

## THE 18<sup>TH</sup> MEETING OF ENOTHE 18<sup>th</sup> – 20<sup>th</sup> October 2012, Vilnius, Lithuania



**About the year:** The year is intended to raise awareness of the contribution that older people make to society. It seeks to encourage policymakers and relevant stakeholders at all levels to take action with the aim of creating better opportunities for active ageing and strengthening solidarity between generations.

**What is active ageing?** Active ageing means growing old in good health and as a full member of society, feeling more fulfilled in our jobs, more independent in our daily lives and more involved as citizens. No matter how old we are, we can still play our part in society and enjoy a better quality of life. The challenge is to make the most of the enormous potential that we harbour even at a more advanced age. The European Year 2012 seeks to promote active ageing in three areas:

**Employment** – as life expectancy increases across Europe, pension ages are rising, but many fear that they will not be able to stay in their current jobs or to find another job until they can retire on a decent pension. We must give older workers better chances in the labour market.

**Participation in society** – retiring from one's job does not mean becoming idle. The contribution of older people to society as carers for others, typically their own parents or spouses and their grandchildren is often overlooked and so is their role as volunteers. The European Year seeks to ensure greater recognition of what older people bring to society and create more supportive conditions for them.

**Independent living** – our health declines as we grow old, but a lot can be done to cope with this decline. And quite small changes in our environment can make a big difference to people suffering from various health impairments and disabilities. Active ageing also means empowering us as we age so that we can remain in charge of our own lives as long as possible

(Source: [www.europa.eu/ey2012](http://www.europa.eu/ey2012))





## WELCOME TO VILNIUS UNIVERSITY, VILNIUS, LITHUANIA



Dear conference participants, members of international science and knowledge community welcome to the Annual 18th ENOTHE Meeting that supports the initiative of European Year for Active Aging and Solidarity between generations. According to WHO estimates, the population is aging, and according to the European Commissioner László Andor, "Active aging means that we need to help older people to continue working, to share their experience, play an important role in society and to live as a healthier, more independent and more active lives. We need to remove barriers for older people to realize its full potential". It is important to educate the younger generation, to increase awareness about active aging, particularly

in participation, engagement in community activities and independent living areas. One of the disseminators of information could be the Occupational Therapist.

Lithuania joined the ENOTHE community only a few years ago. This year we celebrate only 10 years for Occupational therapy programme in Vilnius University. We are still new, but your huge experience in shaping best practices results and I believe that you will continue to cooperate successfully and achieve the best results. The Occupational Therapy in Lithuania is a new area and it is still in development stage. Therefore, I encourage you to share experiences, not only cause, problems and issues, but also to look for answers.

I wish you successful work for the conference and the best of luck to all the participants.

**Prof. Algirdas Utkus** (*Dean of Faculty of Medicine, Vilnius University, Head of Department of Human and Medicine Genetics*)





It's a big honour and pleasure for me to open this 18th ENOTHE Annual Meeting according to the European Year for Active Aging and Solidarity between generations. I am happy that this conference takes place in Vilnius, Lithuania. It is very important for us. The last year we had anniversary of 230 years for Vilnius University Faculty of Medicine, and 20 years for the main education place for Occupational Therapists – Department of Rehabilitation, Physical and Sports Medicine. This year the Occupational Therapy programme in Vilnius University is celebrating 10 years. We are expecting the new and strong ideas which could give more

power to develop Occupational Therapy profession.

I am inviting you to share your successful experiences and the best examples.

I believe that it's easier to take over already proved experience than to build the bicycle again.

Before finishing my speech, I would like to say thank you for your commitment and support to developing this important profession. I wish a productive meeting for all the participants and interesting social program to get the best feelings from Vilnius.

**Prof. Alvydas Juocevičius** (*Head of Department of Rehabilitation, Physical and Sports Medicine*

*Faculty of Medicine, Vilnius University*)





## PHOTOS OF THE ORGANISING BODY



LECTURERS (from left to right): Raimonda Kavaliauskaite, Alma Cirtautas, Inga Raudonyte, Austra Adomaviciene, Austra Jankauskaite.



STUDENTS (from left to right): Algirdas Bartkevicius, Andra Platukyte, Fausta Bluzaitė, Inga Kalabuckaite, Mantvilė Grybauskaitė, Rasa Dubinskaitė, Marius Selkauskis







## KEYNOTE SPEAKERS

### MRS REELI SIROTKINA (European Year 2012 Co-ordinator, Estonia)

*„What could the **ACTIVE** mean in the context of active ageing?“*

I would like to focus my presentation on the active and passive citizen concept. The attitudes about the active person are different i.e. active volunteer, active participant in labour force, active nursing home inhabitant, active grandfather etc. Is it acceptable to be passive as well? In what situations we need to be active and why?

