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**Relatives' Day (Omaistenpäivä) for
Older People living in a Care Home and
their Family Members**

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ABSTRACT

Eyong Christian, Ezeme Hyginus: Relatives' Day (Omaistenpäivä) for Older People living in a Care Home and their Family Members

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Every relative wishes to cater to their older ones and be there for them at all times. However, there tend to be some mitigating factors that make it impossible to achieve comprehensive success especially when older people are confined to long-term residential care. The routines and little things that older people and their relatives are accustomed to become non-existent. Hence, older people crave those things that they grew up doing and with their relatives.

This is a project-based thesis that has a product in the form of organizing an event in a private care home in western Finland. The purpose of this thesis was to organize a relatives' day for older people living in a care home and their families. The objective was premised on strengthening the relationship between older people in a care home and their relatives on relatives' day and to develop and enhance their cognitive capacities. This project has enabled the authors to deepen their intellectual astuteness, broaden their knowledge of the topic, and hone their search skills to provide an informative, incisive, and comprehensive product.

The waterfall project methodology was used for the implementation of the project as it was accomplished in six stages: requirements, analysis, design, implementation, testing, and maintenance. The method was adopted because of its rigidity and linearity; ensuring that each phase was completed before moving to the next.

It is essential to assert that the information provided in this thesis was derived from reliable and credible sources following SAMK guidelines. Ethical principles were stringently adhered to according to SAMK and TENK guidelines.

Keywords: Older people, relatives, relatives' day, Cognitive rehabilitation, Care home

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1 INTRODUCTION

Taking care of older people has long been a major responsibility for family members in most countries. Family involvement in providing care is further highlighted by recent changes in care legislation, particularly in nations with a customarily comprehensive care system. The role of the family in providing care is often ambiguous, especially when an older person is receiving long-term care in a care home, as is obtainable in Finland (Pillemer et al., 2019). Although the formal care system is technically in charge of providing care, family members are expected to also participate. Even after moving to long-term residential care, many family members still assist healthcare providers in caring for their relatives. Family members frequently have extensive knowledge of the habits and preferences of their relatives. Hence, they contribute little to the overall care of their older ones (Ågård & Lomborg, 2010).

The aging population is a global phenomenon, with a growing number of older people living in care facilities due to different health and socioeconomic causes. Preserving cognitive capacities and autonomy in day-to-day activities is crucial for the welfare of older people, especially those living in assisted living facilities. For this group, cognitive activities of daily living are essential for maintaining independence and general welfare (Rebok et al., 2014).

Various tasks requiring cognitive functioning, including memory, attention, problem-solving, and decision-making, are included in the category of cognitive activities of daily living. Some activities include medicine self-administration, personal hygiene, and social interaction activities. To develop successful interventions that improve the cognitive difficulties associated with these tasks, it is imperative to comprehend and address the daily lives of older people in care homes and their relationships with family members and other healthcare providers (Murman, 2015).

This project thesis was tailored to older people in a private care home in western Finland. It is important because it forms the basis for providing older people with all-encompassing, individually customized care that involves collaboration between family members and healthcare professionals. The purpose of this thesis was to create a Relatives' Day for older people living in the care home and their families.

The objective of this thesis was to strengthen the relationship between older people at the care and their relatives on Relatives' Day and to develop and enhance their cognitive capacities. In a care home setting, it is critical to comprehend and manage cognitive activities of daily living for several reasons, including providing holistic assessments of older people's general health and functional abilities, encouraging self-reliance, improving their quality of life, detecting declines early, providing excellent person-centered care, and creating individualized care plans (Lehto-Niskala et al., 2021).

2 THEORETICAL BASIS OF THE PROJECT

2.1 Key Concepts

Cognitive activities of daily living. These refer to mental processes and functions people employ to organize and finish daily tasks required for independent functioning. Numerous cognitive capabilities, including memory, attention, problem-solving, decision-making, and language skills, are required for these activities (Callahan et al., 2009).

Older people in a care home. These are people of advanced age living in a specialized institution that offers accommodation, help, and support customized to their needs. Care homes, sometimes referred to as assisted living

communities or residential care facilities, provide lodging, meals, personal hygiene, and, in some cases, medical monitoring (Rodríguez et al., 2023).

