



Mental Health
Foundation

With a little help from my friends: how peer support promotes well-being in older adults

A longitudinal descriptive phenomenological study of the experiences
of participants in a peer support group for older adults

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OVER 50s
REPRESENT
40%+ OF THE
POPULATION

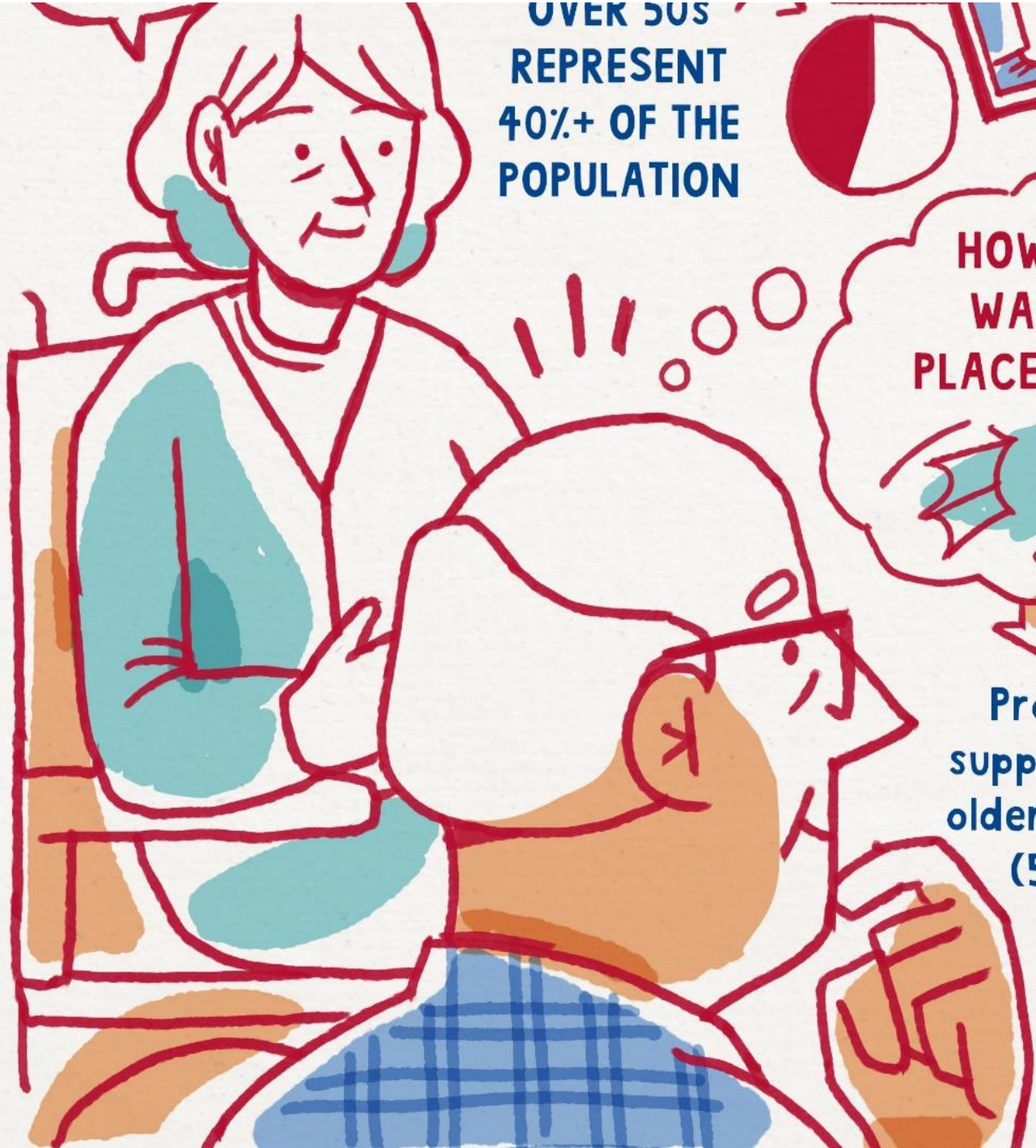
HOW DO WE MAKE
WALES THE BEST
PLACE TO GROW OLD?



Provide
support for
older adults
(50+)

Requires
support from
the third
sector

Realign how
we value older
adults



il Health
ation

Standing Together Cymru
CREATING GROUPS FOR
OLDER ADULTS



Beginning with
professional
facilitators, then
moving to peer
leaders

Research involved interviewing the groups in 3 stages



Method was to interview, not interpret

Intention was to give a voice to participants and their experiences



RESULTS OF THE RESEARCH:

Enjoyment



Connection



Ability to talk about difficult subjects like death and bereavement



Provided perspective

Learning



Empathy

Belonging



Gave structure and something to look forward to

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EXPERIENCE OF THE GROUP MEMBERS

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TOP TIPS FOR CREATING SUSTAINABLE GROUPS



Decide if the group will follow a structured programme or not

Look for a peer leader who can work with the structure style chosen



Include opportunity for feedback

Let the peer leader know they are appreciated



Make training available and accessible

Consider if leadership can be shared



Consider whether to merge with an existing group

Think about where the group is located



Consult members before making changes