Reeli Sirotkina studied BA Social Work at University of Tartu with final dissertation in 1999 on “End-of-life Care Ideology and Perspectives in Estonia”. She further on obtained her master degree at the same university in 2002. She had her post-graduate studies in Social Work at the University of Helsinki, Department of Social Policy from 2003.

In her professional works, Reeli Sirotkina was visiting lecturer at the Lille University, France in 2004, 2006 and 2008. She was visiting lecturer at Ramon Llull University, Spain in 2009. She has worked on many national and international projects, as assistant and project leader. Between 2004 – 2007, she worked as the Estonian Project Assistant in International Leonardo da Vinci project STRIKERS, the Leonardo da Vinci project “Train Pass, Training for Trainers” among others. In 2007 – 2009, she worked with partners from 6 EU countries on the International Leonardo da Vinci project “EQUIP (European framework for qualifications in home care services for older people)”. She was the project leader in International Socrates intensive Programme project “Family and Household Support in Europe”. She worked as the executive researcher at the Ministry of Social Affairs “Analysing possibilities for using InterRAI software in Estonia – report of Possibilities and Challenges” in 2010. Her current research focus is on elderly care, ageing policy, research in social work, qualitative methodology, death/dying, institutional care, everyday practice in social work.

Reeli Sirotkina works as the Chief Specialist at the Ministry of Social Affairs, Department of Social Welfare and also at the University of Tartu, Institute of Sociology and Social Policy.

### DR ALEX MCMINN (Aughton & Ormskirk University of the Third Age)

*"Sustaining Wellbeing in Later Life"*

After a career as an academic in U.K. Universities, Alex McMinn worked for 20 years in the field of international health development for World Health Organisation and other international agencies. He worked in over 40 countries in developing the curriculum for the training of health professionals. For six years he was the Executive Director of the International Association for Clinical Sciences (a UN NGO).





Ten years ago he established 14 centres to promote active learning (10,000 retired people) using the pre-retirement acumen and experience of the members to provide wellbeing - cognitive, physical and social activities. He is the National Adviser for Research and University Liaison for 800 University of the Third Age Centres in the UK. His own local group has recently published a handbook on "Memory" in later life.

**MR MARJAN SEDMAK (President, AGE Platform Europe, Slovenia)**

Marjan Sedmak is educated in ancient Latin and Greek and at the Law School, University of Ljubljana, Slovenia.

Marjan Sedmak has been a Journalist since 1957, as foreign correspondent in East Africa (1962-62), in Soviet Union (1967-70), Italy (1970-74), Austria (1976-80), and Germany (1986-92). He served as the President of Slovenian Journalistic Association (1992-95). Further, Mr. Sedmak worked as the Chief of Ljubljana liaison office of Vienna Japanese Embassy till 2004. From the year 2000, he served as the President of Ljubljana Senior Citizens Associations, the biggest in the country. He has worked to translate over 30 non-fiction books from the Italian language (Conforti, Diritto Internazionale, della Porta, Introduzione nella Scienza Politica), English language (Kaine, Civil Society, Arrighi, The Long Century) and German language (Toennies, Gemeinschaft und Gesellschaft, Kritik der Oeffentlichen Meinung).

He served as the vice president of AGE Platform Europe from 2008 and is currently the President of AGE Platform Europe since May 2011. He is a member of a supervisory board of the Slovenian public broadcasting RTVS.

**MRS CLAIRE CRAIG (Sheffield Hallam University, UK)**

Claire Craig is a Senior Lecturer in Occupational Therapy and a Senior Researcher in Art and Design at Sheffield Hallam University in the United Kingdom. The focus of much of her work has been around older people and people with dementia with a particular emphasis on the role of occupation in promoting active ageing and quality of life.

She is author of a number of publications including 'Exploring the Self Through Photography' 'Creativity and Communication in People with Dementia' and 'Lifestyle Matters: an occupation based approach to healthy ageing' which she co-wrote with Professor Gail Mountain. Claire was awarded a National Teaching Fellowship in recognition of excellence in learning and teaching and this year she was made a Fellow of the College of Occupational Therapists. She lives in Yorkshire and says that one of her favourite occupations is to go walking with her husband Neil and Eddie the dog.