Family members of older people. Typically, family members of older people consist of close relatives who assist in their life and care, such as children, grandchildren, siblings, spouses, or other family members. These family members frequently play important roles in helping an older person with everyday tasks, offering emotional support, and making decisions that affect their well-being. In addition, family members may help arrange care services, speak up for the needs of the older person, and help with any health or cognitive issues they may be experiencing (Gaugler et al., 2008).

Social interaction. For older people living in assisted living facilities, social interaction is essential for their well-being. Several studies have highlighted the beneficial effects of social interaction on a range of health-related factors in the elderly. Frequent social interactions are associated with enhanced overall mental health, decreased risk of depression, and increased cognitive function. Playing games, having discussions, or participating in social activities can stimulate the brain, preserving cognitive function and halting cognitive decline. By lowering feelings of loneliness and isolation, boosting emotional resilience, and fostering a sense of belonging, social involvement also improves emotional well-being. Social interaction can also strengthen the immune system, promote physical exercise, and support a healthy lifestyle in general (Callan et al., 2016).

Cognitive rehabilitation. This organized intervention designed to maintain or enhance cognitive function is known as cognitive rehabilitation for older people living in assisted living facilities. Typically, these interventions entail exercises intended to improve cognitive capacities and memory, attention, and problem-solving skills. For senior citizens living in care facilities, cognitive rehabilitation may help preserve and even enhance cognitive function (Seyun, 2015).

Importance of family members to an older person. In nursing practice, developing close relationships between older people in assisted living facilities and their families is critical. Frequent family interactions have been linked to several important psychosocial outcomes, including better emotional support, a decrease in feelings of loneliness, and an improvement in general mental health (Brodaty et al., 2003). Furthermore, preserving close family links gives older people receiving care a sense of purpose and belonging, positively correlating with their quality of life.

Incorporating families into decision-making processes promotes communication and care planning and guarantees that care is tailored to the preferences and values of older individuals (Beauchamp & Childress, 2013). Because family members frequently play a critical role in identifying changes in health status early and resulting in appropriate interventions, this collaborative approach has been associated with a lower rate of hospitalization. Building relationships between families and medical professionals is crucial to providing person-centered care, which supports a more comprehensive and customized approach to older people's well-being (Baumbusch et al., 2018).

2.2 Project Method

This project adopted the waterfall method, which is a traditional approach of milestone philosophy, sequences, and phases of the project to be completed before the other phases can start. This project had the phases listed below and was followed in an orderly manner. The reason for adopting the waterfall project approach was to enable a smooth flow of the phases. In a Waterfall process, one must complete each project phase before moving to the next. It is rigid and linear. The different phases were the initiation phase, requirements, planning, design, implementation, testing, and maintenance (Waterfall Methodology for Project Management | Atlassian, n. d.).

