

Introduction

Background:

- 42% of the 733,000 older adults living in assisted living facilities in the United States have a diagnosis of dementia (CDC, 2010).
- Older adults with dementia living in these residences have low levels of occupational engagement, averaging around 50% / day
- Low occupational engagement causes a significant negative impact on quality of life (Cohen-Mansfield & Mintzer, 2005; Orrell, et al, 2008; Westberg et al, 2017)

Site:

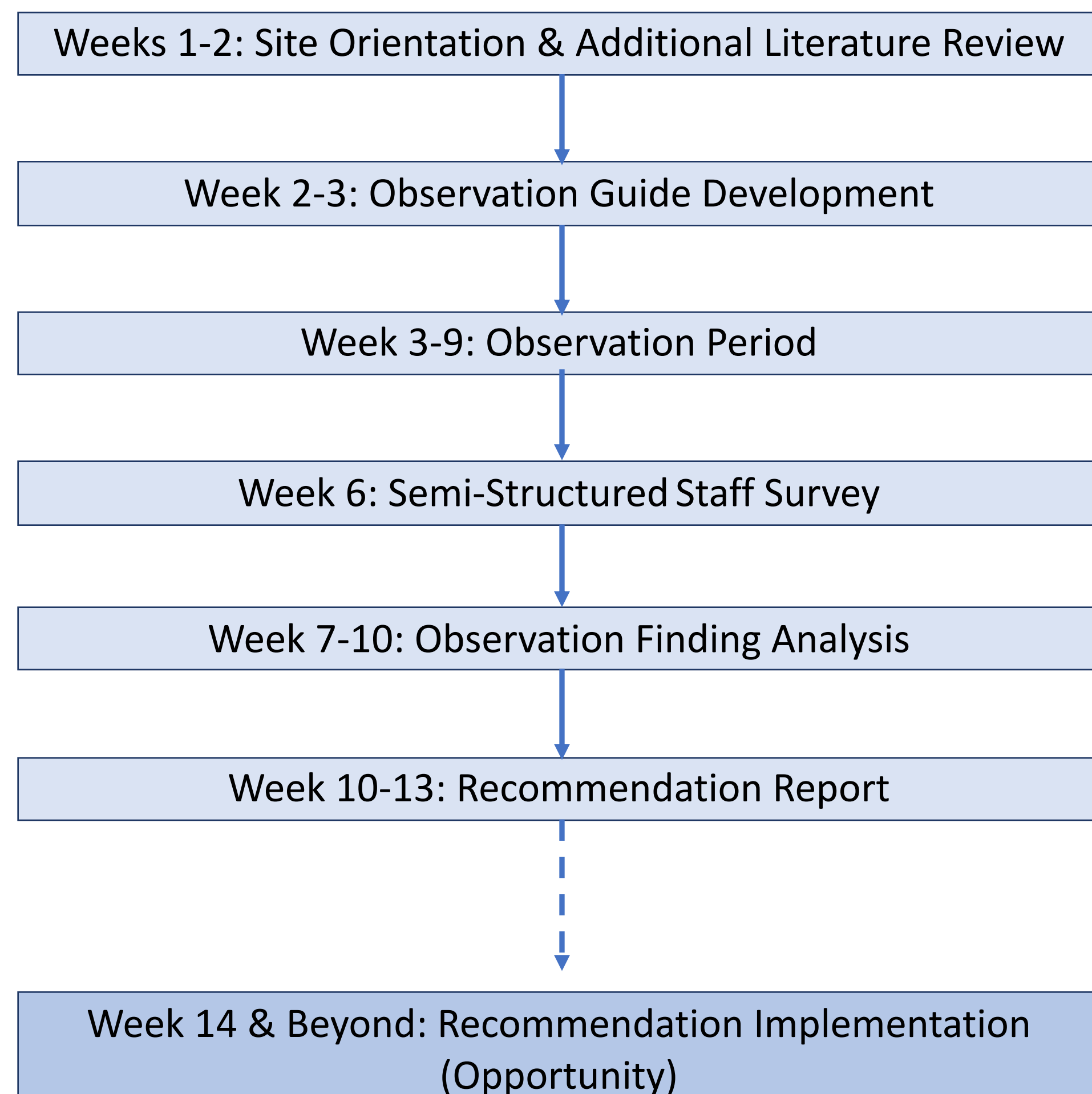
Forestdale Park Assisted Living Community in Malden, Massachusetts

- 23 residents living in Forestdale's dementia care unit
- 3 Certified Dementia Practitioner staff members working in the Compass Neighborhood's activity department

Project Aims:

- 1) Analyze Forestdale Park's current **structured activities, contexts, and goals** through an occupational therapy lens
- 2) Formulate recommendations to improve upon these three areas based on identified barriers and supports for the residents' successful occupational engagement

