



**Armchair
Travel**

Harford Project 2022

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PROJECT OVERVIEW

Travel simulation through three-part activity:



- Presentation on destinations for education & enjoyment
- Engaging memories of travel & facilitating discussion amongst residents
- Craft to engage resident creativity

Desired Outcomes:



- Facilitate resident-to-resident connection in long-term care setting
- Provide residents with feelings of awe and gratitude
- Stimulate autobiographical memories



- Impact on Older Adults: Research

Covid-19—Effects of Isolation & PPE

Loss of connection

Inability to travel

Decline of psychosocial wellbeing





Activity Part 1: Reminiscing Travel Experiences with the Map





Activity Part 2: Destination Experience and Sensory Stimulation





Activity Part 3: Individualized Postcards





RESPONSES

Average response:

- Residents felt connection with other residents: 4
- Residents reminisced on positive memories: 4.7
- Residents learned new exciting information: 4



words of wisdom

Please circle the number that best represents how you felt during this activity – 1 being strongly disagree and 5 being strongly agree

I felt connected to other residents: 1 2 3 4 5

I reminisced on positive memories: 1 2 3 4 5

I learned exciting new information: 1 2 3 4 5

with love 



WHAT WORKED?

Reminiscing on memories

Opportunity to talk about self

Viewing destinations and sensory portion



IMPROVEMENTS FOR NEXT TIME

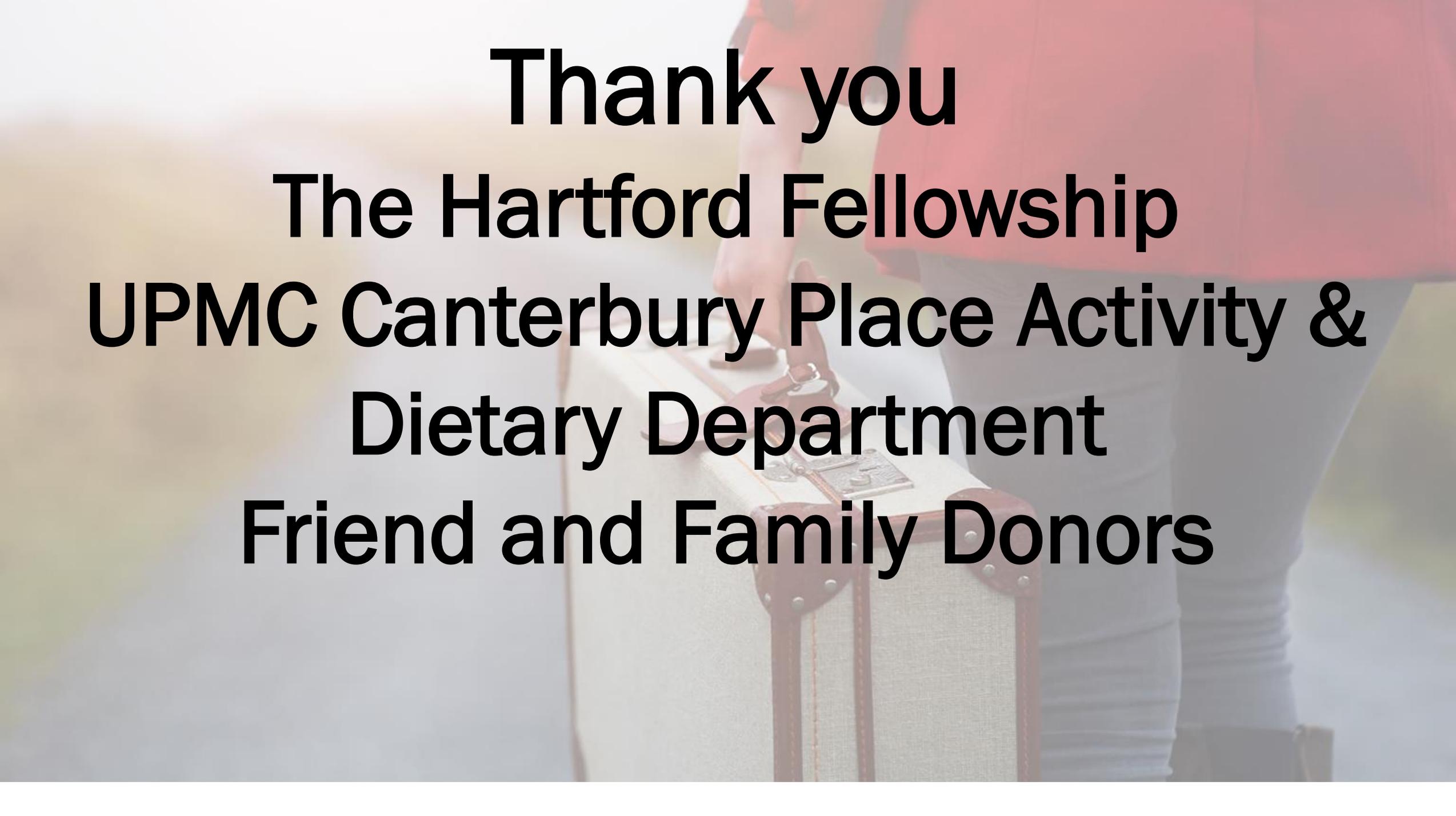
Preparedness for the unexpected!

Focus on one destination—less overwhelming

Communication with assistants

Working Subtitles & sound quality for inclusivity



A person wearing a red jacket and white pants is standing next to a vintage suitcase. The person's hands are resting on the suitcase, which has a metal latch and a handle. The background is a soft, out-of-focus outdoor setting with a light sky and a blurred horizon.

Thank you
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References

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