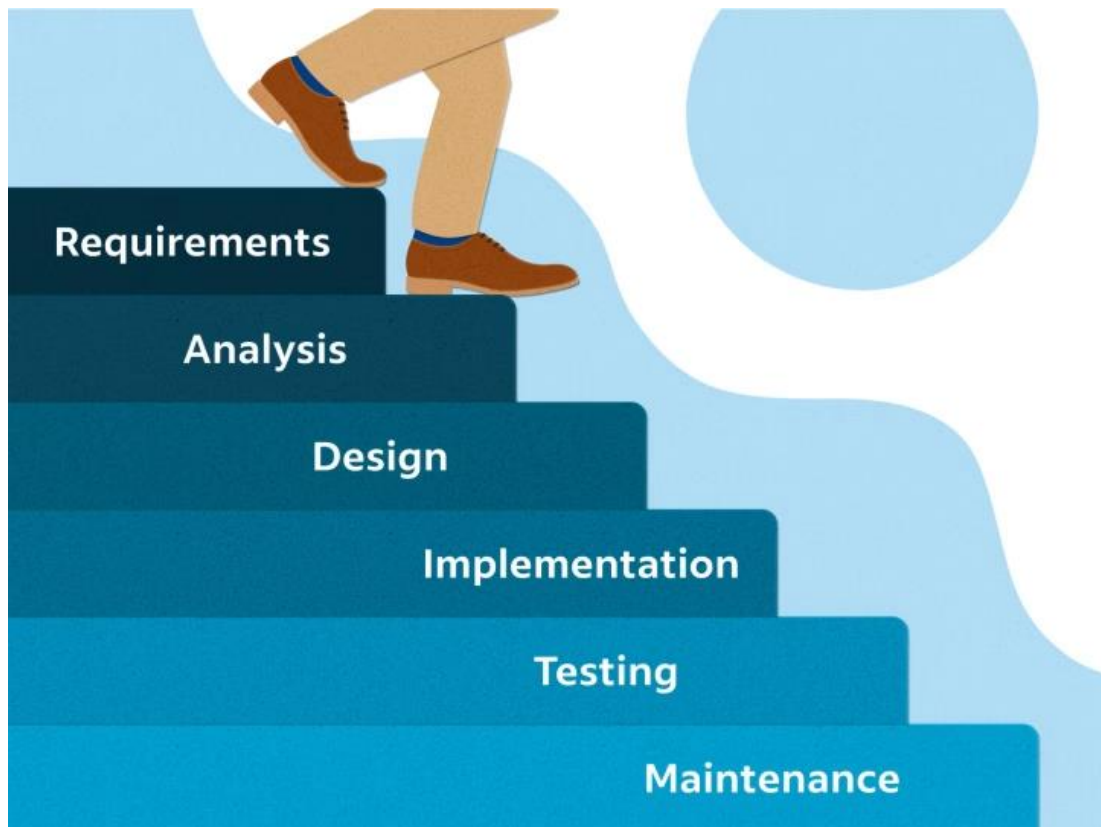


Figure 1: Waterfall project method (Modified from Indeed editorial team website, n.d.).

Project initiation was the stage where the project's goals, scope, stakeholders, and preliminary feasibility study were defined. In the analysis and planning stage, thorough requirements were compiled, examined, and recorded. The project plan was created, which includes the resources, budget, timetable, and scope. In the design stage, the project plan and specified requirements served as the foundation for developing the project's architecture and system design. Again, the implementation stage was where the system or product was created following the design specifications and the project plan was carried out. Furthermore, the testing stage ensured that the developed system or product was subjected to a rigorous testing process to make sure it satisfied the specifications and quality standards. The maintenance stage was where users received the finished product, and continuing support and maintenance tasks were completed (Lucid chart, n. d.).

2.3 Literature Search and Main Results

The literature retrievals were categorized into two main focuses. The first two materials were on social interaction and cognitive function, while one of the two journals was drawn from an older adult population of 121 Japanese to examine the prospective association between social support and cognitive function among community-dwelling older people. The result was that providing emotional support to neighbors and friends had the largest effect on MoCA-J scores. Their findings suggested that social support exchanges with neighbors and friends are protective against cognitive decline. Moreover, the second journal prioritizes intervention and targets mediation which will provide a path to avoid cognition-related IADL disability, with a sample of older persons of 65 years and above, which yielded a total of 1976 participants from China. Results were that: among 1976 older adults, 29.1% developed IADL disability 6 years later. However, the cognition–disability association was completely mediated by social interaction (Noguchi et al., 2019).

At the other end, the last two retrieved materials focused on the effects of memory card games on cognitive improvement.

This study aimed to assess the effectiveness of a cognitive intervention based on card games. The target was participants who were 49 and over 65 years old and were in adult care institutions. The outcomes of both studies were that there was cognitive status stability among those who participated in card games, and executive functioning capability was also good. The quality of life measure was cognitive independence among those playing card games. The result was that card games could be an effective cognitive intervention for maintaining some cognitive functions (Estrada-Plana et al., 2021).

In pursuance of this goal further, this study explored the association of participation in cards or mahjong with cognitive function in older people. A total of 7308 older people were selected from the 2018 Chinese Longitudinal Healthy Longevity Survey. The results and findings suggest that there is an association between participation in cards or mahjong and cognitive function in the

population of Chinese older adults and that the frequency of participation plays a significant role in the association. The population was categorized into three, the active memory game player, the occasional memory game player, and the non-game player. (Wang et al., 2022).

