

Social Participation in Community-Dwelling Older Adults through the Lifestyle Redesign® Program

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March 21st, 2015
2015 International Occupational Therapy Conference



INDIANA UNIVERSITY
SCHOOL OF HEALTH & REHABILITATION SCIENCES
Department of Occupational Therapy



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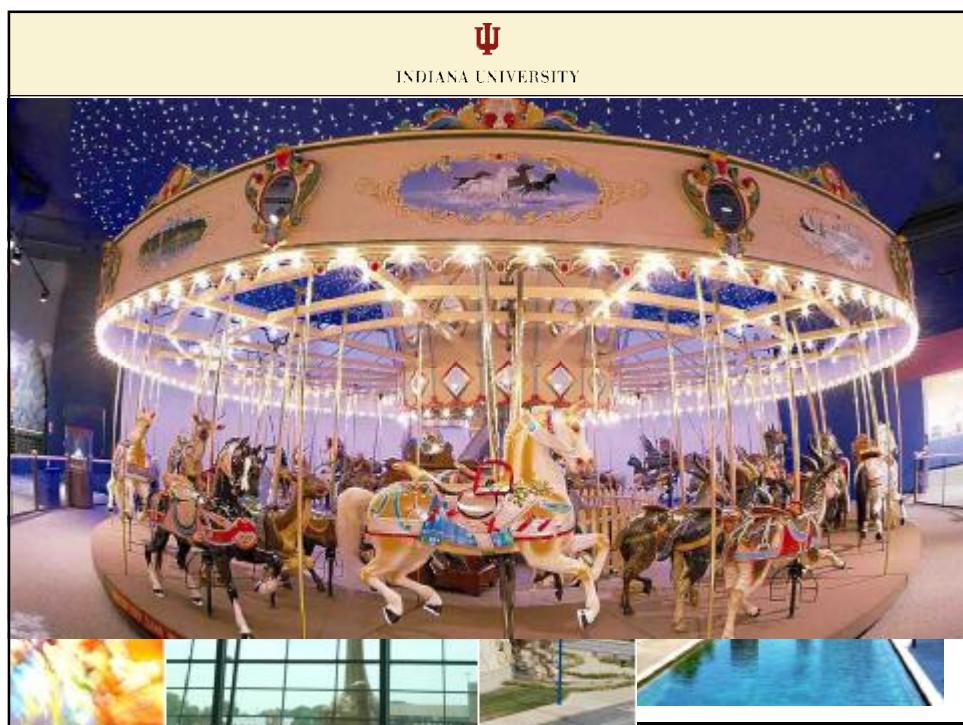
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Hospital for Children) 來禮兒童發展
中心職能治療臨床教授



Two photographs side-by-side. The left photo shows the Indiana University Health building, a modern facility with a curved facade and glass windows. The right photo shows the Riley Hospital for Children building, featuring a red wagon logo with two children and the text "Riley Hospital for Children".

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IU Health is Indiana's most comprehensive healthcare system with more than **20 hospitals and health centers** statewide.



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*Building Bright Futures
for Children and Families*

Leadership Education in Neurodevelopmental and Related Disabilities (LEND) programs



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Learning Objectives

By participating in this presentation, the audience will be able to...

1. Recognize the importance of addressing social participation with older adults through community wellness programming; and
2. Understand the use of Social Profile as an assessment to evaluate social participation for program development.



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Purpose

Social participation is a foundation for older adults' well-being (Stevens-Ratchford, 2005). Enhancing older adults' social involvement can potentially prevent the development of depression later in life (Abu-Rayya, 2006) and improve health (Hovbrandt et al., 2007).

The purpose of this study was to...

evaluate the effect of **Lifestyle Redesign®** on social participation in community-dwelling older adults.



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Methods

§ Design

- Mixed methods

§ Participants

- 12 community-dwelling older adults aged 65 years and older

§ Setting

- A senior center located in Midwest U.S.A.
- NGO/non-for-profit where regular activities were provided for low-income seniors from nearby neighborhoods

Setting



Education.



Goals.



Knowledge.



Support.



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Programming

§ Intervention

- Adapted from the Lifestyle Redesign® Program (Mandel et al., 1999)
 - ∅ Introduction session as a need assessment
 - ∅ 10 week occupation-based group activities

§ Control

- Exercises
 - ∅ Warm up, stretches, line dancing, chair aerobics, yoga, etc.



Staying Active.



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Data Collection

§ Social Participation

- Social Profile (Donohue, 2013)
 - Ø 5 group levels: parallel, associative, basic cooperative, supportive cooperative & mature levels
 - Ø 3 sub-scales: activity participation, social interaction, and group membership & roles
- Data collected at the end of each session
- Repeated measures

§ Quality of Life

- Explored through semi-structured interviews



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Data Analysis

§ Quality of Life

- Analyzed using thematic analysis

§ Quantitative Data

- SPSS
 - Descriptive and inferential statistics
 - Normal distributions: Shapiro-Wilks test for normality
 - Inter-rater agreements: Spearman's Rank Correlation Coefficient
- Ø Moderately high to very high inter-rater agreements in both programs



Laughter.



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Results

§ Social Participation: Intervention > Control

- Wilcoxon signed-ranks test results showed statistically significant differences in social participation between the two programs for **parallel** ($z = -2.599, p < .05$), **basic cooperative** ($z = -2.701, p < .05$), **supportive cooperative** ($z = -2.803, p < .05$), and **mature** levels ($z = -2.803, p < .05$)
- No statistically significant difference for associate/project level



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Results, cont'd

§ Social Participation: Intervention > Control

- Paired sample t-tests showed statistically significant differences in social participation between the two programs for:
 - ∅ **Parallel level** ($t = 4.962, 95\% \text{ CI} = .444 \text{ to } 1.189, p < .001$)
 - ∅ **Basic cooperative level** ($t = -5.581, 95\% \text{ CI} = -1.169 \text{ to } -0.494, p < .001$), and
 - ∅ **Supportive cooperative level** ($t = -6.338, 95\% \text{ CI} = -2.530 \text{ to } -1.199, p < .001$)



Staying Active.



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Results, cont'd

§ Factors contributed to Quality of Life were

- + well-being, peace of mind & relationships
- loss of a spouse, money, loneliness, a decrease in physical health & family illness



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Conclusions

Social Participation

Lifestyle Redesign® Program > Exercises

§Results support the positive effect of occupation-based programming on social participation in community-dwelling older adults

§In achieving good quality of life while aging, it is important to **maintain relationships with family and friends**, and **finding time to support and help others in need**



Happiness.



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Acknowledgments

- Heritage Place of Indianapolis for recruitments
- Program participants
- Mary Donohue, PhD, OT, FAOTA for the use of the Social Profile in the study
- Julia Baker, Laura Hosek, Theresa Niebuurt, Quinn Roe & Kristen Weaver for their assistance in data collection
- Clyde Killian, PT, PhD & Wen-Pin Chang, PhD, OTR for their assistance in data analysis
- University of Indianapolis, School of Occupational Therapy

