Introduction

• Depression is number two most frequent psychiatric illness in elderly population.
• Depression is more common among those whose physical capacity is decreasing, thus unable to participate in meaningful activities.
• OT can improve quality of life (QoL) by helping individuals overcome barriers that affect a person’s emotional, social, and physical well-being.
• The purpose of this project is to design and implement an individualized, weekly program in a skilled nursing facility consisting of meaningful activities based on resident’s wants and needs to increase engagement and quality of life.

Methods

• Six activity sessions were completed
  • 1x/week, M-W, 60-minute sessions
  • Held in each resident’s room
• Activities chosen based off each participant’s Leisure Interest Assessment
• Pre/post test utilized to measure Quality of Life
  • World Health Organization’s Quality of Life (WHOQOL-Bref) assessment given to each participant at the beginning and end of study
• Participants:
  • Five residents total from Crowne Healthcare of Montgomery

Results

Participants:
• 4 females
• 1 male
• Between the ages of 75 and 90

Survey Responses:
• QoL measures for all participants overwhelmingly increased after six activity sessions
• Many reported having a sense of purpose after each activity
• All participants reported that each activity was highly motivating
  • Canvas painting
  • Board games
  • Birdhouse painting
  • Creating floral arrangements
  • Pumpkin painting
  • Blanket making

Discussion

Limitations & Areas of Improvement:
• Small sample size
• Short duration

Conclusion

Implications:
• Pilot data supports the use of more meaningful activities within SNFs to increase quality of life levels
• Therapy staff and activity directors should consider using more meaningful activities to enhance engagement
Future Research:
• Should focus on the aspect of quality time vs the actual activity
• Conduct similar research for a longer duration

References


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