In summary, the literature retrieved proved that both social interactions and memory card games had effects on the cognitive capacity of older people.

Table 1 Literature search from databases and main results

Data-base/search service	Explanatory note and delimitation	Result	Selected
SAMK FINNA	"Social interaction and cognitive function in older adults"	601	1
PUBMED	"Social interaction and cognitive function in older adults"	601	1
PUBMED	Effective, effect, memory card games on the Cognition of Older People	110200	1

Samk finna	Effective, effect, memory card games on the Cognition of Older People	6076	1

3 PURPOSE AND OBJECTIVE OF THE THESIS

The purpose of this thesis was to organize a Relatives' Day for older people living in a private care home in western Finland and their families.

The objective of this thesis was to strengthen the relationship between older people in a private care home in western Finland and their relatives on Relatives' Day and to develop and enhance their cognitive capacities.

4 PROJECT ANALYSIS

4.1 Target Group

The target group of this project was older people living in 24-hours-a-week care homes of 40 residence capacity. Some individuals could perform their daily living independently and some could not. It had a view of a family brief reunion whereby a sweet season in the past had been refreshed. (Care Homes – Mainiokodit, n. d.; Lehto-Niskala et al., 2022)

4.2 Risks

Conducting relatives' day for older people in a care home had several risks, including emotional distress. Some older people at the care home felt overwhelmed or emotionally distressed by seeing their relatives, especially when they had cognitive impairments or their relatives' visits evoked difficult memories or emotions. Again, the spread of infections in care homes often has strict protocols in place for prevention, and increased visitor traffic during a relative day can increase the risk of introducing infectious agents into the facility. In addition, there was a disruption of routine. Older adults in care homes often thrive on routine, and disruptions to their schedules could lead to confusion, anxiety, or agitation. There was also Physical strain for older people who were frail or had mobility issues. The excitement of a relative's day led to overexertion or physical strain as they tried to participate in activities or engage with visitors. Organizing and facilitating a relative day placed additional demands on the care home contact persons, potentially stretching resources and impacting the quality of care provided to older people. Again, there were associated costs for the care home, such as hiring additional staff or providing refreshments or entertainment (Risk of Relative Day, n.d.). All these risks were considered, and a provision for flexibility and adjustments were made to carry everyone along as much as possible.

4.3 Assessment Plan

Swot analysis:

SWOT analysis is a technique that analyses strengths, weaknesses, opportunities, and threats. The strengths and weaknesses portions identify internal components that affect a company, such as intellectual property, location, and employees. (How To Conduct a SWOT Analysis in 5 Steps (With Example) | Indeed.Com, n. d.)

With SWOT analysis, the project was analyzed in two phases. The first phase is the Strengths and weaknesses, which are considered an internal

factor that would concern students while the second phase is the external factors that would consider the effect of the project on the target group.

The table below shows the students and older people's positions on the project.

Table 2: SWOT analysis showing internal and external factors of the project

	Helpful	Harmful
Internal (Students)	S=strength	W= weaknesses
External (older people)	O=opportunity	T=threat

Strength: The students had the confidence and conviction that they were going to meet older people (clients) with a new project idea that would elevate their spirit and sense of excitement. The students' strength was confidence and conviction.

Weaknesses: The students carrying on the project are foreigners. Cultural differences, diverse backgrounds, and language barriers were weaknesses that the project might not yield the expected result.

Opportunity: The assumption was that if the project yielded an expected result, the relatives' day would be adopted to become an annual routine event that would aid their cognitive well-being.

Threat: Those weaknesses mentioned above posed a big threat to the success of the project, which in turn, might ruin the idea and the relatives' day in the future.

4.4 Project Phases

4.4.1 Initiation

This initial stage was a period of both spontaneous and actual idea articulation, aiming to answer certain questions like the reason for embarking on the

project. The assumption was that there was a sense of cognitive gains from the past hobbies and routines of the target group, which family members who knew them best were of useful source. In addition, there was a relative-inclusive care event that assumed, if it was adopted, would unite all family members at least twice a year. Therefore, the project plan was such that enabled the authors to hold a meeting with the supervising teacher on this topic and event of the day. Moreover, the authors proceeded with the project, as all parties, including the teacher and contact person of the organization, had a meeting on the second week of February 2024. Opinions were sampled, amendments to the plans were made and anticipation of who would want to participate was reached.

