Wellness Promotion Through Leisure Activity Among Community-Dwelling Older Adults

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**Recommended Citation**
Morrell-Zucker, G. (2022, April 13). Wellness Promotion Through Leisure Activity Among Community-Dwelling Older Adults. Poster presented at the Virtual OTD Capstone Symposium, University of St Augustine for Health Sciences. Retrieved from [https://soar.usa.edu/otdcapstones-spring2022/19](https://soar.usa.edu/otdcapstones-spring2022/19)

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Analysis of Health and Wellness Promotion Program Among Community-Dwelling Older-Adults: A Quantitative Research Study

Gabriela Morrell-Zucker, OTD; Doctoral Coordinator: Dr. Kristin Domville, OTD, OTR/L; Subject matter expert Cynthia Therrian, OTR/L

**METHODS**

**Program Components:**
- Gabriela Morrell-Zucker, OTD; Doctoral Coordinator: Dr. Kristin Domville, OTD, OTR/L; Subject matter expert Cynthia Therrian, OTR/L

**FRAMEWORKS & ASSESSMENTS USED**
- Theoretical Frameworks:
  1. Model of Human Occupation (MOHO)
  2. Kawa Model
- Assessment Tool:
  - CHAMPS Older Adult Physical Activity Questionnaire

**Outcome objectives:**
1. CHAMPS Older Adult Physical Activity Questionnaire
2. Model of Human Occupation (MOHO)
3. Kawa Model
4. Convenience sampling used
5. Inclusion criteria: Older adults aged 55 years and above living within the South Miami community.
6. Exclusion criteria: Under the age of 55, or residing in geriatric care (ALF, nursing home).
7. Sign up open for participants from April 1, 2020 to May 15, 2020.
8. 10-15 min duration to fill out informed consent
9. 5-10 min duration to complete survey Q's
10. 14 participants
11. 5-10 min duration to complete survey Q's
12. 30 days

**RESULTS**