*"Occupation: Bridging Generations, Building Futures"*

In the European year for Active Ageing and Solidarity between Generations, this paper explores the concept of occupation as a bridge between generations. During the presentation I will focus on three research projects:





**ARTHOUSE:** which used the medium of film-making as a way of bringing together older people and children living in care.

**ENGAGING AGING:** a transnational research project that took place across the United Kingdom and Taiwan. This work used the media of art and exhibition to bring together different generations of people in order to challenge some of the stigma which still surrounds ageing.

**LIFESTYLE MATTERS:** an occupation based approach to active ageing

Drawing from the findings of these research projects the paper will share lessons learned about the role of occupation and the importance of positioning older people as a valued resource.

**MR NICK POLLARD (Sheffield Hallam University, UK) & MR DIKAIOS SAKELLARIOU (Cardiff University, UK)**

Nick Pollard is a Senior Lecturer in Occupational Therapy in Sheffield Hallam University and Dikaïos Sakellariou is a lecturer in Occupational Therapy in Cardiff University. Nick and Dikaïos are involved in professional discussions regarding the connection between the socio political environment and access to occupation and the products of this ongoing effort are several publications that explore the political nature of occupation. They have published widely on issues of disability, community development, community writing and publishing, and sexuality in international journals. Nick and Dikaïos are co-authors and co-editors of the books 'Politics of occupation-centred practice', 'A political practice of occupational therapy', 'Occupational therapy without borders' and 'Occupational Therapies without Borders, volume 2' with contributions from authors from across the world.

#### **"Citizenship – Be a Year Ahead – Relation to OT"**

##### **What are the occupations of a model citizen?**

From discussions regarding rights and responsibilities of European citizens, to efforts to increase community participation, and from the ongoing financial crisis to government initiatives about immigration, access to services such as health, discussions about citizenship are inseparable from discussions about living in Europe.

This presentation looks forward to the theme of next year's ENOTHE meeting which will take place during the European Year of Citizenship. We will begin with a discussion of forms of citizenship and occupational engagement in the community with regard to cultural values and the place of citizenship in recent policy on social inclusion. We will move on to critical reflections on citizenship, virtue and human nature: how in the course of carrying out human occupations people reveal their limitations; professional failings and regulations; and the critiques of citizenship which may be offered by service users and clients who are denied a right to social participation. We will discuss citizenship in terms of transaction, whereby relevant





occupations are acknowledged and valued by virtue of their reciprocity rather than any other quality they might express.

A third section of the presentation will discuss how an occupation centered approach to citizenship may not necessarily be through working with communities but with individuals; not through a change in the structure of services but in a rethinking of provision, and perhaps of the 'therapy' word itself to create circumstances where people can be valued and are understood as creative, with strengths and abilities. Referring to examples of community engagements in Cardiff, Yorkshire and social inclusion projects in Europe we will indicate how evaluation methods can show how citizenship values can be determined through needs, partnerships and negotiations, rather than from the assumptions of a rights based approach. Finally we will set out how despite the existence of negative human occupations, an occupation based approach to citizenship must be based in a combination of realism, optimism and trust.

### **HANNEKE VAN BRUGGEN LECTURE**

**SPEAKER: MRS MARIE-CHANTAL MOREL (Institut de Formation en Ergothérapie du C.H.U. Bordeaux, France)**

Marie-Chantal Morel-Bracq qualified as OT in 1975 in Rennes and started to work in rehabilitation settings. In 1979, aged 27, she was appointed as Head of the Bordeaux OT school.

Since 1997, when her school joined ENOTHE, she has had the chance to assist all Enothe conferences. She was elected to serve in the Enothe Board in 1998 and proposed as president in 2001 when Hanneke van Bruggen had done her time. She participated in three project groups and in the writing and translating of several Enothe books.

Marie-Chantal Morel-Bracq has published a French book on conceptual models in Occupational Therapy.

### ***"ENOTHE is a European Network: A Personal Perspective of Networking"***

Hanneke van Bruggen stressed so many times that ENOTHE was a Network that I had to realize the specificity and importance of networks and networking.

In this lecture, I would like to share with you some theoretical perspective of networks and networking but also link it to my own experience within Enothe.

Networking is completely linked to the development of computers and internet and is therefore situated in time. Enothe has benefited from this technological development.

Nevertheless, Enothe has been confronted to specific challenges and we'll recall some of them through different situations.

