



# Helping Residents Maintain Meaningful Occupations

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# Objectives

At the end of this presentation you will be able to:

- List two ways that you can increase quality of life for the residents in your LTC facility
- Recognize ways to improve participation of residents who have common medical conditions.

## Addressing meaningful engagement in occupations for the following dx

- Dementia
- Depression
- Cardiovascular diseases
- Diabetes

**Social/leisure participation and physical  
activity have positive health benefits for  
these Dx**

# What is a meaningful occupation?

- Occupational therapy defines occupations as the activities that we engage in daily that have meaning and purpose to us.
- Ex: getting dressed is an activity, everyone does it, dressing in clothes you like makes it an occupation.
- I want you to think about how to keep meaning in the activities that your residents participate in.
- When activities are meaningful, when they become occupations, people are intrinsically motivated to do them.



**Make leisure and social participation  
meaningful to improve quality of life**

# Evidence based OT recommendation 1

## **Use of personalized electronic touch-screen tablets for residents**

- Residents can use tablets and have better recall with tablets over memory books (Tyack et al., 2017, pringle & Somerville, 2013)
- The use of a tablet for personally chosen occupations by residents experiencing dementia and psychiatric conditions such as depression decreased challenging behavior (Loi et al., 2017).
- How independent resident is with the tablet is based on cognitive level
- Group tablet training for residents is beneficial

# Recommendation 1 continued

## **Use of personalized electronic touch-screen tablets for residents**

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# What can they do with their personal tablet?

## Memory aid

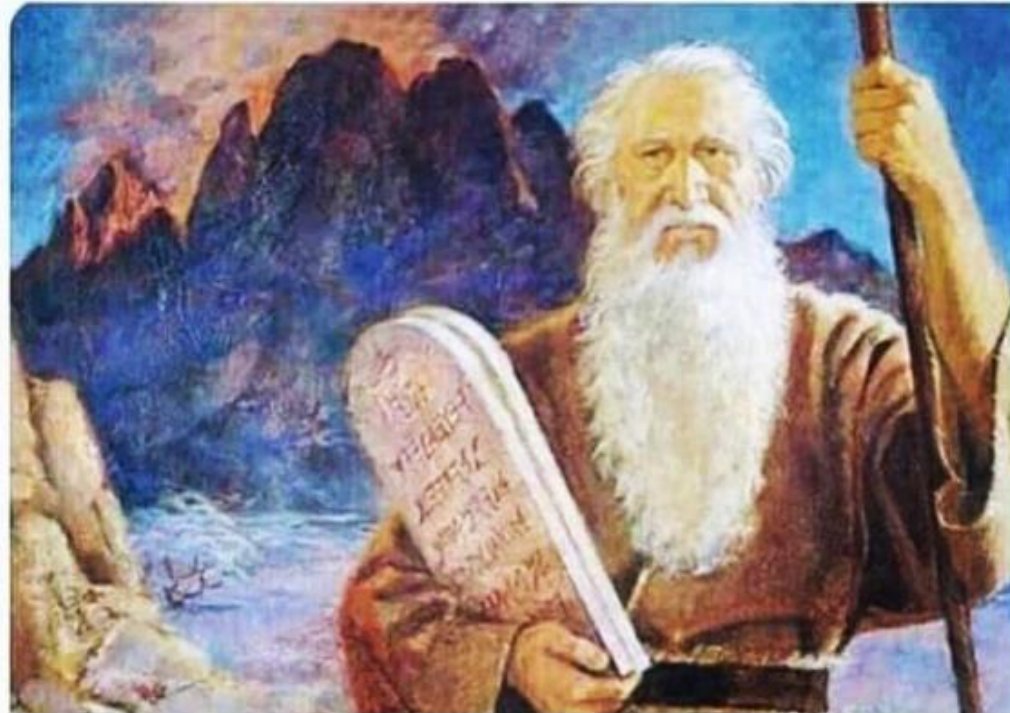
- Family photos
- Family videos
- Facetime calls with family/friends
- Have reminders for bath time, family outings, etc.

## Meaningful leisure

- Listen to favorite music
- Watch favorite movie/TV show
- Read or listen to the news
- Play games
- Color
- Brain games
- scripture



So technically Moses is the first man to download files from the cloud using a tablet.



<https://www.memedroid.com/memes/tag/tablet>



**Make physical activity meaningful to  
improve quality of life**

# Evidence based OT recommendation 2

## **Walking groups for residents**

- Leisure walking is the most cost-effective therapeutic form of exercise (WHO, 2017)
- It can decrease effects of cardiovascular disease, depressive symptoms and reduce pain severity and stress (Ham et al., 2017)
- Moderate intensity leisure walking was most effective at increasing clients perceptions of health and mental health (Ham et al., 2017).
- Walking groups increases social participation and helps hold residents accountable to others to improve rate of participation.

# Recommendation 2 continued

## **Walking groups for residents**

- Walking groups increases social participation and helps hold residents accountable to others to improve rate of participation.
- Make it meaningful by encouraging friend group participation, helping others by pushing wheelchairs, playing meaningful music.
- People participate in physical activity longer when they listen to music.

# Back to engagement in occupations for the following dx

- Dementia
- Depression
- Cardiovascular diseases
- Diabetes

# Helping clients with dementia participate in dressing

- Simplify tasks
- Give residents simple choices about clothes to help with autonomy
- Lay clothes out in the order they are put on
- Use 1-2 step commands to reduce confusion

# Helping clients with dementia participate in eating

- Simplify tasks
- Give residents simple choices to help with autonomy
- Only provide one or two foods at a time
- Increase contrast between silverware, cup and plate and the table to reduce confusion
- Use 1-2 step commands to reduce confusion

# Helping clients with dementia participate in Bathing/toileting

- Give residents simple choices to help with autonomy
- Increase contrast in the bathroom (white on white is confusing)
- Use calming music with the tablet during bathing or meals
- PROVIDING PHYSICAL ACTIVITY HAS BEEN SHOWN TO HELP MAINTAIN INDEPENDENCE IN SELF-CARE



# Helping clients with **diabetes** participate in **oral care**

- Proper oral care is important
- Modify and teach proper oral care
- Periodontal infections can lead to other health issues

# Helping clients with **diabetes** participate in **physical activity/leisure** **walking**

- Walking group helps to maintain regulation of blood glucose levels
- Clients with diabetes participating in walking group need to do foot checks to monitor skin.

# Helping clients with **cardiopulmonary disease** participate in **ADLS**

- These clients have decreased endurance, SOB, and decreased activity tolerance
- Providing adapted equipment: long handled sponge, sock aids decreased SOB from bending
- Allow more time for rest breaks
- Decreased endurance and anxiety can decrease social participation
- Use of the tablet can allow greater participation
- Short walking groups <10 min with rests can allow for participation but also accommodate limited capacity

# Helping clients with depression increase their **social participation**

- Clients with depression are less verbal and may lack insight
- Ways to increase participation is to get help from family and friends and provide a distraction or escape.
- The tablet can increase participation as a distraction or escape and increase interaction with family/friends

# Take home message

When people recognize personal meaning and value in the activities they are asked to participate in, they have greater internal motivation to participate.

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**QUESTIONS?**