

Let's Thrive: A Health and Wellness Program for Seniors

Dominique Johnson, OTD Student; Supriya Sen OTD, MS, OTR; Latonya Copeland-Berry

BACKGROUND

Within the occupational therapy (OT) perspective, healthy aging and the preservation of quality of life among seniors is vital. With the older adult population increasing, it becomes imperative to address their unique needs and preferences to ensure optimal well-being. Occupational therapists play an important role in promoting healthy aging by focusing on enhancing physical health, cognitive function, emotional well-being, and social connections among seniors. In current literature, research has shown that by taking a holistic approach, occupational therapists are able to empower seniors to maintain independence, continue meaningful activities, and foster fulfilling relationships¹.

PURPOSE

A health and wellness program that targets the occupation of **health management**.

- Activities related to developing managing and maintaining health and wellness routines
- Specifically social and emotional health promotion, physical activity, and symptom and condition management in seniors.

Aim: Design and implement a health and wellness program for older adults addressing the occupation of health management.

PROCESS

Needs Assessment

- Literature review
- Conducted site specific needs assessment with staff and residents
- Identified site specific needs

Program Development

- Researched existing programs at Urban Strategies Inc
- Researched existing health and wellness programs at various senior living facilities
- Developed occupational based program to address identified needs

Program Implementation

- 10-week program that addressed the occupation **health management** in seniors
- *Physical activity* to improve strength and endurance
 - *Community socials* to promote community and social engagement
 - *Health education* to improve knowledge and healthy practices
 - Fall Prevention-to mitigate risks that result in injuries

Evaluation and Deliverables

- Program satisfaction surveys completed by residents
- Deliverables
 - Educational pamphlets
 - Workout video playlist
 - Flyers
 - Workshops

PROGRAM



Urban Strategies Inc.

- Mission: All children and families will be STABLE and THRIVING

Cowan Place Senior Living

- Fort Worth, Texas
- Phase 1 of the Stop 6 Initiative

Based on determined needs, a 10 weeklong occupation-based program addressing the occupation of health management was developed

- Social and Emotional Health Promotion
- Physical Activity
- Symptom and Condition Management

Biweekly fitness opportunities- Addressed the *Physical Activity* aspect of the occupation of Health Management.

- Zumba
- Yoga
- Chair sports
- Group exercise

Biweekly community socials- Addressed the *Social and Emotional Health Promotion* aspect of the occupation of Health Management.

- Arts and crafts
- Game Nights
- Movie Nights
- Bingo

Fall Prevention Series (4 parts)- Addressed the *Symptom and Condition Management* aspect of the occupation of Health management.

- Fall basics
- Home safety
- Assistive devices
- Fall Recovery

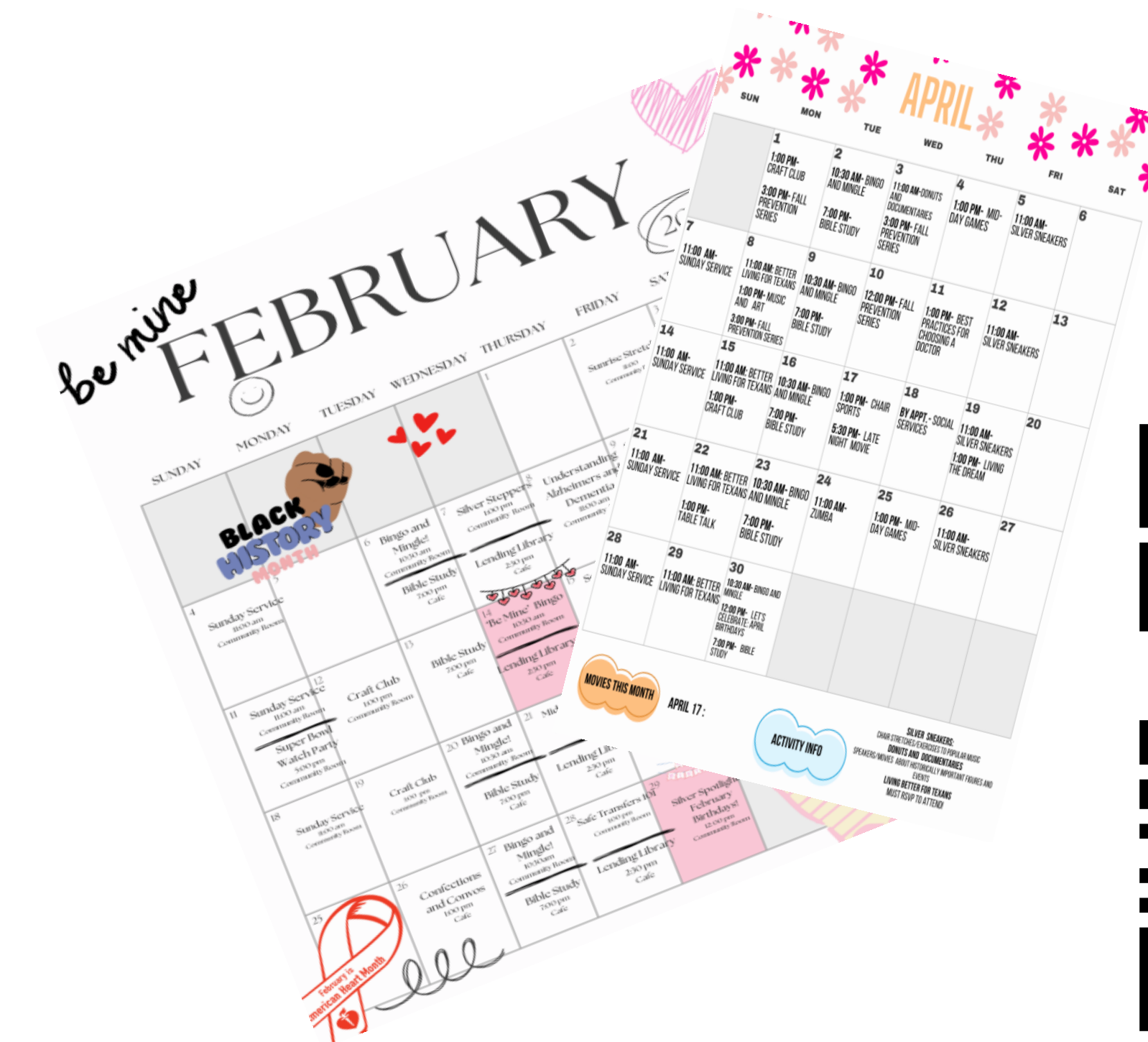
Bimonthly health education speakers- Addressed the *Symptom and Condition Management* aspect of the occupation of Health Management.