The long lasting discussions about "Enothe Future" are also linked to this topic







**Programme: 18<sup>th</sup> Annual ENOTHE Meeting**  
**Vilnius, Lithuania 18 – 20 October 2012**

**The EU year of Active Ageing and Solidarity between Generations**

**CONFERENCE VENUE: LITEXPO, VILNIUS**

**ADDRESS:** Laisves Ave.5,

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Lithuania

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<b>Wednesday 17<sup>th</sup> October 2012</b> <b>(REGISTRATION OPEN DAY)</b>		
<b>Time</b>		<b>Location</b>
15.30- 18.00	<b>Registration</b>	Vilnius University Faculty of Medicine M.K.Čiurlionio str. 21

<b>Thursday 18<sup>th</sup> October 2012</b> <b>(TUNING/ EDUCATION/ RESEARCH DAY)</b>		
<b>Time</b>		<b>Location</b>
08.30- 09.30	<b>Registration</b>	LITEXPO Reception/front desk
09.30-10.25	<b>Welcome to Vilnius and the University of Vilnius</b>  <b>Welcome to the 18<sup>th</sup> Annual ENOTHE meeting</b> <i>Mrs. Anne Lawson-Porter</i> <i>(ENOTHE President, University of Northampton UK)</i>  <b>Competences 2020 – the changing global society</b> <b>Tuning competences referring to future competences for OT/ WFOT</b> <b>Revised Minimum Standards</b>  <i>Mrs. Gitte Mathiasson (ENOTHE Co-ordinator)</i>	LITEXPO, Vilnius Hall: 5.2





10.30-12.00	<b>MORNING PARALLEL SESSIONS</b>	LITEXPO, Vilnius
	<b>SESSION 1 – WORKSHOP</b>  <b>MatchPol –A development project which aims to enhance connection of Bachelor - thesis to clinical practice</b> <i>Anne Hove (Metropolitan University College, Denmark)</i>	Hall: 5.2
	<b>SESSION 2 – WORKSHOP</b>  <b>Sharing research activity and developing ideas for future collaboration</b> <i>Fenna van Nes (Amsterdam University of Applied Sciences, The Netherlands)</i> <i>Professor Chris Mayers (York St John University, UK)</i>	Hall: 5.5
	<b>SESSION 3 – WORKSHOP</b>  <b>Occupational Therapy Students’ Perspectives of the ‘Headstart’ Widening Participation Programme</b> <i>Elizabeth McKay, Alice Mackenzie (staff); Linda Gnanasekaran; Debbie Kramer-Roy; Wendy Bryant (Brunel University, UK)</i>	Hall: 3.1
	<b>SESSION 4 – WORKSHOP</b>  <b>Educational approaches to support community based projects: International experiences from six educators</b> <i>Saskia Hofstede-Wessels (Hogeschool Van Amsterdam, The Netherlands)</i> <i>Ines Viana Moldes (Universidade da Coruña, Spain)</i> <i>Hetty Fransen (Ecole Supérieure des Sciences et Techniques de la Santé de Tunis, Tunisia)</i> <i>Karin Lilienberg (Tallinna Tervishoiu Kõrgkool, Estonia)</i> <i>Margaret Mc Grath (National University of Ireland, Galway, Ireland)</i> <i>Sarah Kantartzis (Hellenic Association of Occupational Therapists, Greece)</i>	Hall: 3.2
	<b>SESSION 5 – WORKSHOP</b>  <b>Competences 2020: ENOTHE</b> <i>Gitte Mathiasson (ENOTHE Co-ordinator, Metropolitan University College, Denmark)</i>	Hall: 1.2
12.00-13.25	Lunch	



13.30-15.00	<b>AFTERNOON PARALLEL SESSIONS</b>	LITEXPO, Vilnius
	<b>SESSION 1 – WORKSHOP</b>  <b>MatchPol –A development project which aims to enhance connection of Bachelor - thesis to clinical practice</b> <i>Anne Hove (Metropolitan University College, Denmark)</i>	Hall: 5.2
	<b>SESSION 2 – WORKSHOP</b>  <b>Sharing research activity and developing ideas for future collaboration</b> <i>Fenna van Nes (Amsterdam University of Applied Sciences, The Netherlands)</i> <i>Professor Chris Mayers (York St John University, UK)</i>	Hall: 5.5
	<b>SESSION 3 – WORKSHOP</b>  <b>Occupational Therapy Students’ Perspectives of the ‘Headstart’ Widening Participation Programme</b> <i>Elizabeth McKay, Alice Mackenzie (staff); Linda Gnanasekaran; Debbie Kramer-Roy; Wendy Bryant (Brunel University, UK)</i>	Hall: 3.1
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	<b>SESSION 5 – WORKSHOP</b>  <b>Competences 2020: ENOTHE</b> <i>Gitte Mathiasson (ENOTHE Co-ordinator, Metropolitan University College, Denmark)</i>	Hall: 1.2
15.00-16.10	Coffee & Tea Break  <b>Market places &amp; Poster Session</b>	LITEXPO Reception/front desk
16.15-17.00	Summary workshops  OT competences 2020	Hall: 5.2