4.4.2 Planning

At this stage, after necessary amendments, from the first week of March, the idea was to meet with the staff of the organization as the authors anticipated that there would be a need for some nurses who would work with them in helping on the day. The nurses also assisted with managing contacts of relatives, distributing invitation cards, and serving the older people with coffee and cake. The relatives served themselves with some coffee and cake. There was familiarization between the authors, the older people, and the guests which helped to gain the interest and trust of both the relatives and the older people. Invitation cards were sent on the second week of April and about a total of 21 guests registered to attend as of the last week of April. The event was approved to be held on 4th May 2024.

Table 3: Project plan showing timelines

Week numbers	Weekdays	Date	Time	Activities
Week 7	Monday	12.2.2024	14.30 - 16.30 (2 hours)	First Meeting with Project Supervisor

Week 10	Thursday	7.3.2024	1 hour	Met with the orderer
Week 13	Monday	25.3.2024	2 hours	Met with other nurses who would be on duty on the event day
Week 15	Monday-Friday	8.4 - 12.4.2024	4 hours	Invitation cards were sent
Week 17		22.4 - 26.4.2024	2 hours	Attendance registration was received.
Week 17	Friday	26.4.2024	2 hours	Confirmation of everything needed and all the necessary provisions were checked being taken care of.
Week 18	Saturday	4.5.2024	14:00-16:00 (2 hours)	Event day: Coffee: 30 minutes, memory card: 30 minutes. Personal interaction: 30 minutes,

				filling out the feedback form: 10 minutes.
Week 19	Monday	27.5.2024	23.59	End of project

Week 7 was the week when the thesis plan was kick-started in earnest. A meeting with the thesis supervisor was scheduled where a few things regarding the thesis plan were suggested to be corrected and changes were made.

On week 10, a two-hour meeting was scheduled to brief the organization's representative on the plans for the event day, and the material and human resources needed to achieve a successful event day. The meeting was fruitful, and the plan was proposed to the organization. For example, the date and schedule were suggested and approved. Also, a suggestion was made for invitation cards, which were adopted and designed immediately.

Week 13 was planned for meeting the nurses who would work with the students, discussing the event, planning how to get every older person's relative invited, and concluding on the roles of each nurse in various capacities. However, the nurses' role on the event day was merely serving the older people coffee and cake.

Week 15 was a time limit for sending invitation cards to relatives. A total of fifty white background copies of invitation cards were printed and distributed with twenty-one guests registered as attending. In the end, about twenty-three guests showed up.

Week 17 was confirmation of the number of attending guests on the relative's day which according to the notification received from the student affairs

leader of the place, twenty-one guests had registered as attending at the time of the meeting.

Week 18 was the event week, precisely on Saturday 4th May.

The event day was opened with about a five-minute welcoming address from the students to the older people and the relatives. The welcome address was about fifty printed copies shared with everyone who wanted it. The hall was noisy as older people were busy discussing with their relatives, even though that was interesting to witness. However, their attention was later gained and the hall became quiet while the welcome address was being read.

Week 20 was the feedback and summary of the project report. That marked the end of the project and the submission of the project thesis to Theseus. fi when approved to do so.

4.4.3 Roles

The authors were the main speakers. Other nurses on duty only assisted in different capacities at the event on 4th May 2024 mainly serving the older people cake and coffee. The head of the organization provided the venue for the authors, and other facilities like tables, seats, coffee, juice, cake, etc.

Older people (residents) as special Guest.

The older people (residents) were celebrated on that day, counting their achievements, appreciating their longevity, remembering their dreams that came through, and the good memorable events and hobbies. Ensuring that they were given the needed support from both nurses and relatives as much as possible.

Family members are guests too. The relatives are guests who were also there to cheer the residents and recall their achievements, kindness, and memories with pictures, for example, the unique places they had visited and

everything positive that was their normal routine when their cognitive abilities were functional.

The organizational contact person, supervising teacher, and authors were the project steering committee. They were responsible for ensuring that project plans were good and acceptable. The teacher-directed and approved each step of the event and gave the order to proceed. The organizational contact approved the convenience of the project for the older people and the organization.