- Kidney Disease
- Alzheimer's/Dementia
- Nutrition
- Diabetes
- Cardiovascular Disease
- Various healthcare providers

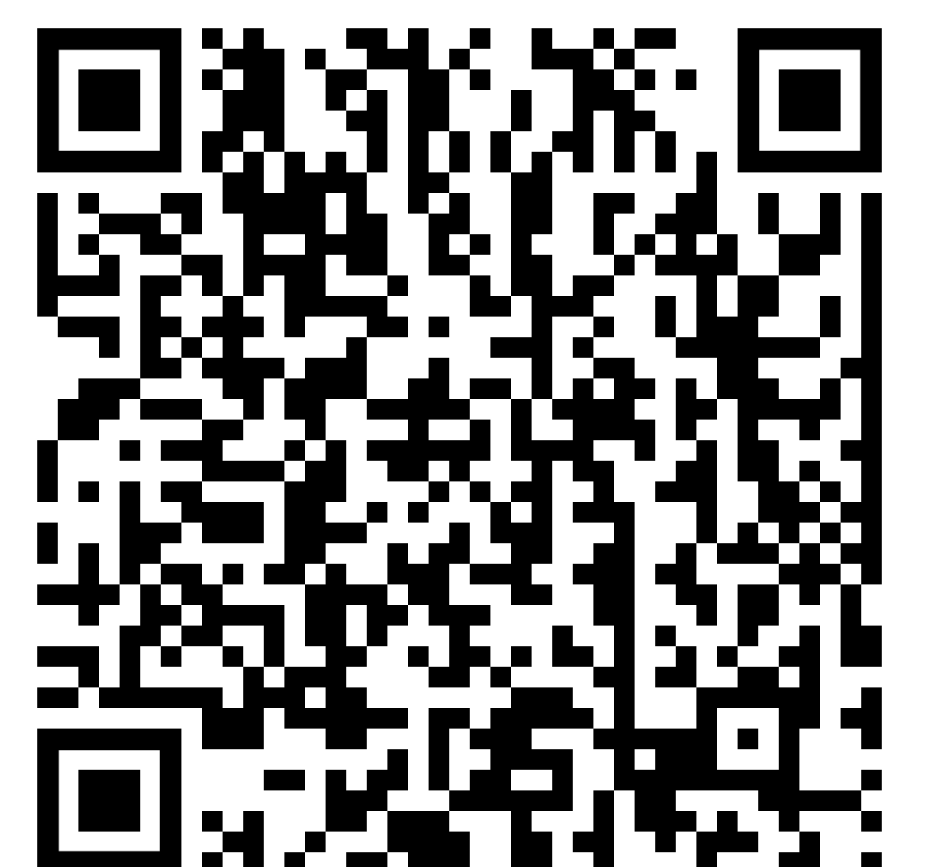
OUTCOMES (CONT.)

Deliverables

- Resources provided throughout program were revised based on feedback and provided to staff for future use
- Developed calendar of planned activities addressing the occupation of health management through December 2024



Scan to access deliverables



IMPLICATIONS FOR OT

Physical Activity

- Tailored physical activities can improve strength, flexibility, and balance.
- Reduce risk of falls and promote overall physical health.

