

Summer 8-12-2021

Promoting Leisure and Social Participation for Seniors in an Assisted Living Facility

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Recommended Citation

Clark, M., Cohill, B., MacDermott, S., & Park, K. (2021, August 12). Promoting Leisure and Social Participation for Seniors in an Assisted Living Facility. Poster presented at the Virtual OTD Capstone Symposium, University of St Augustine for Health Sciences. Retrieved from <https://soar.usa.edu/otdcapstonessummer2021/14>

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Promoting Leisure and Social Participation for Seniors in an Assisted Living Facility

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BACKGROUND

Seniors in assisted living facilities (ALF) experience a decrease in leisure activity participation (Knecht-Sabres et al., 2020). This decrease could be due to the changes in the social, cultural, and physical environments and loss of daily roles and routines (Lamarre et al., 2019). Participation in social group activities provides many physical, cognitive, and socio-emotional benefits (Horowitz & Vanner, 2010). However, group activities offered in ALF may be generic and not individualized to resident interests and functional abilities (Lamarre et al., 2019). An occupational therapist (OT) can have a distinct role in promoting participation in the group activities by analyzing the activity demands and maximizing the fit between the person, occupation, and the environment (Knecht-Sabres et al., 2020). This role can facilitate resident participation in meaningful occupations.

PURPOSE

The purpose of this project was to create an individualized, occupation-based group activity program for seniors in an ALF and to assist the activities staff in individualizing the activities to improve resident social and leisure participation.