The authors and the contact person for the organization were the project team members. Authors were responsible for listing the items that would be needed for the event, and ensuring everyone at present received the required attention. The authors distributed and collected feedback materials and were responsible for the assistance required on the event day 4th May 2024.

4.5 Closure

Feedback from both family members and older people was integral to this project's findings. There was an assembly of all the intricacies of the project from start to finish and a line drawn for closure. The use of pen and paper for feedback was adopted because of language barrier constraints – limited Finnish language skills (APPENDIX 2). This project ended on the twentieth week as a compiled document of the entire event.

4.6 Ethical Consideration

This is a demonstration of integrity, honesty, and accountability in the conduct of research, along with adherence to established ethical norms and protocols

(TENK, 2023). Before the commencement of the project plan, the authors involved had ample time to revise lectures and SAMK materials bordering on project ethics. Again, this project entire project was carried out following ethical guidelines as stated by SAMK and the Finnish National Board on Research Integrity (TENK, 2023).

This project was done without plagiarism and every data collection, and text from external sources were cited and references were provided according to SAMK guidelines and requirements.

Strict adherence and compliance with the principles of privacy protection and confidentiality of the people who would be involved in the relatives' day and the entire project were adhered to. No innuendos, nuances, or ages suggestive of a group of older people at the care home were used. Anonymity and the data protection of all involved in the project were respected and maintained (Fernandez-Aleman et.al, 2013).

Sourcing materials for the project was a huge challenge for the authors involved in the project because the topic was relatively new. Hence, there were very limited materials available. During the project, all data were safeguarded by ensuring the computers used had strong passwords that would prevent external and unauthorized access to the project materials. There was no data leakage during the project.

During the relatives' day, every feedback given was voluntary. No older person at the care home or their family members was coerced to do anything against their will. In addition, attendance on the relatives' day for older people and their family members was voluntary. The project aimed to improve the cognitive capacity of older people as a non-pharmacotherapy and as such aligned with nursing ethical principles, and accountability which means being accountable for every action taken. In addition, there was autonomy (right to self-determination) which meant that all actions and reactions were in the best interest of older people. Justice ensured that equal consideration was given to everyone, and non-maleficence ensured every measure was put in

place for everyone to enjoy a harm-free event. There was fidelity, meaning authors had an obligation of duty of secrecy and confidentiality (*FINLEX - Act on the status and rights of patients, No. 785/1992*).

Furthermore, employing veracity meant being factual, saying things exactly as they were, and not bending to suit anyone. In addition, the principle of beneficence was observed, and thorough attention was given to ensure safety and security throughout the event (*FINLEX - Act on the status and rights of patients, No. 785/1992*).

5. EVALUATION

The product that was sold to the care home was organizing a relatives' day for older people and their relatives and it was a success.

Aligning with the principle of project activities, the term SMART (Specific, Measurable, Achievable, Relevant, and Time-based) describes the project. The project was Specific to older people in the care home. Also, the event day was measurable from feedback forms given and received, from the relatives, and older people of the care home where they gave their evaluations. They evaluated the event on a scale of one to four from completely agree (which is the highest scale and equates to 4), pretty much agree (3 and 2), and completely agree (1), with 1 being the lowest score. They expressed their future wishes in written texts (table 4).

The project was predicted to be achievable as soon as a date was suggested and agreed upon to be the actual event day for the older people of the care home. In addition, the event was relevant and unique because it was the first of its kind at the care home and a flashback to most of the families as they were seen discussing their past lives. They searched from their phones, some old pictures of the past events they had had together. The aim was achieved as they reflected on the past, thereby enhancing the cognitive ca-

capacities of the older people at the care home. The project activity that started in August 2023 with thesis course enrolment was time-bound and it ended in May 2024 with thesis report and publication.

Table 4: Feedback form received on relatives' day

Evaluation Criteria	Completely agree (4) (Number of people)	Pretty much agree (3) (Number of people)	Pretty much agree (2) (Number of people)	Completely agree (1) Number of people)
I would like to participate in an equivalent event again	✓ 8	✓ 5	✓ 1	
Did the event help you and your loved ones reminisce on the past?	✓ 7	✓ 4		
Relatives' day was successful	✓ 9	✓ 1		

The table above shows the number of people who gave feedback on questions asked and their appraisals on relatives' day. All the people that were given the feedback form would like to attend a similar event next time while eleven of them thought the event helped them and their loved ones reminisce about their past and youthful lives. In addition, about ten people gave their feedback that the relatives' day was successful.

