

Time Together: Intergenerational Companionship and Respite Care

Felicia Greenfield, MSW, LCSW
Lauren Massimo, PhD, CRNP



Social Burden of Dementia

- Most older adults with dementia live in the community and are cared for by an unpaid family caregiver (Kolanowski, et al., 2018).
- Meaningful, positive social interactions foster well-being.
- Health insurance is limited in its provision for non-medical care like companion care and adult day centers
- Innovative programs are needed to provide opportunities for socialization and a break for caregivers

Time Together Program

- University students are matched and trained to provide engagement and recreational activities
- Offers respite to caregivers
- Up to 10 hours/week
- Supplemental virtual programming



PENN STUDENTS NEEDED FOR RESPITE CARE RESEARCH STUDY

What will I do?

Students will be asked about attitudes and perceptions about older adults and dementia.

Students will be trained to provide respite care through companionship and meaningful engagement.

Students will then commit to providing 3 hours of respite care per week.

How long is the study?

There are two study arms (a respite arm and a wait list control), each lasting 12 weeks.

Students can choose to commit to one arm (12 weeks of service) or both (25 weeks).

Will I be paid?

Students will be paid \$8.50 per respite care hour for their participation.

The Penn Memory Center is conducting a research study to evaluate the effects of Time Out, an intergenerational respite program that matches Penn students with older adults with mild cognitive impairment (MCI) or mild to moderate Alzheimer's disease (AD). Students are asked to provide 3 hours of companionship/respite care in the community or the home of the family they are matched with.

Respite care may include conversation, reading, or mobility assistance, and may also include meal preparation, laundry, and light grocery shopping. It does not include personal care – such as bathing, dressing, feeding, or toileting – nor does it include administering medications or therapies.

The Time Out Respite Program provides young adults with the real-world training for working with older adults, including those with varying levels of cognitive impairment. This is a paid opportunity to learn from the experts about aging, dementia and caregiving.



Contact: Meg Kalafsky
Time Out Coordinator
267-624-4282
megan.kalafsky@pennteam.upenn.edu

 3815 Chestnut St.
Philadelphia, PA  (215) 682-7810  pennteamcenter.org

 Penn Memory Center
UNIVERSITY OF PENNSYLVANIA HEALTH SERVICES

With generous funding support from



Institute on Aging

Time Together

Time Together increases social engagement and reduces behavioral symptoms



Time Together will have a positive effect on students while training our future workforce

“I have never had such a joyful and rewarding experience. In many ways, I cannot tell who is benefitting more from the visits!”
- Student

Time Together



- Time Together reduces caregiver stress and burden

Time Together Virtual Programming

TimeOut Launches Virtual Respite Program 'Weekly Smile'

Posted on June 22, 2020



- Weekly Smile provided virtual respite during the pandemic that will continue as a supplemental support

Evaluating Time Together Respite Program

Focus group themes:

- Sense of connection to others
- Sense of meaning
- Filling pandemic gaps
- A lasting impact

Conclusions

- Social isolation and caregiver burden are common
- Time Together is a cost-effective way for older adults to connect with others in a meaningful way while providing respite to caregivers.
- Community-university partnerships like Time Together offer a solution for social engagement and supportive needs while also providing benefit to students.