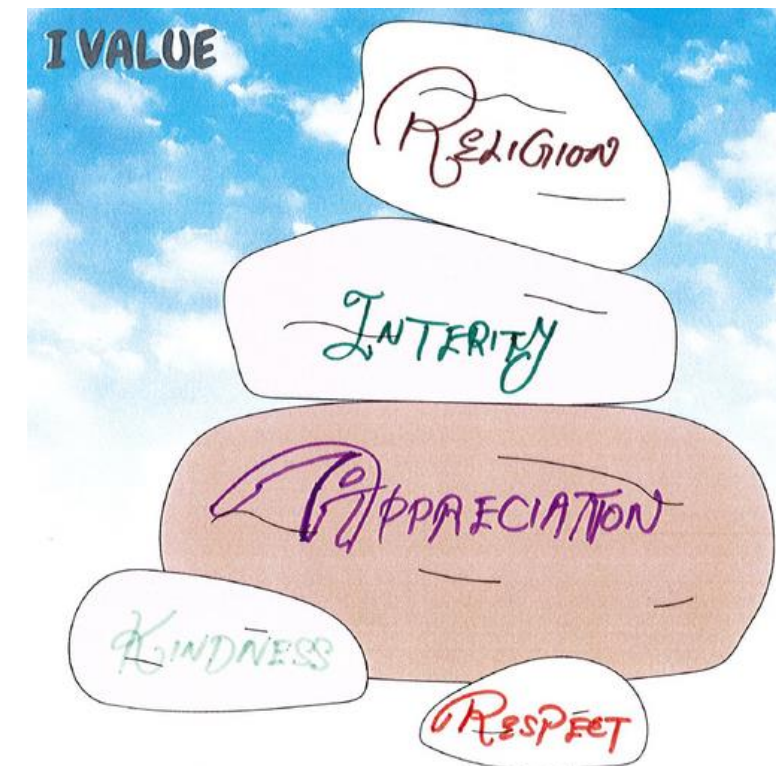
Participant NSG: Love others more, seldom think about myself, I love myself less, I do not love myself. It was always for my family. Although I do not bring in income but I contribute a lot to the family. Nobody sympathize with me. That is why must learn to love myself. I learn this word 'to love myself' today.

PARTICIPANT NSG REEVALUATING HER SENSE OF SELF AFTER COMPLETING THE MORAL COMPASS ACTIVITY

THE VALUES THAT DRIVES PARTICIPANT ML TOWARDS SEEKING A PURPOSE IN LIFE

Participant RZ eventually had to withdraw from the groupwork as she had decided to commit to attending religious classes which had clashed with THK groupwork sessions; an indication that she had wanted to sought meaning through her religious life, following her positive takeaways during the sessions which she attended.