16.00-18.00	<b>Registration</b>	LITEXPO Reception/front desk
19.00-20.00	<b>Dinner Reception</b>	<b>City Hall</b> <b>Didžioji str. 31</b> <b>Vilnius</b>

Friday 19 <sup>th</sup> October 2012 (ENOTHE MEETING DAY)		
Time		Location
08.00-09.00	<b>Registration</b>	LITEXPO Reception/front desk
09.00-09.15	<b>Welcome Address</b>  <b>Introduction theme of the year</b>	Hall: 5.1
09.15-09.50	Keynote Speaker 1  <i>Mrs. Reeli Sirotkina</i> <i>(Estonia, European Year 2012 coordinator)</i>	Hall: 5.1
09.50-10.30	Keynote Speaker 2  <b>"Sustaining Wellbeing in Later Life: The Role of Informal Adult Education"</b>  <i>Dr. Alex McMinn</i> <i>(Aughton &amp; Ormskirk University of the Third Age)</i>	Hall: 5.1
10.35-11.10	Keynote Speaker 3  <b>"Summary of The Year of Active Ageing – Related to the Strategy EU 2020"</b>  <i>Mr. Marjan Sedmak</i> <i>(President, AGE Platform Europe)</i>	Hall: 5.1
11.10-11.30	Coffee & Tea Break	LITEXPO Reception/front desk



11.30-12.30	<p align="center"><b>General Assembly Meeting</b></p> <p align="center">Yearly report: Present expert group, project, working obligations. Questionnaire active ageing. &amp;</p> <p align="center"><b>Students Forum</b></p>	<p>Hall: 5.3</p> <p>Hall: 5.2</p>
12.30-13.30	<p align="center">Lunch</p> <p align="center"><b>Market Places &amp; Poster Session</b></p>	LITEXPO Reception/front desk
13.30-15.00	<p align="center"><b>FIRST PARALLEL SESSIONS (ENVIRONMENT CHANGING)</b></p>	LITEXPO, Vilnius
	<p><b>SESSION 1 – WORKSHOP</b></p> <p><b>Getting to know our neighbours. Dutch and Belgium environmental influences on older people</b>  <i>Erica Blokker (lecturer), Annemiek van den Berg – student (Amsterdam School of Health Professions – ASHP – The Netherlands)</i>  <i>Hilde Gielkens (lecturer), Gina Pinna, Carlotta Fioravante and Saar Lambrechts – Students (Provinciale Hogeschool Limburg, Hasselt, Belgium)</i></p>	Hall: 1.2
	<p><b>SESSION 2 – WORKSHOP</b></p> <p><b>Implementing a qualitative research project into practice: ‘perception of children towards elderly’</b>  <i>Ellen Bruyninckx (Artevelde University College)</i></p>	Hall: 3.1
	<p><b>SESSION 3 – ORAL PRESENTATIONS</b></p> <p><b>Oral Presentation 1</b>  <b>Ageing in a Secure Setting: Student Perspectives</b>  <i>Jane Diamond, Laura Burdett and Cath Richards (Coventry University, UK)</i></p> <p><b>Oral Presentation 2</b>  <b>Aging at workplace from ergonomic point of view</b>  <i>Mackova Eva (University of J.E.Purkyně and SKODA AUTO a.s. Czech Republic)</i></p> <p><b>Oral Presentation 3</b>  <b>Active ageing of nursing home residents by more interdisciplinary contribution</b>  <i>Klara Jakobsen (Sør-Trøndelag University College, Norway)</i></p>	Hall: 3.2





