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Silver Saplings Adventures for Older People: a qualitative evaluation on wellbeing effects for participants.

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'Silver Saplings Adventures for Older People': a qualitative evaluation on wellbeing effects for participants

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Background and Aim

- Silver Saplings Adventures programme (SSA), part of 'Wild Things', aims to enhance wellbeing among older people in Scotland through nature-based interventions.
- A qualitative evaluation of SSA on perceived wellbeing undertaken by RGU.

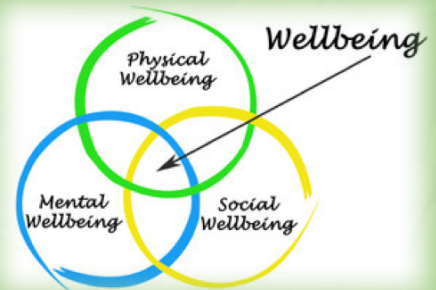
Methods

- 17 SSA participants took part in individual semi-structured interviews about their experiences of taking part in the SSA programme and the effects on their wellbeing.
- Participant interview data was analysed by identifying key themes, which represented the main findings.

Findings

1. Wellbeing Improvement:

- Participants perceived wellbeing holistically, focusing on physical, social, and mental aspects. The SSA programme received positive feedback from participants, exceeding expectations, and contributing to various dimensions of perceived wellbeing for those who attended.



2. Wellbeing Effects:

- For participants, SSA activities improved physical mobility, facilitated social connections, and enhanced perceived mental, emotional, and psychological wellbeing. Participants appreciated the care, support, and opportunities provided by the programme.



3. Broader Ramifications:

- For participants interviewed, the programme not only improved perceived individual wellbeing but also fostered community engagement, social ties, and social cohesions. It encouraged lifelong learning, nature immersion, and the development of new shared values among older adults who participated in our evaluation.



Conclusion

- For participants in our research, the SSA programme offered new opportunities for knowledge acquisition, connections, and self-development, emerging as a positive intervention for enhancing perceived wellbeing and fostering community connections among older individuals in Scotland.