5.1 Relatives' Day Report

The relatives' day was held at the common eating area of the care home at exactly the time scheduled for the event - 14:00. The authors were there an hour and thirty minutes earlier to ensure all was set before the guests' arrival. The management of the care home had arranged for some snacks and coffee for both older people and their relatives. Chairs and tables were arranged in a way that would ensure all families sit and have a nice time together. There were twelve nurses, twenty-three relatives, twenty-nine older people, and two nursing students present.

Both the opening and closing speeches were written by the authors and given to older people and their relatives with rounds of applause ensuing afterwards. The idea was to carry everyone along. At 14:00, the welcome speech was given by the authors, followed by some 80's popular musical tunes while coffee and buns were served. That was a relaxing opportunity for people to sit at different tables to eat and do some catching up.

After the light refreshment came the feedback forms and the memory cards distributed among older people and their relatives. The idea was to help them reflect on their younger days, bond with their family members, and improve their cognitive capacities. Ample time was allocated to them so they could enjoy the moment while the authors went around ensuring everyone was on board with the occasion and needed any assistance. Almost all the older people chose the option of having their relatives fill out the feedback forms with them. Only a few requested that the care home staff help them out with the feedback forms.

About twenty-five feedback forms were distributed, but only fifteen forms were filled and returned. Of the returned fifteen forms, about eight were filled. The other seven forms had the open feedback section empty. The understanding of the seven incompletely filled forms was that some older people and relatives were tired, so they left out the open feedback section.

There were a lot of positives from the open feedback received and most of the people suggested the following:

1. They should be allowed to come with pets (dogs, cats, etc.) when the next relatives' day is organized
2. Possibility of having children's beauty performance and outdoor activities when next they are allowed to attend
3. Having a quiz competition for older people to let them tell what has been done or is being done in the care home
4. Next time, the memory game should be right at the beginning of the event before refreshments.

The feedback forms and memory cards were collected from older people and their relatives afterwards and a vote of thanks was given. The relatives' day ended a few minutes before 16:00 when all the relatives had left the premises of the care home.

5.2 Resources

Resources are vital and strategic to any project (Mirabela, 2018). The resources used in this project could be categorized into human and material resources. The authors of this project (Eyong Christian and Ezeme Hyginus) comprise the human resources. The authors' time and knowledge were instrumental and used in this project.

Material resources comprise equipment, machinery, and financial resources used in the implementation of this project. There were financial engagements made as far as the project was concerned. One of the authors of the project is a resident of Turku and trips were made for meetings with the supervisor, project partner, and on the relatives' day event. In addition, the memory cards used in the relatives' day event were purchased by the authors. Again, personal equipment such as laptops and the internet of the authors were

used in the project. Another resource used in the project implementation was the databases for literature retrieval.

6. DISCUSSION

Doing this project in a team of two has provided an avenue for everyone to harness their communication and team-playing skills. Completing this thesis has been a life-changing experience for the authors because numerous challenges were encountered along the way some of which were unforeseen. Those challenges propelled and deepened the critical thinking abilities of the authors.

The authors worked together and utilized their strengths to achieve the primary objective. Everyone had his area of research and tasks to complete before stipulated deadlines. The collaboration among the authors was effective because they were close friends and had worked together before in many class assignments. That was why the transition to developing a thesis together was seamless.

However, as expected of two people with divergent ideas, mannerisms, and orientations, disagreements and arguments are inevitable. When there was a conflict of opinions and ideas, a superior argument prevailed, and a consensus was reached. Even though there were times when both team members had personal difficulties, they always carried each other along and rescheduled. Many compromises were made during the project. One of the authors resides in another city and had to always travel down to school for project meetings.

Time management was a major issue in the project because of the authors' tight work and family schedules. The institution of deadlines for different tasks helped everyone to be on track. Numerous meetings were held to dis-

cuss the way forward and to ensure everyone was focused, to prioritize the tasks, to manage time, and to complete the project as scheduled.

