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Wellness Promotion Through Leisure Activity Among Community-Dwelling Older Adults

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

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BACKGROUND

As the population of older adults grows, so does the need for practice methods that promote health & wellness. Older adults require wellness promotion for positive mental and physical outcomes; however, many adults over the age of 65 do not engage in physical or leisure activities (Stec et al., 2020; Visarantana et al., 2020; Yoshiko et al., 2018; Zhu et al., 2019). With a strong knowledge of occupational engagement and adaptation throughout the lifespan, occupational therapists possess the skills to support the community-dwelling older adult population.

PROBLEM

A lack of occupation-based wellness programs that increase participation in leisure activities for community-dwelling older adults. (O'Reagan et al., 2020; Pesola et al., 2020).

PURPOSE

To analyze the outcomes of an occupation-based wellness program to increase participation in leisure activities for community-dwelling older adults.

Outcome objectives:

- P1: Determine the needs of the senior center through a SWOT analysis
- P2: Recruit participants on site and administer surveys
- P3: Implement 7-week program
- P4: Distribute the survey again and analyze data using SPSS
- P5: Explore participant perspectives through focus group and develop overarching themes.

FRAMEWORKS & ASSESSMENTS USED

Theoretical Frameworks:

1. Model of Human Occupation (MOHO)
2. Kawa Model

Assessment Tool:

1. CHAMPS Older Adult Physical Activity Questionnaire

Program Components:

1. Behavior change techniques through goal-setting exercises
2. Energy conservation/ work simplification techniques
3. Diabetes management education
4. Arthritis management education
5. Fall prevention/home modification education
6. Dancing and light stretching facilitating AROM
7. Pain management techniques
8. Joint protection techniques
9. Arts and crafts
10. Boardgames and card games

METHODS

A quantitative research design was used to analyze the outcome of a leisure-based wellness program through the pre-and post-test administration of the CHAMPS Older Adult Physical Activity Questionnaire and survey questions identifying leisure participation prior to COVID-19. Data was collected via paper surveys and inputted into SPSS for analysis.

Focus group interview was recorded and transcribed into themes for analysis.

Sampling & Recruitment

- Convenience sampling used

Inclusion criteria: Older adults aged 55 years and above living within the South Miami community.

Exclusion criteria: Under the age of 55, or residing in geriatric care (ALF, nursing home).

Sign up open for 30 days

14 participants

10-15 min duration to complete survey Q's

5-10 min duration to fill out informed consent

Research Questions:

1. Is there a relationship between the CHAMPS score before and after participation in an occupation-based wellness program to address participation in leisure activities?
2. Is there a relationship between current weekly participation in leisure activities compared to prior to COVID-19?

RQ1

Q # 1: Visit with friends or family other than those you live with? (TS p-value of .009)

Q #2: Go to the senior center? (TS p-value of .004)

Q #7: Dance, do not count aerobic dance?

Q #8: Do drawing or other arts and crafts? (TS p-value of .046)

Q #12: Play cards, bingo, or board games with other people?

Q #20: Do light work around the house?

Q #28: Walk leisurely for exercise or pleasure?

Q #36: Do aerobics or aerobic dancing? (TS p-value of .003)

Q #39: Do general conditioning exercises, such as light calisthenics or chair exercises?