	<p><b>SESSION 4 – ORAL PRESENTATIONS</b></p> <p><b>Oral Presentation 1</b>  <b>Occupational Therapy Students’ Opportunity to Advocate European Senior Games for Wellness</b>  <i>Linda Hunt (Pacific University, USA)</i></p> <p><b>Oral Presentation 2</b>  <b>The use of mobile phones by people over 65 – “Social participation” (OTPF Area)</b>  <i>Badertscher Andri, Marchner Melanie, Marthaler Esther, Messerli Samira (ZHAW Zurich University of Applied Sciences, Switzerland)</i></p> <p><b>Oral Presentation 3</b>  <b>Volunteering – a meaningful occupation in retirement</b>  <i>Victoria Nolan &amp; Amy Parnell (Coventry University, UK)</i></p>	Hall: 1.1
	<p><b>SESSION 5 – ORAL PRESENTATIONS</b></p> <p><b>Oral Presentation 1</b>  <b>Exhibition in a box</b>  <i>Students (Sheffield Hallam University, UK and Zuyd University Heerlen, The Netherlands)</i></p> <p><b>Oral Presentation 2</b>  <b>How is loneliness experienced by elderly?</b>  <i>Jana D’hoedt (Artevelde University College, Belgium)</i></p> <p><b>Oral Presentation 3</b>  <b>Good living in old age</b>  <i>Arola Annikki Arcada (University of Applied science) and Talvinheimo-Pesu Anne (Metropolia University of Applied science) Finland</i></p>	Hall: 5.5

	<b>SESSION 6 – ORAL PRESENTATIONS</b>  <b>Oral Presentation 1</b> <b>Qualitative research on perceptions of older people to our evolving society</b> <i>Marieke Vanhalst (Artevelde University College Ghent, Belgium)</i>  <b>Oral Presentation 2</b> <b>ICC@Home and Active Ageing: A comparison between different European countries and cultures</b> <i>Elif Cengiz, Chantal Dijkstra, Monique Joosten and Marijke Lucas (HAN, Hogeschool Arnhem en Nijmegen, The Netherlands)</i>  <b>Oral Presentation 3</b> <b>Active Ageing in OT education: students and teacher' perspectives</b> <i>Miranda van Niel, Arjanne Ammerlaan, Bianca de Groot (Amsterdam School of Health Professions, The Netherlands)</i>	Hall: 5.3
	<b>SESSION 7 – ORAL PRESENTATIONS</b>  <b>Oral Presentation 1</b> <b>Design project to increase participation and health in elder people</b> <i>Sara Jansson &amp; Therése Karlsson (Linköpings University, ISV, Sweden)</i>  <b>Oral Presentation 2</b> <b>Encouraging active aging in a complex client group</b> <i>Kirsty Grant, Hayley Pedley-Clues, Charlee Wise (Sheffield Hallam University, UK)</i>  <b>Oral Presentation 3</b> <b>Building a 'movement garden' for elderly in a Rotterdam community</b> <i>Kim Bisschop (Rotterdam University of Applied Sciences School of Health Care Studies The Netherlands)</i>	Hall: 5.2
15.00-15.30	Coffee & Tea Break	LITEXPO Reception/front desk
15.30-17.00	<b>SECOND PARALLEL SESSIONS (ACTIVITY BASED)</b>	LITEXPO, Vilnius
	<b>SESSION 1 – WORKSHOP</b>  <b>Let's think and walk actively aged!</b> <i>Kaat Simons (Artesis University College of Antwerp, BELGIUM)</i>	Hall: 1.2



