

# SOCIAL CONNECTION AND RECIPROACITY



# AUTHORS

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gateway  
health

People living well



age-friendly  
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# PURPOSE

To provide an opportunity for intergenerational connection between younger and older people

For the organisations to foster mutual understanding, explore resource synergies, and enhance their clients' outcomes



# PURPOSE

## Gateway Health

'Active rural communities (ARC)'  
program

Social support program for people  
65 years+

Restart community luncheons

Provide social interaction and an  
improved venue for lunches



# PURPOSE

## **GOTAFE Hospitality Apprentices**

5-week lunch service program as  
part of curriculum requirements

Apprentices (n=6) receive feedback  
on their lunch service

Understand challenges faced by  
older people in accessing suitable  
meals



# PRINCIPLES

Equal status

Clear purpose and shared benefit

Support by experienced staff

Quality contact



# METHOD

2-course lunch at GOTAFE dining room weekly for 5 weeks

ARC participants (n=24) attended 4 lunches with Gateway staff

Meals subsidised by Gateway Health

Communal table reserved

Facilitated conversation between apprentices and ARC participants at the end of the meal



# EVALUATION

Observation by experienced researchers

Brief structured reflection after each session

Focus group at end of 5 weeks



# FINDINGS

## ARC Participants

Greater enjoyment of meal

- Increase food consumption
- Valued the dining space
- Variety of food

Social interaction

- Greater than usual
- Increased range of contacts within group



# FINDINGS

## Apprentices

Students achieved unit outcomes

- Increased demand for lunches
- More dining-in customers
- Greater enjoyment in the unit

Connection with ARC clients

Apprentices' increased confidence in receiving feedback

- Facilitated not required after first week
- Became more confident and animated



# FINDINGS

## Reciprocity

Feedback given and received seriously

Careful, considered & thoughtful interactions

ARC clients motivated to attend to support apprentices' training

Apprentices' new understanding of role of social environment and food packaging in good nutrition for older people



# FINDINGS

## Improved partnership

Create pathways for GOTAFE study for older people

GOTAFE student placements at Gateway Health

Exploring links between other units with Gateway Health programs



# NEXT STEPS

## Phase 2: Young & Old Learning Kitchen Skills (YOLKS)

GOTAFE Hospitality unit on coaching others

Gateway Health's Men's Cooking Program





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