

Towards Respect Together Program

Format: 10 sessions (preferably weekly) of 1 hour minimum duration. If participants were available for a longer duration then a morning or afternoon tea break could be incorporated in a 2 hour session.

Session Topics:

- Getting to Know You (building connections and safety). Begins the process of prompting memories.
- A Walk Down Memory Lane. Activities such as "Pick a Box" encourage memories through the decades. This is ideally an intergenerational activity shared with local students. Partnerships are formed between a student and a senior that captures and creates their life story.
- Respect for Seniors. A session to explore our concepts of respect.
- Family, Friends and Acquaintances. Mutual Respect in Relationships are explored. This embraces the challenge of healthy boundaries particularly in the complex role of a carer. The natural attrition of relationships is normalised as the focus shifts to quality in relationships.
- A lifetime of Roles & Responsibilities. This session continues to build a picture of individual identity over the lifespan and to consolidate life experiences through reinforcement of personal values and self worth.
- Connecting with the Generations. Communication Skills in Relationships and exploring the intergenerational differences
- A lifetime of Experience. Acknowledging the coping skills that have been evident throughout a lifetime of challenges. The transition of reliance on problem solving to emotion focused coping skills.
- Generations of Wisdom. Identifying the Resilience that has contributed to longevity.
- Our Legacy. Valuing Who We Are and consolidation of the program

It is also possible, depending on individual groups, for this experience to provide a safe space and opportunity to share lifelong secrets that have been carried as a burden. To offload that burden before the end of life would hopefully lead to a more peaceful acceptance of its finality.