

Fall 12-9-2021

OT's Role in Older Adult Transitions to Assisted Living

Michelle Chavez

University of St. Augustine for Health Sciences, m.chavez@usa.edu

Karen Park

University of St. Augustine for Health Sciences, kpark@usa.edu

Follow this and additional works at: <https://soar.usa.edu/otdcapstonesfall2021>



Part of the [Occupational Therapy Commons](#)

Recommended Citation

Chavez, M., & Park, K. (2021, December 9). OT's Role in Older Adult Transitions to Assisted Living. Poster presented at the Virtual OTD Capstone Symposium, University of St Augustine for Health Sciences. Retrieved from <https://soar.usa.edu/otdcapstonesfall2021/4>

This Poster/presentation is brought to you for free and open access by the OTD Capstone Symposia at SOAR @ USA. It has been accepted for inclusion in Virtual OTD Capstone Symposium, Fall 2021 by an authorized administrator of SOAR @ USA. For more information, please contact soar@usa.edu, erobinson@usa.edu.

OT's Role in Older Adult Transitions to Assisted Living

Michelle Chavez, OTS; Karen Park, OTD, OTR/L, BCP

BACKGROUND

Transition to assisted living is often prompted by recent health declines (Fields et al., 2012) and is becoming more common (Mulry, 2012). This transition causes stress, depression, and lost identity due to effect on roles, routines, occupations, and social support (Bergman & Saltsman, 2018; Mulry, 2012). OTs assist with youth transitions (AOTA, 2018) and should be included in later life transitions.

PROBLEM

Occupational therapy's current role in the assisted living facility does not include the older adult's transition into assisted living.

PURPOSE

Advocate for OT's inclusion in older adult's transition into assisted living and increase positive outcomes post-transition.

Outcome objectives:

- Identify and describe potential implications of OT's involvement in the older adult's transition into assisted living.
- Design a transition training program to be implemented in an ALF to promote a successful transition for older adults.
- Design informational handouts for family and stakeholders with strategies to ease transition.

METHODS

Needs assessment conducted using informal interviews with residents, health services department, activities department, care managers, and family members. Observations of assessment processes, move ins, daily resident interactions, activities, and marketing operations.

ANALYSIS

Information gathered was analyzed using SWOT analysis which informed the identification of themes.

Themes Identified

- Transition processes and influences
- Cognition in relation to placement and acclimation
- Caregiver burnout and compassion fatigue
- Environment

SWOT Analysis

| Strengths | Weaknesses |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Personalized assessment process with HSD. Social opportunities with activities. Detailed resident profile. Families encouraged to be involved and can follow loved one in app. Religious observances regularly available. | Staffing inconsistencies. Inappropriate placement between AL and memory care. Lack of best practices in dementia care. Lacks appropriate grading of occupations. Environment sterile and business-like. Resident profile not completed with staff, missed opportunity for rapport building. |
| Opportunities | Threats |
| Increased budget. Openness to change. Open to collaboration with OT. Staffing increasing | Corporate expects uniformity. High turnover. Changing leadership. Optics and profits are priority. Residents lack choice in moving due to safety concerns. |

PROJECT OUTCOMES

Educational Program

General Program Goals:

- Increase staff understanding of transition process and influences
- Increase staff understanding of dementia care strategies and influence on transition.
- Empower staff to understand their value in the resident's transition process.
- Promote strategies to support resident engagement in valued occupations
- Advocate for a role for occupational therapy in assisted living transitions.

Educational Materials Provided

- Successful Transitions Presentation
- Cognition and strategies Presentation
- Caregiver burnout and compassion fatigue Presentation
- Stress Management Presentation
- Encouraging the move to an ALF Handout
- Easing the transition to an ALF Handout
- New Resident Handout

Discussion and Implications

A potential role for OT in ALF transitions exists however the corporate structure of such facilities is a hinderance. There exists a variety of systemic challenges which will continue impacting this transition process until addressed.

Environmental Focus of Program:

Looks at the physical, social, and institutional environments and contexts and the influences these have on the transitioning individual.

Theoretical Frameworks:

- Person Environment Occupation (PEO) Model
- Environmental Gerontology
- Transactionalism Theory

Recommendations Made

- Inclusion of the ACL assessment
- Completion of resident profile and interests with staff
- Alterations to physical environment
- Supporting active community involvement
- Continuation of student involvement and possible incorporation of Level 1 fieldwork students

