|  |  |
| --- | --- |
| **Theme identified (number of responses/total participants)** | **Participant opinions** |
| Change in environment (3/6) | *"I liked going to the school. They have a lot more things going on at the school than we have for them here. I'd like to go back again." (P4)* |
| Improved mood (4/6) | *"Helped me with my mood. I read the letters, and it kind of boosted me up a little bit in the morning." (P4)**"Oh I loved the visits. [The kids] all come running to you. That's the nicest feeling." (P6)* |
| Interpersonal interactions (5/6) | *"I enjoy social programs like Grandpal Penpals as I can converse and share thoughts with others. I feel happy seeing the students because they remind me of my past relationships with my kids." (P2)**"I really enjoyed it, we really do correspond." (P3)* |
| Active Engagement (6/6) | *"At the care home, there are not many fun activities so seeing the students was quite refreshing." (P2)**"If there are any activities I would be fascinated to learn about here. I don’t know any activities going on." (P3)**"It's got a real benefit. There's nothing here to do! That was great, one of the best things they've done." (P6)* |

Table 4: Advantages and benefits of the Grandpal Penpals program identified by participants.