

Active Ageing for Later Life: Involvement for Student Occupational Therapists

Queen Margaret University,
Scotland, UK

Emma Smith, Helen Moore, Kayleigh Brady,
Lorne McMahon, Sophie Burns, Catriona Chapman.



Queen Margaret University

EDINBURGH

Outline

- What is active ageing?
- An overview of current policies and guidelines in Scotland related to active ageing
- Our proposed idea: student led activity groups in the community



What is active ageing?

“Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. It applies to both individuals and population groups.”

(WHO, 2012)

Active aging describes a way of life, with its greatest aim to grow old in good health;

- Employment
- Society
- Independent Living



Exercise and Active Ageing

- Contemporary area within the UK health research and practice
- High profile sports events
- The British Heart Foundation National Centre has developed a range of activities to encourage activity in older people



Guidelines and Policies Influencing our Practice



Queen Margaret University
EDINBURGH

NICE Guidelines

National Institute for Health and Clinical Excellence

“Occupational Therapy interventions and physical activity intervention to promote the mental wellbeing of older people in primary care and residential care”

(NICE public health guidance 16)



Overview of Policies and Guidelines in Scotland

1. All Our Futures: Planning for a Scotland with an Ageing Population (Scottish Executive 2007)
2. Active for Later Life: Promoting Physical Activity with Older People; A Resource for Agencies and Organisations (NHS Health Scotland 2007)
3. Lets Make Scotland More Active: A Strategy for Physical Activity (Scottish Executive 2003)



All Our Futures: Planning for a Scotland with an Ageing Population

(Scottish Executive 2007)

- Aims to make Scotland a place fit for the future
- Aims to improve opportunities for older people and remove barriers
- Identifies six priority areas for strategic action



Active for Later Life: Promoting Physical Activity with Older People

(NHS Health Scotland 2007)

- Aims to help health professionals involved in developing physical activity programs for older people within Scotland



Lets Make Scotland More Active: A Strategy for Physical Activity

(Scottish Executive 2003)

- Aims to increase and maintain the proportion of physical active people in Scotland by setting goals and targets in which they aim to complete by 2022.



Our Proposed Idea and the Role of Occupational Therapy



Queen Margaret University
EDINBURGH

“Movin’ About”

An exercise group run by Student Occupational Therapists twice a week for older people in the local community. These will be held at Queen Margaret University, Edinburgh.



Queen Margaret University
EDINBURGH

Our Proposed Idea...

“Movin’ About”

Propose the idea to University and Module Co-ordinators.

Seek out permission to use fitness suites within the university gym for suggested program.

Contact Local Community Occupational Therapist and introduce the program and get clients referred.

Rotate four activities bi-weekly: Balloon Volleyball , Yoga/Tia Chi, Wii/Wii Fit and gentle aerobics.

Begin the Get Active classes.



How this links with OT?

- Occupational therapy's aim is to allow you to live your life in the way you want to by participating in occupations which are meaningful to you. (COT, 2012)
- OT aims to promote health and wellbeing through the use of occupations, e.g. the physical activity within the group.
- Participation in our group would allow older people to not only remain active physically but also to provide social interaction, something which many older people are missing out on.



Why should student OTs get involved?

- Current experience - One placement a year (over a 4 year course) which is allocated by university and non negotiable.
- Allow more opportunity for Student OTs to develop and further knowledge and skills whilst also interacting and making relationships with an older generations.



PHYSICAL

Mobility
Balance
Reducing pain
Improving range of movement
Co-ordination
Maintaining motor skills

COGNITIVE

Motivation
Concentration
Memory
Attention

Perceived Benefits

PSYCHOLOGICAL

Self-esteem
Mood
Reducing anxiety
Confidence

SOCIAL

Independence
Support network
Reducing/preventing isolation

Evaluation of Programme Effectiveness

- Client Evaluation - Standardised, Non - Standardised, Interviews
- Self Evaluation - reflection, reflexivity
- Service Evaluation - Is the program working?



References

- Age UK. 2012. Loneliness. [online] Available at: www.ageuk.org.uk [Accessed October 3 2012].
- Allen J (2008) Older people and wellbeing. London: Institute for Public Policy Research.
- British Heart Foundation, National Centre for Physical Activity and Health (2007) Guidelines on the promotion of physical activity with older people. London: British Heart Foundation.
- College of Occupational Therapy. 2012. Home Page. [online] Available at: www.cot.co.uk [Accessed October 1 2012].
- Department of Health (2005a) Everybody's business: integrated mental health services for older adults: a service development guide. London: Department of Health. Department of Health (2005b) Securing better mental health as part of active ageing. London: Department of Health.
- EUROPA. 2012. *European Year For Active Ageing and Solidarity between Generations*. [online] Available at: <http://europa.eu> [Accessed August 04 2012].
- Eurostat Statistical books. 2012. *Active aging and solidarity between generations: A statistical portrait of the European Union 2012* [online] Available at: <http://epp.eurostat.ec.europa.eu> [Accessed August 04 2012]



- Falls: the assessment and prevention of falls in older people. NICE clinical guideline 21 (2004). Available from: www.nice.org.uk/CG21
- Hammond, A. & Jeffreson, P. 2002. Rheumatoid Arthritis. In: Turner, A., Foster, M., & Johnson, E, S. Occupational Therapy and Physical Dysfunction. Edinburgh: Churchill Livingstone. pp, 543 - 564.
- Ilott, I. 2008. *Research, evidence-based practise and professional effectiveness*. In: Creek, J and Lougher, L. 2008. Occupational Therapy and Mental health. 4th ed. Churchill Livingstone Elsevier: Philadelphia
- NHS Health Scotland. 2007. Active for Later Life: Promoting Physical Activity with Older People. Edinburgh: Health Scotland
- NHS: National Institute of health and Clinical Excellence. 2008. *Occupational Therapy interventions and physical activity interventions to promote the mental wellbeing of older people in primary care and residential care*. [Online] Available from: <http://www.nice.org.uk/nicemedia/pdf/PH16Guidance.pdf> [Accessed October 12 2012]
- Rosenberg, M. 1965. *Society and the adolescent self-image*. Princeton, NJ: Princeton University Press.



- Scottish Centre for Intergenerational Practice. 2009. [online] Available at: <http://www.scotcip.org.uk/> [Accessed September 22
- Scottish Executive. 2003. Lets Make Scotland More Active: A Strategy for Physical Activity. Edinburgh: Scottish Executive.
- Scottish Executive. 2007. All Our Futures: Planning for a Scotland with an Ageing Population. Edinburgh: Scottish Executive
- Scott, A.H. et al. 2001. Occupational Therapy as a Mean to Wellness with the Elderly. *Physical and Occupational Therapy in Geriatrics*. 18(4) pp.3-22.
- Third Sector First (2005) 'Things to do, places to go'. Promoting mental health and wellbeing in later life – a report for the UK inquiry into mental health and well-being in later life. London: Age Concern England.
- UK Inquiry into Mental Health and Well-being in Later Life (2006) Promoting mental health and wellbeing in later life. London: Age Concern and Mental Health Foundation. Available from: www.snpearstesting.org/consensusfinal.pdf
- World Health Organisation. 2012. *Ageing and life Course* [online] Available from: <http://www.who.int/>

