



The Impact of Group Size on Activity Participation

Resident Perceptions of Teamwork and Enjoyment in Assisted Living Activities

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INTRODUCTION

- At Southgate at Shrewsbury the residents regularly participate in organized activities such as bingo, memory games, chair exercises and arts and crafts.
- The size of the group participating in the activity may influence how residents interact with one another and how much they enjoy the experience.
- Understanding how group size impacts resident enjoyment and perceptions of teamwork may help with structuring the activities program and supporting social engagement and participation.

INTERNSHIP PROJECT OBJECTIVE

- To examine the impact of group size on resident engagement, enjoyment, and teamwork during structured activities in assisted living.

RELATED LITERATURE

- Research has shown that participation in structured recreational activities significantly improved the quality of life and emotional well being among older adults in long term care settings. (Frampton, 2024)
- Research highlights that smaller group settings often allow for more personalized interactions, improved communication and stronger feelings of inclusion. (Tian, 2022)
- Studies on aging populations emphasize that meaningful social engagement and teamwork like interactions contribute to improved mental health outcomes and overall life satisfaction. (Webster, 2022)

METHODS

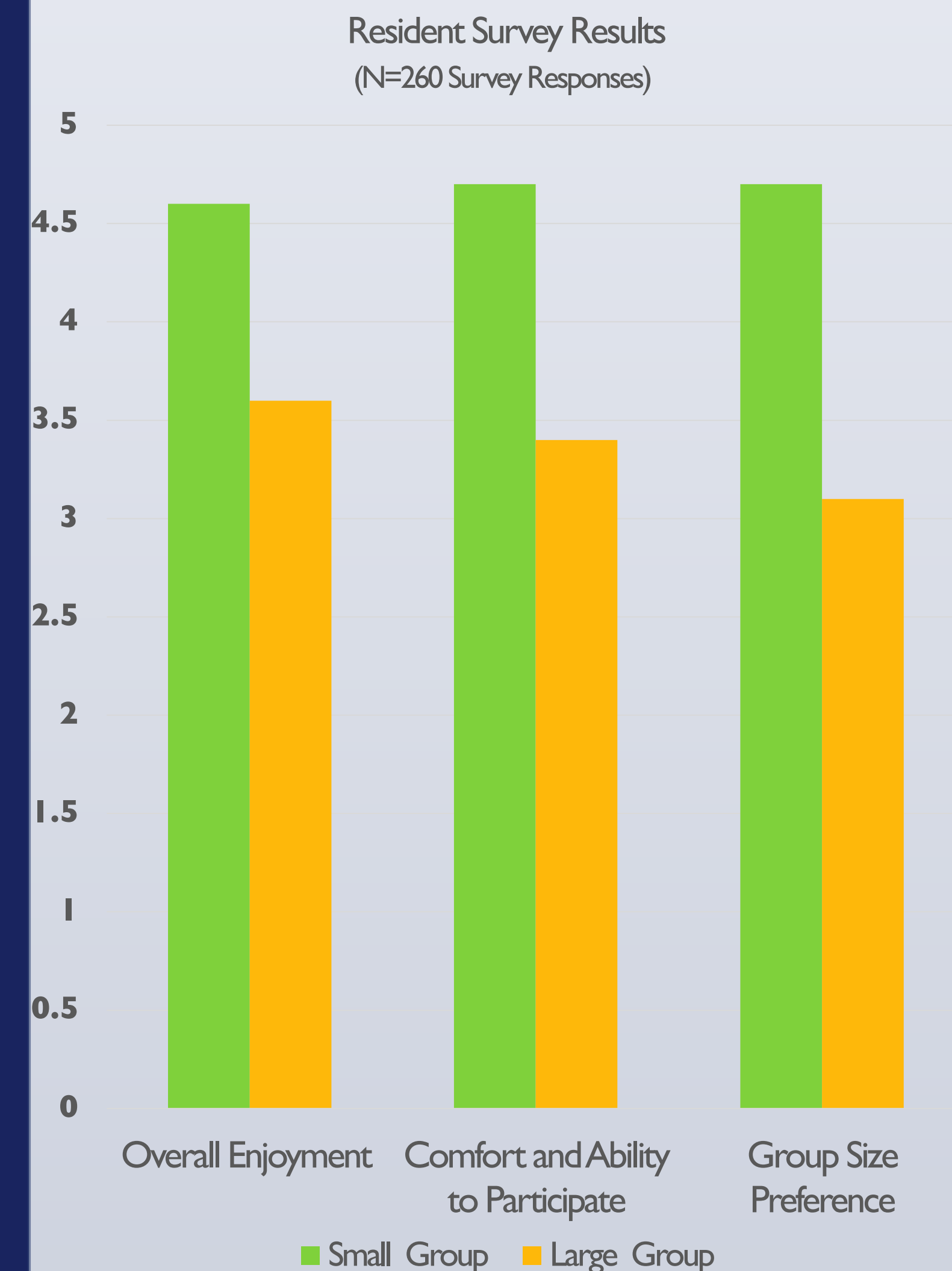
- This project was conducted at Southgate at Shrewsbury with a total of 22 participating residents.
- Activities were conducted three days a week for a total of five weeks. During this time, the residents were split into two group sizes that were used to compare results. Small groups had 4-6 residents, and large groups had 9-11 residents.
- Residents were observed during activities. Notes used to record their participation levels, interactions, teamwork behaviors, and their overall engagement.
- The data collected includes:
 - The number of residents in attendance per activity.
 - Resident enjoyment responses.
 - Group size preference.
 - Observational notes on teamwork and interaction.

MATERIALS

- Activities and supplies include:
 - Bingo- cards and markers
 - Arts and Crafts- paper, markers, glue, etc.
 - Memory Games- matching cards
 - Chair Exercises
- After each activity I provided them with a feedback survey where they answered the following questions on a scale from 1-5:
 - “I enjoyed this activity.”
 - ”I felt comfortable and able to participate in this group.”
 - “I liked the size of this group during the activity.”

RESULTS

- Attendance rates were slightly higher during the larger group sessions, however the resident reported enjoyment and comfort scores were higher in the smaller group settings.
- Residents also reported feeling more comfortable and able to participate in smaller groups. Observational notes support this with notes of more frequent interactions and conversations.
- In larger group settings although the environment was more social and energetic, some residents were observed to be less involved.



CONCLUSIONS

- This project demonstrated that group size plays a meaningful role in shaping resident experiences during activities in assisted living at Southgate at Shrewsbury.
- These findings suggest that smaller group settings may be more effective in promoting teamwork and meaningful social interactions among the residents.

REFERENCES

Frampton, K., Oppedijk, L., Annett, L.E. (2024). Reduced Anxiety and Depression and Improved Mood in Older Adults Living in Care Homes After Participating in Chair Yoga. *Journal of Applied Gerontology*, 43, (10) <https://doi.org/10.1177/07334648241241298>

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