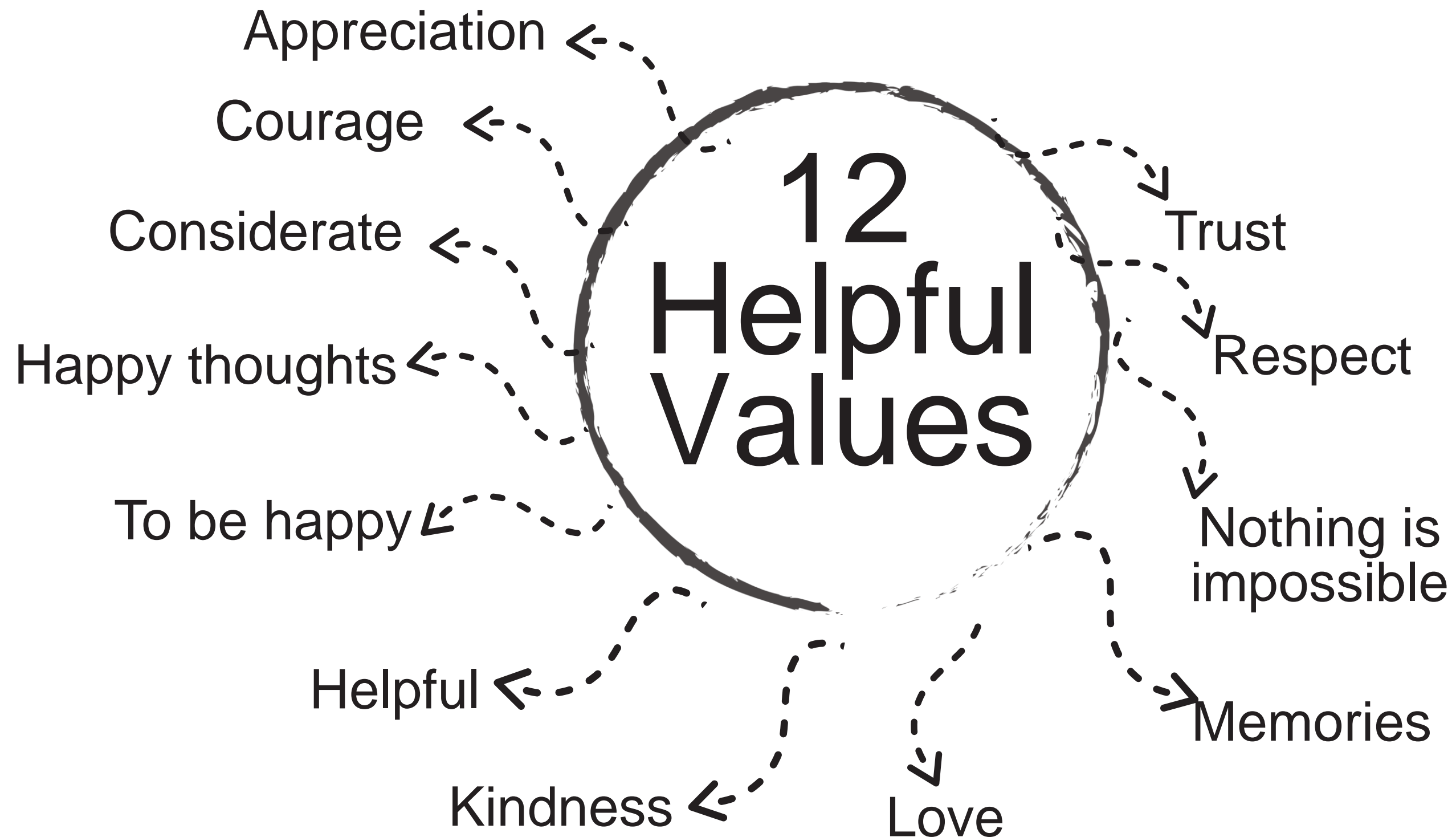
REDISCOVERING A PURPOSE IN LIFE THROUGH RELIGIOUS VOCATION