	<p><b>SESSION 2 – WORKSHOP</b></p> <p><b>Using Mindfulness: Enhancing Quality of Life For Aging Clients and Ourselves</b>  <i>Linda Hunt, Bobbie Wagner, Holly Edwards (Pacific University, USA)</i></p>	Hall: 3.2
	<p><b>SESSION 3 – WORKSHOP</b></p> <p><b>Reminiscence; Building and sharing one's meaningful life experiences</b>  <i>Greet Jansen (University College Kempen Belgium)</i>  <i>Ulla-Maija, Seppänen (Oulu University of Applied Sciences, Oulu, Finland)</i></p>	Hall: 3.1
	<p><b>SESSION 4 – ORAL PRESENTATIONS</b></p> <p><b>Oral Presentation 1</b>  <b>"Active Gardening": Intergenerational Exploration of Healthy Gardening Strategies for Elderly Allotment Tenants</b>  <i>Linda Blenk, Stefanie Frei, Karina Isenbeck, Raika Thies, Sandra Schiller (Lecturer) (HAWK University of Applied Sciences and Arts, Germany)</i></p> <p><b>Oral Presentation2</b>  <b>"Good ageing" in an internordic perspective</b>  <i>Kathrine Marie Lacy, Liesa Bartolome, Karen Marie Bundgaard (lecturer) (University College Lillebælt, Denmark)</i></p> <p><b>Oral Presentation 3</b>  <b>Elderly and cultural participation in society</b>  <i>Flore Nollet (Artevelde College Ghent, Belgium)</i></p>	Hall: 1.1
	<p><b>SESSION 5 – ORAL PRESENTATIONS</b></p> <p><b>Oral Presentation 1</b>  <b>Films targeted people with dementia</b>  <i>Maria Benedikte Michelsen, Jane Nørgaard Jensen and Betina Melgaard (VIA UC, Holstebro, Denmark)</i></p> <p><b>Oral Presentation2</b>  <b>The development of the Flemish version of the Activity Card Sort (ACS).</b>  <i>Jana Vanackere (Howest), Ashley De Rycke (Howest), Shana Depuydt (KHBO), Belgium</i></p> <p><b>Oral Presentation 3</b>  <b>Preparing students to keep the client centred 'between' ICT or (social) media innovations</b>  <i>Saskia Hofstede-Wessels (Hogeschool Van Amsterdam, The Netherlands)</i></p>	Hall: 5.5

	<p><b>SESSION 6 – ORAL PRESENTATIONS</b></p> <p><b>Oral Presentation 1</b>  <b>Successful ageing and older people</b>  <i>Tove Nordlie and Ingebjørg Melhus (Oslo and Akershus University College and Applied Sciences, Norway)</i></p> <p><b>Oral Presentation 2</b>  <b>Active for Later Life: Involvement for Student Occupational Therapists</b>  <i>Catriona Chapman, Emma Smith, Helen Moore, Kayleigh Brady, Lorne McMahon and Sophie Burns (Queen Margaret University, UK)</i></p> <p><b>Oral Presentation 3</b>  <b>Updating the use of creative occupation in OT education</b>  <i>Dennis Persson &amp; Annika Lexén, Anna-Karin Eriksson and Emma Jonasson-students (Lund University, Health Science Centre, Occupational therapy and occupational science, Sweden)</i></p>	Hall: 5.3
	<p><b>SESSION 7 – ORAL PRESENTATIONS</b></p> <p><b>Oral Presentation 1</b>  <b>Activity engagement between Generations that's what keeps us alive</b>  <i>Siri Ea Råhede Nielsen &amp; Annemette Bang Ingvarsen, Aarhus University College, Denmark</i></p> <p><b>Oral Presentation 2</b>  <b>Nordic Walking as a form of active aging and solidarity between generations</b>  <i>Kate Liebscher, Michelle Turton, Catherine Williams, Lowri Williams (Cardiff University, Wales UK)</i></p> <p><b>Oral Presentation 3</b>  <b>Everyday Technology (ET) Use Questionnaire (ETUQ), Portuguese Pilot Study with Older Adults</b>  <i>Manuela Ferreira (Escola Superior de Saúde do Alcoitão, Portugal)</i></p>	Hall: 5.2



	<p><b>SESSION 8 – ORAL PRESENTATIONS</b></p> <p><b>Oral Presentation 1</b>  <b>“altBACKEN?” – Elderly people impart their cooking experience to children</b>  <i>Carola König, Damaris Möllner, Johanna Gormanns, Lena Rempfer, Mareike Seimer School of Occupational therapy in Reutlingen, Germany</i></p> <p><b>Oral Presentation 2</b>  <b>“Cook &amp; Roll”</b>  <i>Annelore van Melckebeke, Annelies Van Wezemaal, Evelien Shockaert, Laure De Troyer (University College Ghent, Belgium)</i></p> <p><b>Oral presentation 3</b>  <b>A Collaborative Communication Project In Bulgaria</b>  <i>Elaine Jean Struthers (Western New Mexico University, USA) &amp; Liliya Todorova (University of Ruse, Bulgaria)</i></p>	Hall: 5.1
19.30-22.00	<b>Gala Dinner</b>	LITEXPO, Vilnius