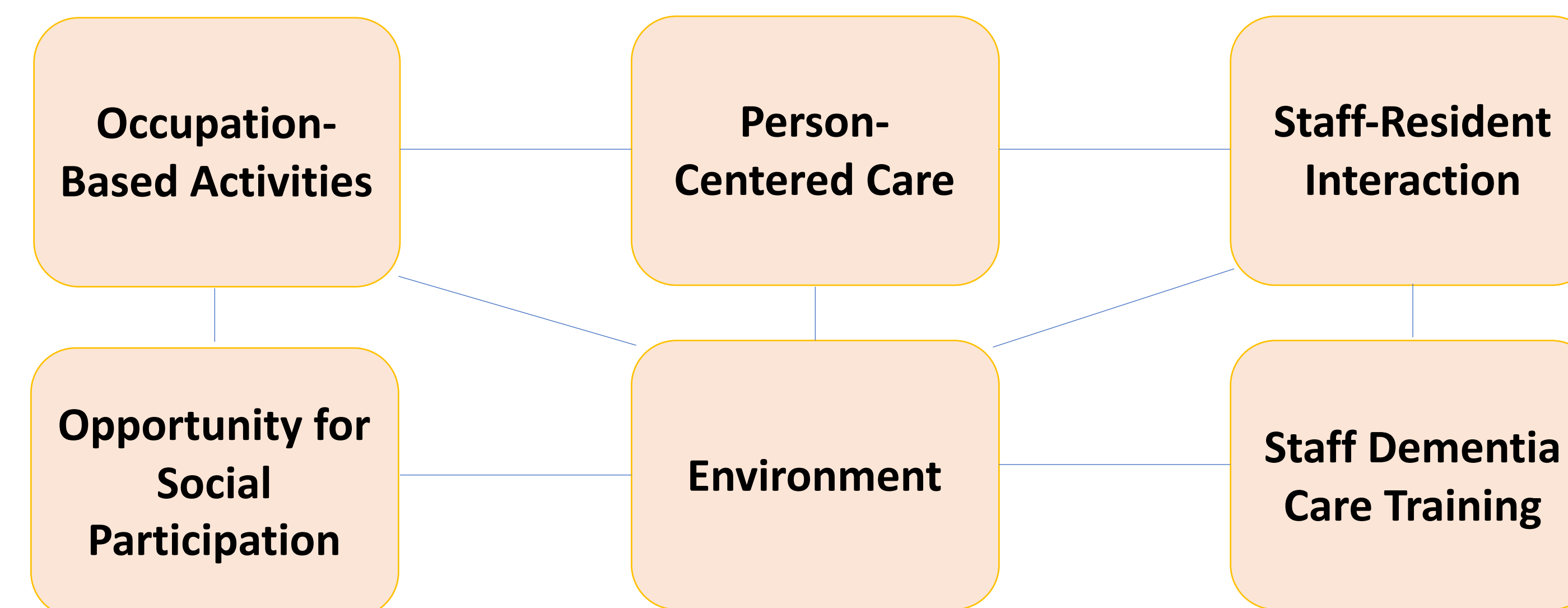
Methods



Results

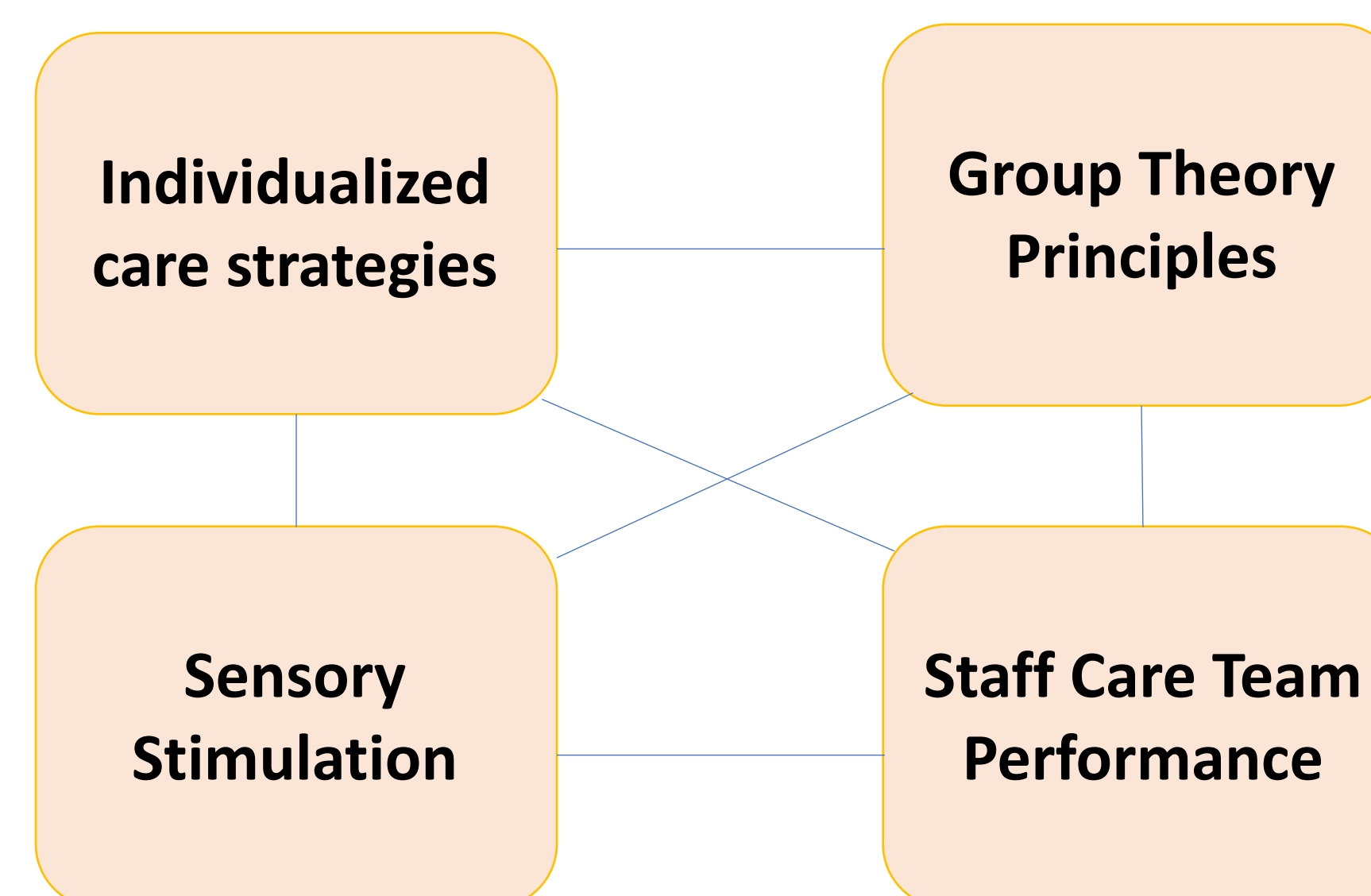
Literature Review Findings & Observation Guide:

The literature review done before and during the first weeks of the project helped create a base of knowledge around the population's needs and the research surrounding the current care provided in assisted living facilities in terms of occupational engagement. The literature suggested six themes that significantly affected positive engagement and quality of life in older adults with dementia living in assisted living facilities:



Observation Analysis:

The six themes found in the literature became the outline for the observation guide, in addition to group theory principles, and helped focus the recommendations. The following were the major themes identified through observation as factors that influence the residents at Forestdale occupational engagement:



Recommendation Report:

Based on the synthesis of observations, interactions with staff members, and evidence from the literature review, a recommendation report was created. This report was shared with the staff at Forestdale Park Assisted Living Facility via a presentation and electronic copy for them to consider and implement as they see fit. Specific recommendations and examples are to remain confidential.

Discussion

Program Evaluation Strengths:

- Recommendations made based on direct observations collected over a nine-week span, helping build a holistic view of the experience at Forestdale
- Report considers site-specific feasibility concerns and staff feedback
- Wide range of criteria observed and analyzed through an occupational therapy lens