OT THEORY

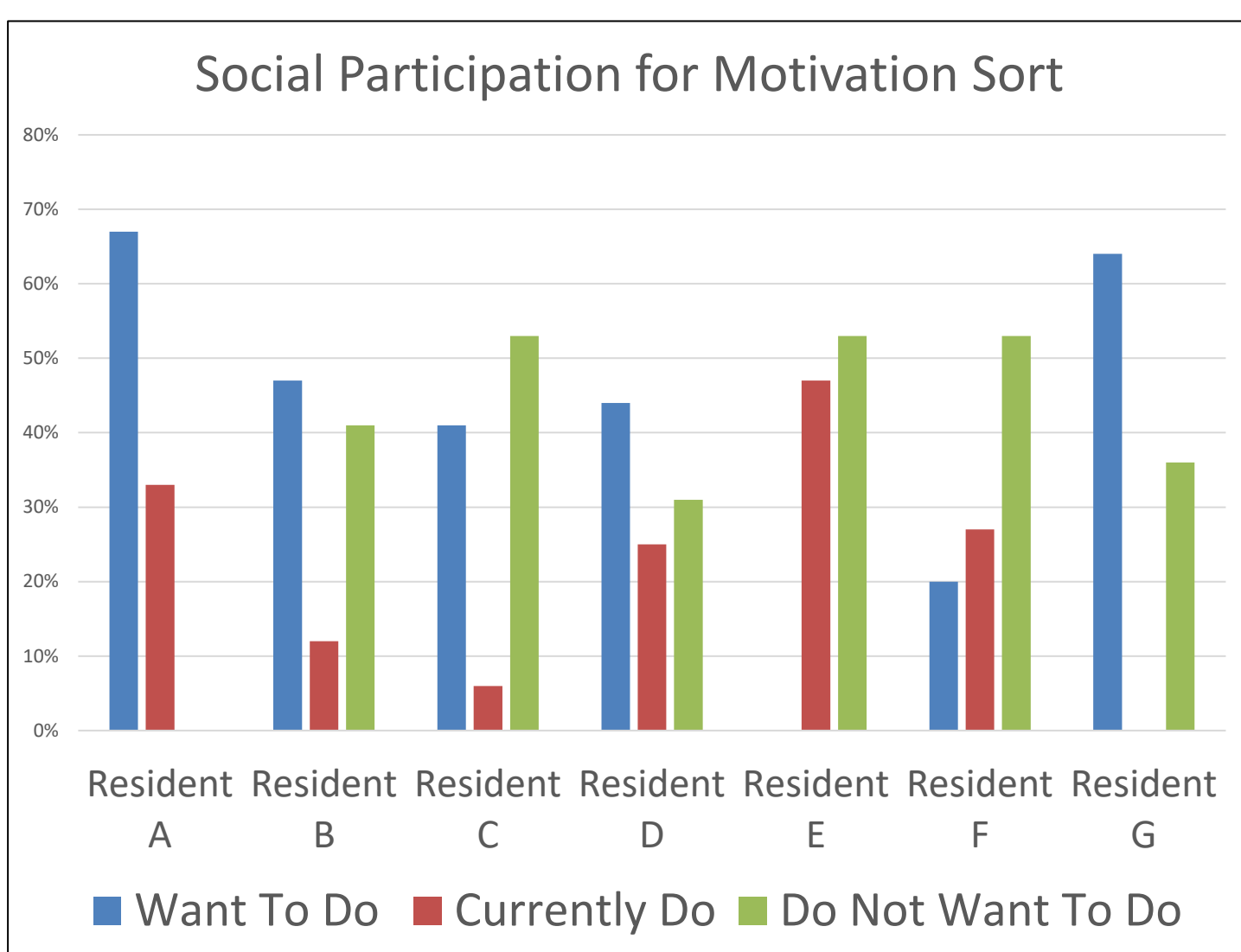
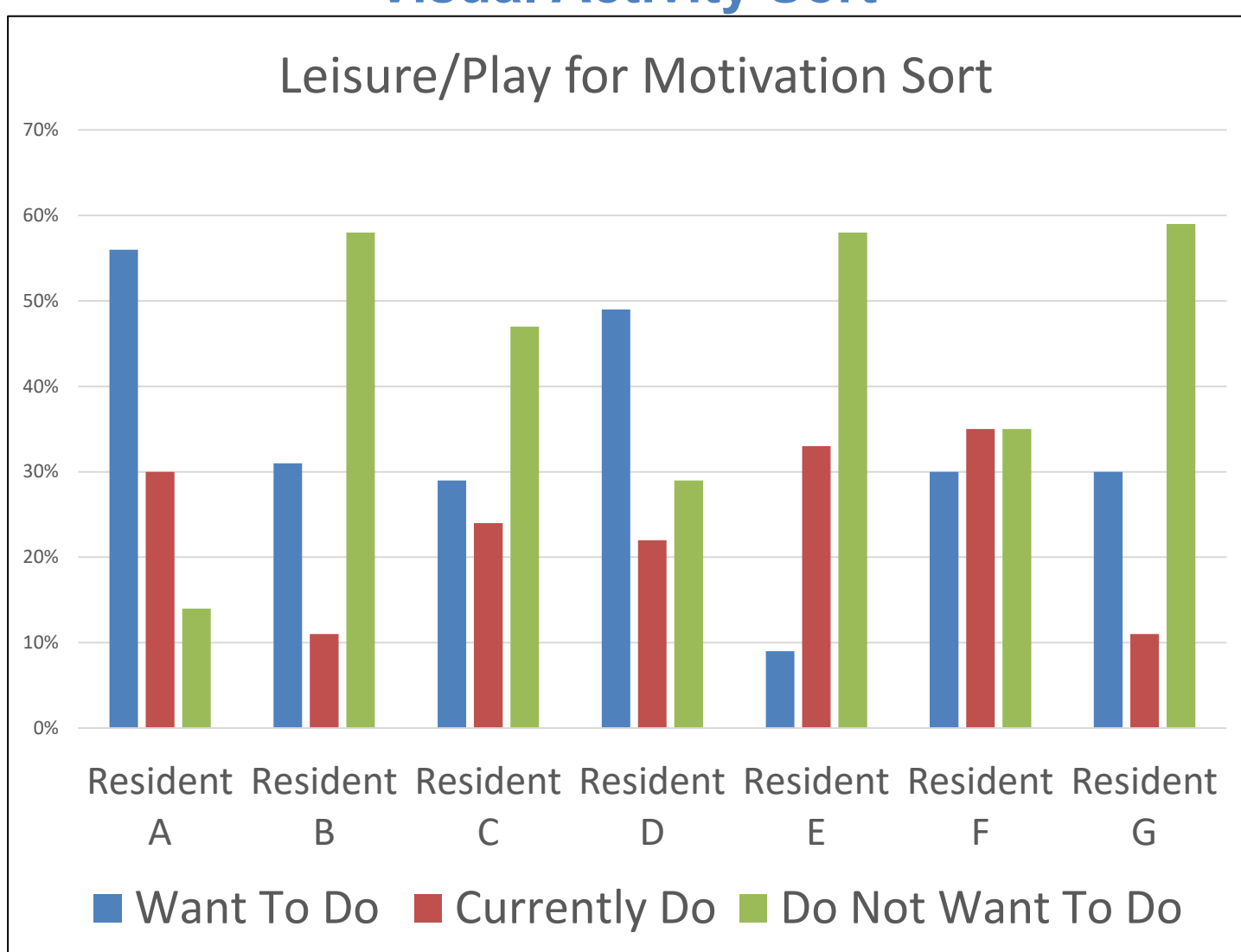
The Model of Human Occupation was utilized to examine each resident's motivation, daily routines, personal interests, and physical abilities. Environmental observations helped to determine the best fit between the person and environment to individualize the group activities (Keilhofner, 2002).

