

POSTER ABSTRACT

Effectiveness of an occupational therapy wellness programme for older adults living in long-term care

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Background: This study evaluates the impact of participation in a 12-week occupational therapy (OT) wellness programme in long-term care (LTC) on residents'

- Performance and satisfaction in daily tasks
- Confidence
- Mental well-being
- Overall life satisfaction.

This was based on 'Lifestyle Matters' (Craig and Mountain, 2007), an occupation-based health promotion programme for older people, and focused on enabling participants to undertake new or neglected activities, make lifestyle choices and undertake personal goal-setting.

The delivery of similar occupation-based wellness programmes has been found to be effective for community-dwelling older adults; however there is a need to explore applicability in a range of settings.

Method: A small-scale randomised, wait-list controlled design was used.

Canadian Occupational Performance Measure (COPM); Generalised Self-Efficacy Scale (GSE); Hospital Anxiety and Depression Scale (HADS) and Life Satisfaction Index (LSI-Z) were used as outcome measures. Data collection occurred at three time-points (baseline, immediately post-programme and 12 weeks post-programme).

A qualitative focus group explored the experiences of participants following programme completion.

Results: There were improvements in Occupational Performance and Satisfaction, Self-efficacy, Anxiety and Depression, and Life Satisfaction for the treatment group over time, but not for the control group.

Improved Confidence/Self-efficacy, Peer Support, and Goal Attainment were some of the perceived benefits described by focus group participants.

Devine; Effectiveness of an occupational therapy wellness programme for older adults living in long-term care

Conclusion: As an exploratory study, results confirm the tangible benefits that older people living in LTC can obtain from a health-promoting, occupation-based intervention. Further study is required with a larger sample size.

Application to Practice: The delivery of the programme was feasible and its benefit to participants was observed

References:

1- Craig C., Mountain G. Lifestyle Matters: an occupational approach to healthy ageing. Bicester: Speechmark Publications. 2007

Keywords: older people; wellness; occupation; long-term care