Program Evaluation Limitations:

- Single observer & author perspective which creates a strong potential for bias
- Family & other caregiver perspectives not received or analyzed for this study
- Can not be generalized to any other programs or environments

Future Directions

- Recommendation implementation at Forestdale Park with further refinement as they see fit
- Continued literature review and implementation of evidence-based practice within the setting
- Complete program analysis for further improved client-centered care
- Further refinement of observation guide created for this study combined with dementia care mapping and other evidence-based practices



Special thanks to the residents and staff members at Forestdale Park, including my site mentor, Denise Thorud, as well as my faculty mentor, Meredith Grinnell, OT, OTD, OT R

References

- Cohen-Mansfield, J., Mintzer, J.E. (2005). Time for change: the role of nonpharmacological interventions in treating behavior problems in nursing home residents with dementia. *Alzheimer Dis Assoc Disorder* 19(1), 37-4
- Orrell, M., Hancock, G.A., Liyanage, K.C., Woods, B., Challis, D., Hoe, J. (2008). The needs of people with dementia in care homes: the perspectives of users, staff, and family caregivers. *Int Psychogeriatrics* 20(5), 941-951. doi: 10.1017/S104610208007266.
- Westberg, K., Gaspar, P., Schein, C. (2017). Engagement of residents of assisted living and skilled nursing facility memory care units. *Activities, Adaptation & Aging*, 41(4), 330-346. Doi: 10.1080/01924788.2017.1376175

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