Health Education

- Provide knowledge about self management managing chronic conditions.
- Empowers individuals to advocate for their own health care

Fall Prevention

- Provide education to clients on fall prevention strategies, safe movement techniques, and home safety measures.

Community Engagement

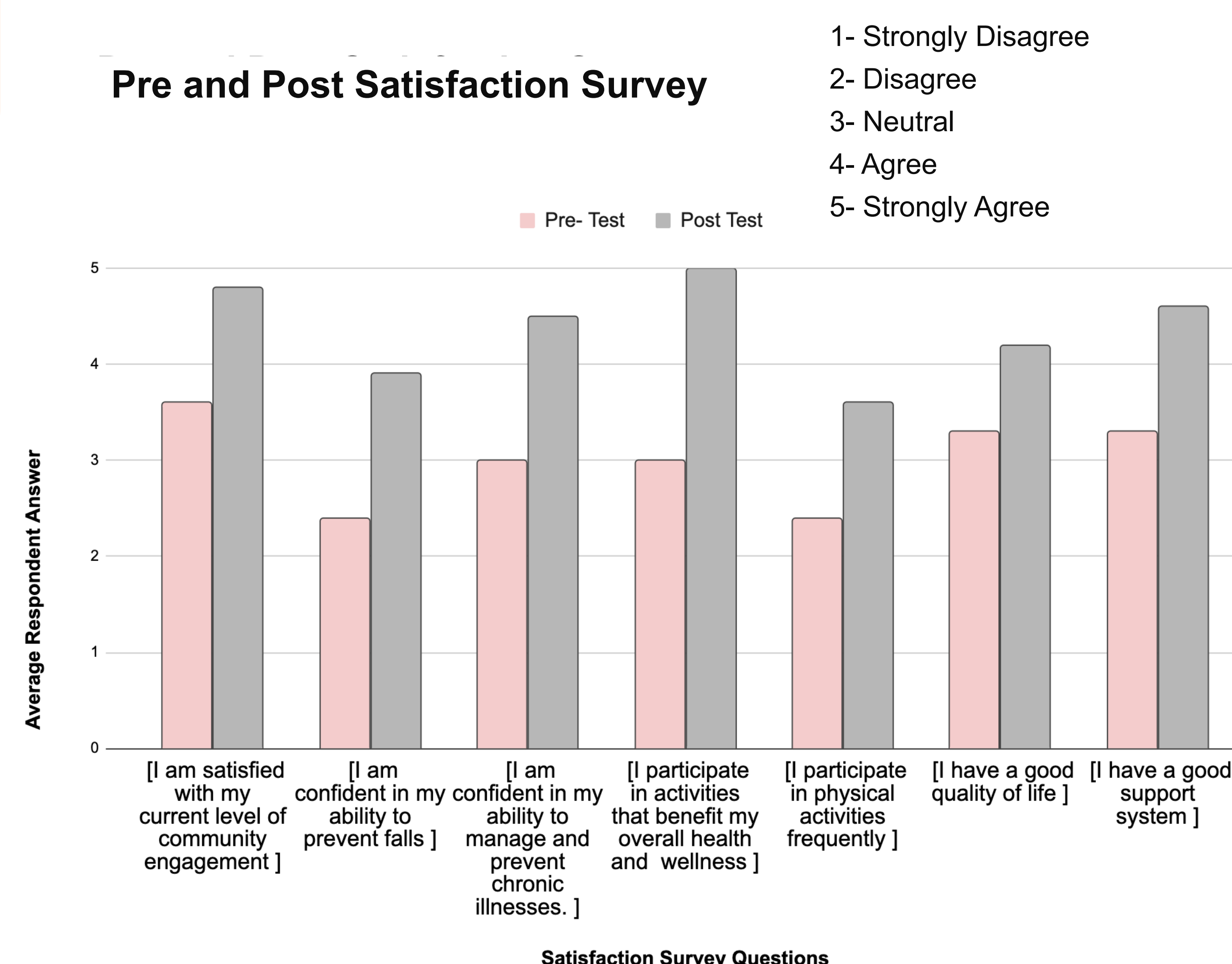
- Social engagement is vital for mental health.
- Fosters a sense of belonging and encourages social interactions.

Leisure Activities

- Creative activities stimulate cognitive function, promote self-expression, and provide opportunities for socialization.

OUTCOMES

Pre and Post Satisfaction Survey



LESSONS LEARNED

- What did I learn about program development?
 - It is beneficial to immerse yourself in the community that you will be serving because it allows you to gather all the necessary information.
- What helped me during this experience?
 - Community site had established partnerships that I was able to utilize.
- Challenges
 - Resident participation
 - Building logistics
- Advice to future students:
 - Opportunities to learn from mistakes and feedback given from mentors

REFERENCES

new reference