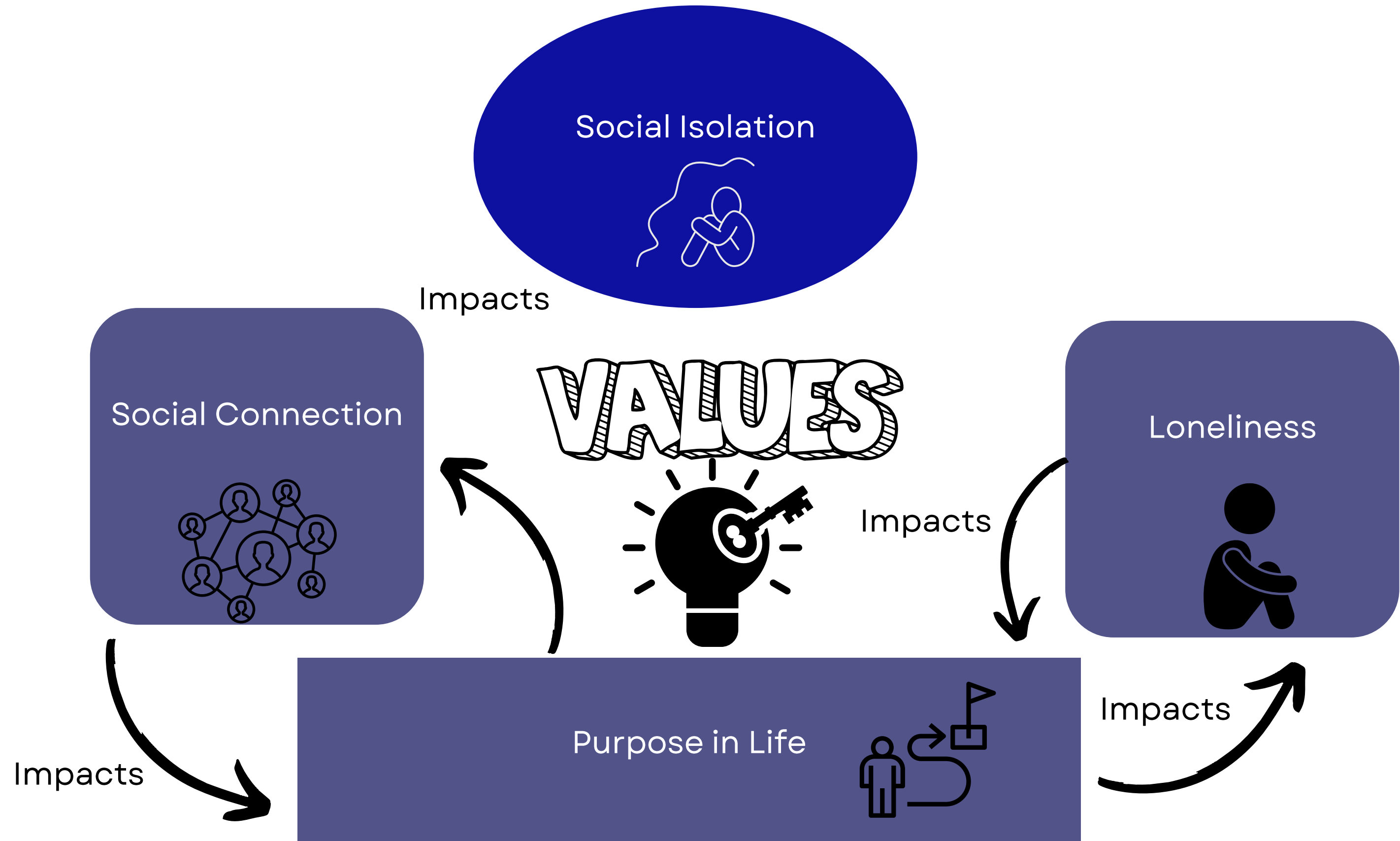
PARTICIPANT R'S VALUES HELP HER LIVE A PURPOSEFUL LIFE.

THE HAPPY KAKIS GROUPWORK

12 values helpful to alleviate the symptoms of social isolation



Focus on Values



From Cacioppo et al., (2014) & Macià et al., (2021)

Implication

Make visible the elderly's values so that they can explore a meaningful lifestyle to alleviate the symptoms of social isolation.



THK Gratitude Tree

Moving Forward



“...I did not fill-up the botte because I want to complete my remaining journey happily...”



THE HAPPY KAKIS PHASE 3: NON-DEATH LOSS AND GRIEF.



TO CONTINUE WORKING TO GAIN A WIDER ACCEPTANCE OF THE HAPPY KAKIS GROUPWORK.



TO DEEPEN OUR KNOWLEDGE ON THE 12 HELPFUL VALUES.

The Happy Kakis Groupwork

(An early intervention to social isolation)

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