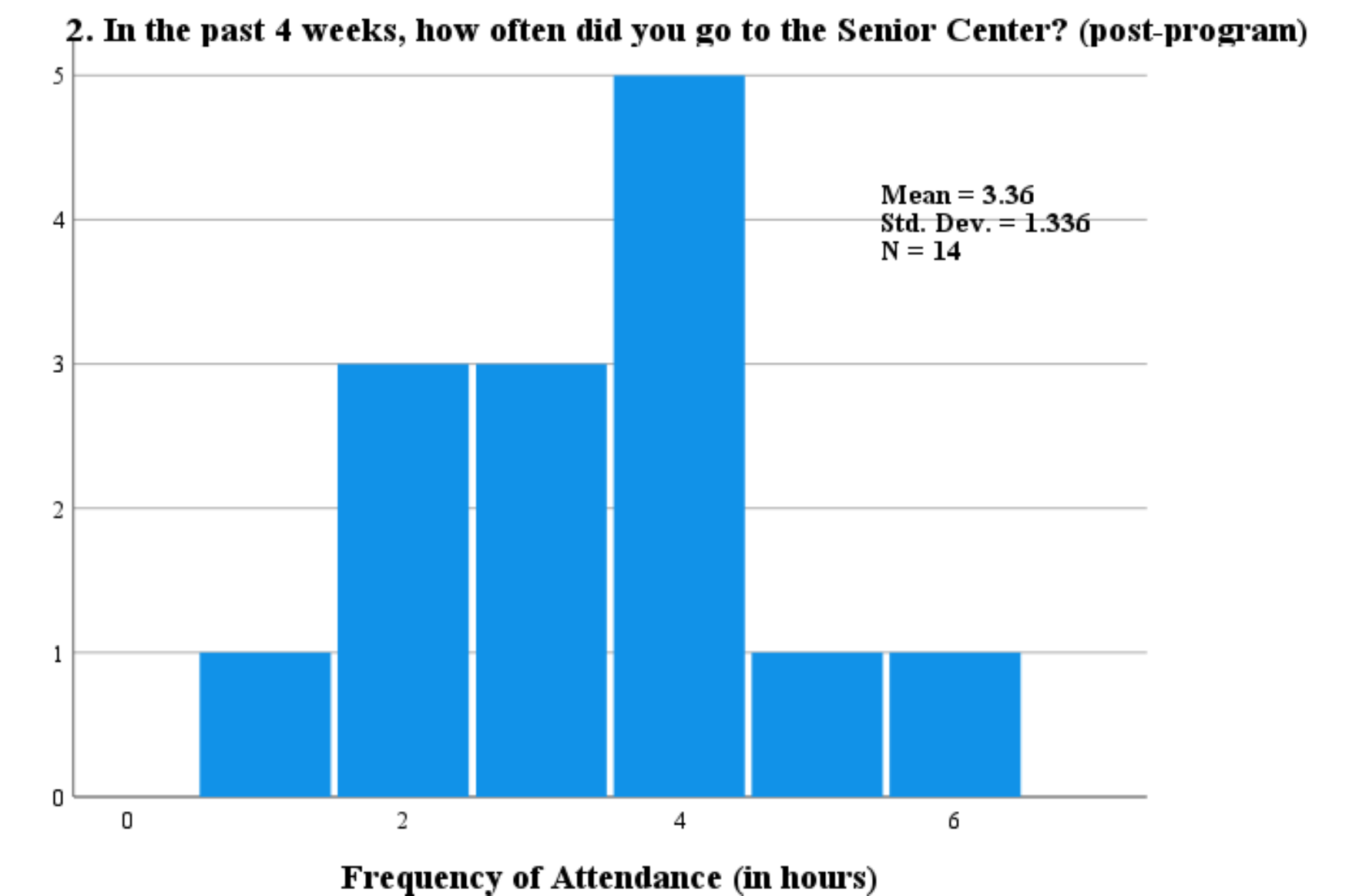
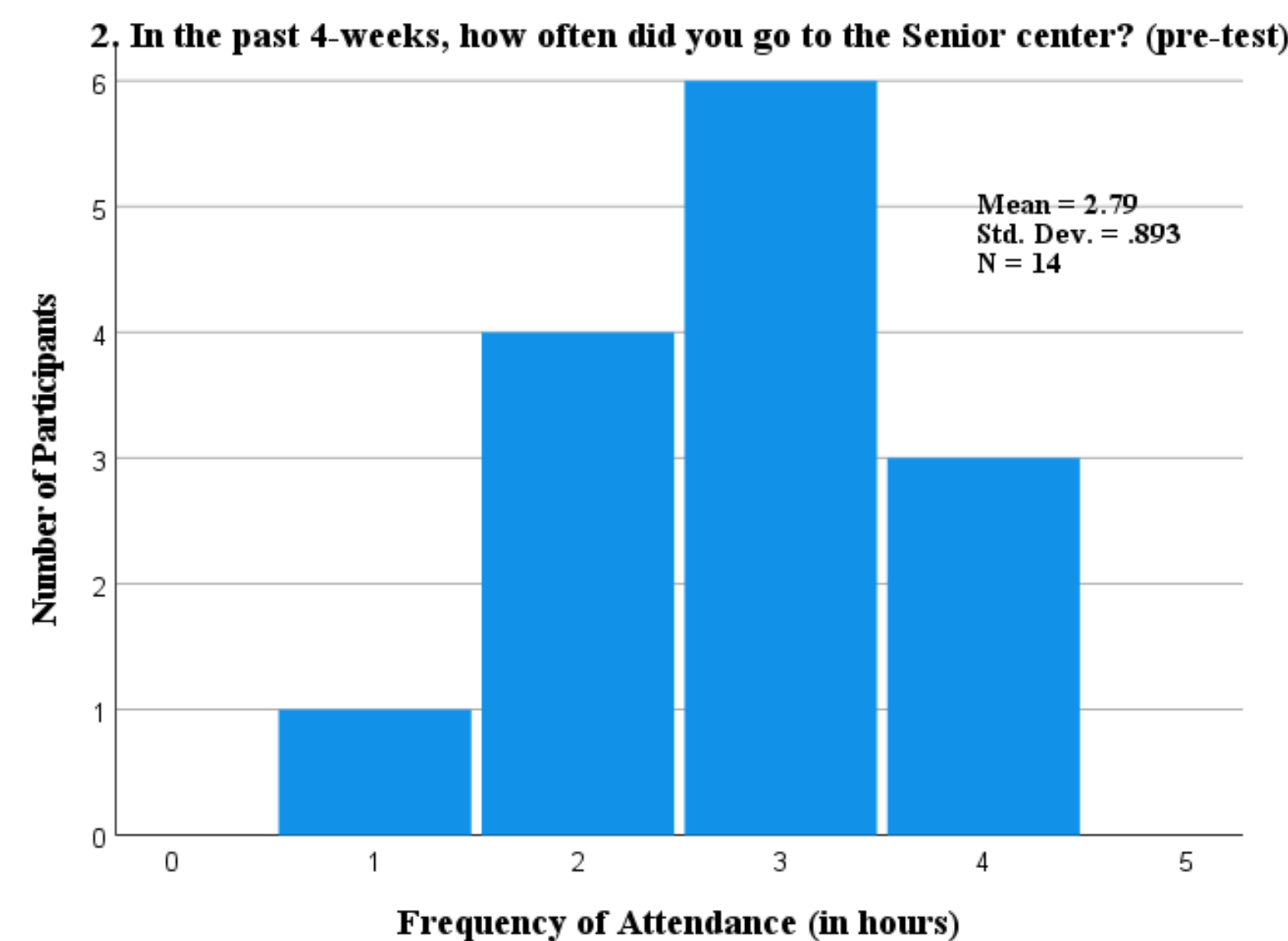
Q's #7, 12, 20, 28, & 39 have a TS p-value of <.001

RQ2

Q #42 (number of leisure activities completed in a typical week prior to covid in comparison to after participation in programming) proved RQ1 to be true.

Q #42 has a TS p-value of .002

RESULTS



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