7. CONCLUSION

The objective of the thesis was to strengthen the relationship between older people at the care home and their relatives on relatives' day and to develop and enhance their cognitive capacities. The objective has been achieved because of the positive feedback garnered on the relatives' day. Furthermore, the objective has been accomplished because of the clamor and suggestion that the event be organized again with more activities incorporated into it. Family members were seen interacting, hugging, and spending quality time together. This thesis can serve as the bedrock for many more research works to be developed as it is a known fact that this topic is under-researched owing to the scantiness of online materials.

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APPENDICES

APPENDIX 1: Data retrieval and results of studies

	Author, Year of Pub. Country	The purpose of the re-search/project/literature review	Target Group, Number of participants, data collection method/project method.	Result/product of the Project
Samk finna	Taiji Noguchi, Ippei Nojima, Tomoe Inoue-Hirakawa, and Hideshi Sugiura. Published online 2019 Oct 31.	To examine the prospective association between social support and cognitive function among community-dwelling older people.	Data were analyzed from 121 older people (mean age (standard deviation): 73.86 (4.95) years). Montreal Cognitive Assessment, Japanese version (MoCA-J).	The provision of emotional support to neighbors and friends had the largest effect on MoCA-J scores. Our findings suggest that social support exchanges with neighbors and friends are protective against cognitive decline.
PubMed	Qihong Li and Chao Wu* Published online 2022 Apr	Intervention targeting the mediators of this association will	Older people of 65yrs and above total of 1976 par-	Results: Among 1976 older adults, 29.1% devel-

	1.	provide a path to avoid cognition-related IADL disability	Participants were involved	opened IADL disability 6 years later. The cognition–disability association was completely mediated by social interaction.
				(Noguchi et al., 2019)
Pubmed	(Estrada-Plana et al., 2021) , Published in International Journal of Geriatric Psychiatry 2021-06, Vol.36 (6), p.839	This study aimed to assess the effectiveness of a cognitive intervention based on modern board and card games.	Participants were 49 older people over 65 years old who were in adult care institutions.	The outcomes of both studies were cognitive status executive functioning, and quality of life measures. Modern board and card games could be an effective cognitive intervention to maintain some cognitive functions.
				(Estrada-Plana et al., 2021)
Samk	Wang et al.,	This study	A total of	The findings

finna	International Journal of Environmental Research and Public Health 2022-07, Vol.19 (15), p.9249	aimed to explore the association of participation in cards or mah-jong with cognitive function in older adults.	7308 older people were selected from the 2018 Chinese Longitudinal Healthy Longevity Survey	suggest that there is an association between participation in cards or mah-jong and cognitive function in the population of Chinese older adults and that the frequency of participation plays an important role in the association.
				(Wang et al., 2022)

APPENDIX 2

PALAUTELOMAKE

Pyydämme teitä antamaan Omaistenpäivästä palautetta.

Palautteenne avulla voimme järjestää teemapäiviä tulevaisuudessa.

1 Miten vastaat kyselyyn?

Ohje; valitse yksi tai useampi vaihtoehto

- Itsenäisesti ilman muiden apua
- Läheisen kanssa
- Tutun hoitajan kanssa
- Muun hoitajan tai avustajan kanssa
- Kysymyksiin vastasi asiakkaan luvalla läheinen

Ohje: Rastittakaa teille mieluisin vaihtoehto.

Evaluation criteria	Täysin samaa mieltä (4)	Melko samaa mieltä (3)	Melko samaa mieltä (2)	Täysin samaa mieltä (1)
Haluaisin osallistua vastaavaan tapahtumaan uudelleen				
Auttoiko tapahtuma sinua ja läheistäsi muistelemaan tapahtumia menneisyydestäsi?				

Omaistenpäivän sisältö oli onnistunut				

Avoin Palaute

Voitte kirjoittaa tänne omin sanoin palautetta. Voitte myös ehdottaa, millaisia teemapäiviä toivoisitte hoitokodille tulevaisuudessa.

APPENDIX 3

The Invitation Card. The cards were taken to the main unit and shared among residents because not all of them had email addresses.

