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Healthy Seniors: Supporting Chronic Condition Management Through Educational and Motivational Materials.

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Healthy Seniors: Supporting Chronic Condition Management Through Educational and Motivational Materials

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BACKGROUND

Within the United States, the older adult population is rising and facing a growing number of chronic conditions (Mirza et al., 2020). Chronic conditions are associated with an increase of hospitalizations, functional decline, and health care spending. Largely, chronic conditions are managed under primary care physicians and treatment is not put into place until an exacerbation and hospitalization occurs (Mirza et al., 2020). Thus, a cruel cycle is created in which an individual undergoes functional decline, worsening of the condition, decreasing quality of life and wellbeing.

The older adult population wishes to age in place and manage their health; however, are not provided materials and resources to do so until an exacerbation occurs (Elliot, 2019). Although online resources exist through patient portals, older adults lack the confidence to access and apply them (Theisen et al., 2021)

PROBLEM

Occupational therapists lack up to date educational & motivational materials for chronic condition management (Zhu et al., 2023). Older adults wish to age in place; however, are less motivated to make appropriate behavior changes (Mizra et al., 2020).

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PURPOSE

To develop evidenced based educational materials for older adults to use to maintain independence and improve quality of life. Additionally, work to incorporate motivational factors for residents to self manage their help.

METHODS

Informal Needs Assessment

- ❖ Literature Review
- ❖ Observations at ALF
- ❖ Informal Interviews with ALF staff and residents

Participants

- ❖ 89 Residents aged 65 and over who experienced at least one chronic condition
- ❖ Med tech, caregiver, and admin staff

Program Development

- ❖ Evidenced based educational materials using the literature available at USAHS
- ❖ Built motivational bingo and daily dollars
- ❖ Built educational handouts

PROGRAM

Healthy Seniors Program

Topics:

- ❖ Heart Disease
- ❖ Chronic Obstructive Pulmonary Disorder
- ❖ Depression
- ❖ Diabetes
- ❖ Fall Risks

Theoretical Frameworks:

- ❖ The Model of Human Occupation (MOHO)
- ❖ Educational Frame of Reference
- ❖ Occupational Adaptation Model
- ❖ Sensory Integration Model

Program goals:

- ❖ Improve resident confidence in recognizing and managing chronic conditions.
- ❖ Increase motivation and participation in health management.
- ❖ Prepare ALF staff with tools to cater to their residents who have chronic condition diagnosis.

Program Presentation:



Photo Release Form Signed



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