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The 9th Global Conference of the Alliance for Healthy Cities “SMARTER HEALTHY CITIES BEYOND COVID-19”

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An intergenerational approach to care for Hong Kong older adults with chronic diseases during COVID-19: the Medical Visit Buddy (MVB) program

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Program Design & Research Framework

Background

Older adults with chronic diseases face extra vulnerability during COVID-19

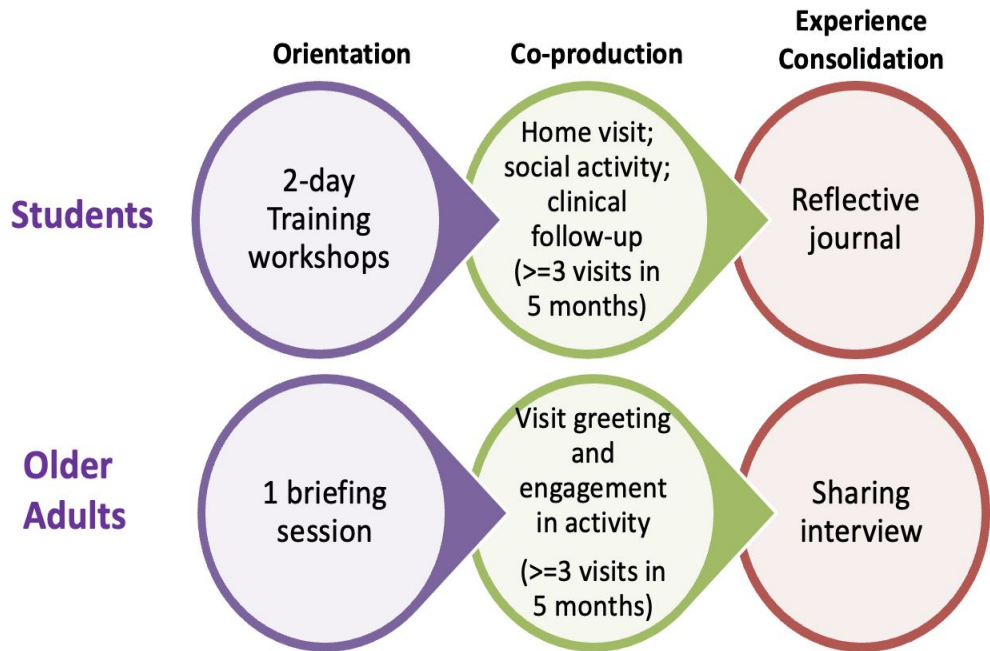
Community Project

Theory-based and evidence-based program “Medical Visit Buddy” aimed at providing intergenerational (IG) social support for them to maintain psychosocial well-being in the difficult time

Theory of intergenerational solidarity and learning were adopted to guide the development of program

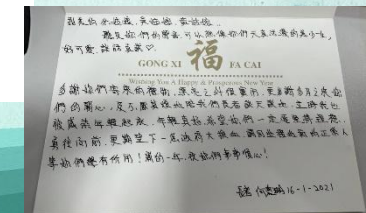
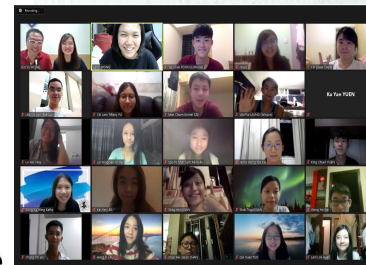


Components of Program



Inclusion criteria

- Students: aged 18-22 (undergraduate students, Faculty of Medicine & Social Science), presentable
- Older adults: aged ≥ 60 , cognitive functional; communicable and with chronic diseases



Program Evaluation and Findings



Evaluation Methods

- 62 older adults vs 99 students
- Questionnaire survey (pre, post, 6-month) & qualitative interview



Findings

- Better IG relationship and more social support
 - ✓ Statistically increased IG understanding and appreciation
 - ✓ More companionship and support
- Promoted psychosocial well-being
 - ✓ Feel heard and valued
 - ✓ Feel less lonely



Insights

- IG social capital exchange potentially mitigate harms of COVID-19 on older people's psychosocial well-being
- Promoting generational solidarity from social and family is important for health, particularly in difficult time during pandemic and restriction of social mobility