NEEDS ASSESSMENT

Aegis Living Shadowridge, Oceanside, CA

- Observations of current activity programs and ALF environment
- Semi-structured interviews with activities staff and residents
- Administered the Visual Activity Sort (VAS) with residents

Occupation-based Assessment: Visual Activity Sort



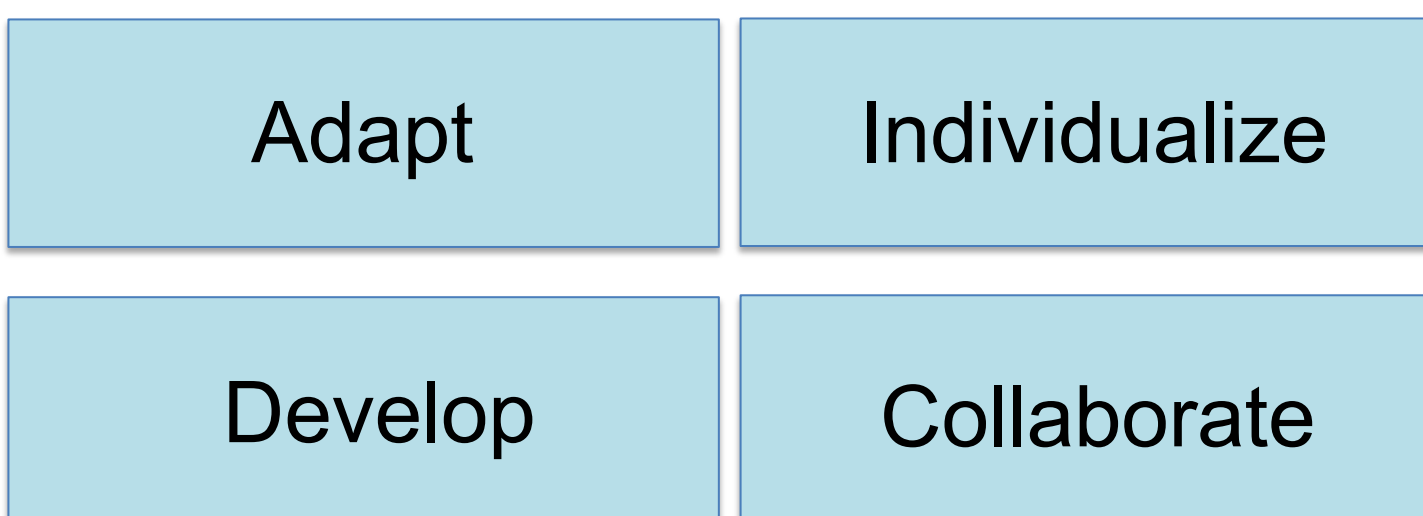
RESULTS

Themes- Resident Interviews	Sub Themes	Examples
Refined Leisure Interests and Participation	Motivation Aging and physical abilities	"I used to love yoga. It made me a lot stronger, but I was a lot younger too."-Resident A
Reasons for Activity Participation	Social connection and community Avoid boredom	"I don't mind being alone, but I prefer to spend time with people."-Resident A
Role of Family and Staff	Family and Staff support	"Some residents leave with their families. I don't have that."-Resident G

Program Development

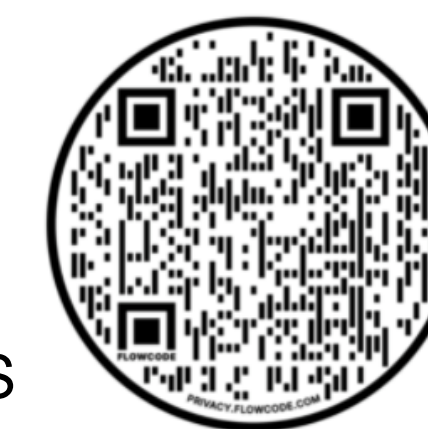
Week	Group Activity	Satisfaction Survey Quotes
1	Activity 1 Part 1: Leisure Activity Exploration Discussion Activity 1 Part 2: "Create Your Vision" Board	"I love activities like this where we can get to know each other and hear each other's life stories." "We learned a lot about the residents we live with. We were able to find what they did before coming to Aegis."
2	Activity 2: Supporting a Cause	"That was so much fun. I wouldn't have missed it. The whole thing was great. I liked putting everything together."
	Activity 3 Part 1 and 2: Painting Flowerpots and Gardening	"I think this activity was relaxing. It also will be used." "I like to see something growing"
3	Activity 4: Creative Baking	"I thought it was fun." "I did not care for my cake. It had a taste I was not fond of."
	Activity 5: Carnival Yard Games	"I enjoyed the fact that everybody was smiling, and you could tell how much everyone was enjoying it."
4	Activity 6 Part 1 and 2: Senior Spotlight Discussion and Showcase	"I am thankful for this place" "I thought it was very interesting getting to know about each other's families and things like that."

IMPLICATIONS FOR OT



DISSEMINATION

- Educational training presentation to Aegis activities department
- Occupation-based activity programming
- Program manual presentation
- Level 1 OT Fieldwork
- OT Practice journal article for VAS



References

Acknowledgement: Special thank you to Dr. Childers, Dr. Cohill, Katie O'Day, and the staff and residents at Aegis Living Shadowridge.