|  |  |
| --- | --- |
| **Impact** | **Participant opinions** |
| Improvement | *"It opened the doors for me. I'm not as shy as I was." (P6)* |
| No change | *"No, not really…You get used to the people around you." (P1)**"Not really. It is a private relationship, and I certainly don’t talk to them, especially the younger kids about [my family]." (P3)**"It doesn't have any impact [on how I interact with others at the care home]." (P4)**"I don’t think there are any changes." (P5)* |

Table 6: Impact of the Grandpal Penpals program on interpersonal relationships.