Saturday 20 <sup>th</sup> October 2012 (ENOTHE MEETING FINAL DAY)		
Time		Location
09.00- 10.00	Return of badge cards & collection of certificates	LITEXPO Reception/front desk
10.00-11.00	Keynote speaker 1 <b>“Occupation: Bridging Generations, Building Futures”</b> <i>Mrs. Claire Craig (Senior Lecturer in Occupational Therapy &amp; Senior Researcher in Art and Design, Sheffield Hallam University, UK)</i>	Hall: 5.1
11.00-12.00	Keynote speaker 2 <b>“Citizenship – Be a Year Ahead – Relation to OT”</b> <i>Mr. Nick Pollard (Sheffield Hallam University, UK) Mr. Dikaïos Sakellariou (Cardiff University, UK)</i>	Hall: 5.1
12.00- 14.00	<b>Market places &amp; Poster sessions</b>  Lunch	
14.00- 14.30	<b>Hanneke Van Bruggen Lecture</b>  <b>“ENOTHE is a European Network: A Personal Perspective of Networking”</b>  <i>Mrs. Marie-Chantal Morel (Director, l'Institut de Formation en Ergothérapie, France)</i>	Hall: 5.1
14.30-15.00	Welcome: 2013 host	Hall: 5.1
15.00-15.30	<b>Closing ceremony</b>	Hall: 5.1





## MARKET PLACES

TITLE	MARKET PLACE TYPE	PRESENTER(S)/ INSTITUTION
International case comparison @ home: An international learning project combining skill building in occupational therapy and intercultural communication	Education	Elisabeth Fattinger <i>FH University of Applied Sciences, AUSTRIA</i>
Undergraduate and postgraduate education at University College Cork, Ireland	Education	Clare O'Sullivan <i>University College Cork, IRELAND</i>
Problem Based Learning Network in Enothe - join the group on Facebook!	Education	Annette Sørensen <i>PH Metropol, Occupational Therapy Education, DENMARK</i>
How can entrepreneurship be implemented in occupational therapy programs? An example from Linköping University	Education	Jane Holstein and Kristin Alfredsson Ågren <i>Linköping University, SWEDEN</i>
Master Programme in Occupational Therapy, 60 credits <i>Master of Science with a Major in Occupational Therapy</i>	Education	Mathilda Björk (Ann Johansson presenter) <i>School of Health Sciences, department of rehabilitation, SWEDEN</i>
Qualitative research and evidence based practice in Occupational Therapy	Education Research	Stijn De Baets, Elise Cornelis, De Vriendt Patricia, Van de Velde Dominique <i>Artevelde University College, BELGIUM</i>
Model of Professional Thinking	Education	Katrina Bannigan <i>Research Centre for Occupation &amp; Mental Health (RCOMH), UK</i>
Austrian Network of Occupational Therapy in Higher Education – “A story of success	Education	Petra Schwab and Ursula Costa <i>Austrian Network of OT in Higher Education, AUSTRIA</i>
Planning the Opening of the OT Master Programme	Education	Kateřina Svěcená, Zuzana Rodová <i>Charles University, First Faculty of medicine, Department of rehabilitation medicine, CZECH REPUBLIC</i>
Participation and mental health	Research	Katrina Bannigan <i>Faculty of Health and Life Sciences, Research Centre for Occupation &amp; Mental Health (RCOMH), UK</i>





Developing a self-management network for occupational therapists	Education Research	Kerry Sorby <i>York St John University, Faculty of Health and Life Sciences, <b>UK</b></i>
Master education in Occupational Therapy in Europe	Education Research Organisations	Ursula Costa <i>(FH Gesundheit/University of Applied Sciences Tyrol/Austria MSc (OT) programme), <b>AUSTRIA</b></i> Fenna van Nes <i>(Amsterdam University of Applied Sciences; European MSc (OT) Programme) <b>NETHERLANDS</b></i>
The world is bigger as your country	Education Research Organisations	Marlous Visser <i>Dutch OT Association (EN) International Affairs Committee, <b>NETHERLANDS</b></i>
A new way to integrate male students in a Swedish occupational therapy program: creating a supporting social environment	Organisations	Fredrik Glännfjord <i>Linköpings University Occupational Therapist's organization for male students, <b>SWEDEN</b></i>
SHOUT: This is what it is all about	Organisations	Emma Wilsher, Eleni Scoffins, Olivia Middlemis <i>SHOUT (Sheffield Hallam Occupational (Therapy) Undergraduate Team, <b>UK</b></i>





## POSTER PRESENTATIONS

TITLE	PRESENTER(S) & INSTITUTION
The More Life Project Strategies on how to facilitate a meaningful everyday life for fragile elderly persons	Inge Lange <i>University College Northern Jutland <b>DENMARK</b></i>
An exploration of the leisure activities of older adults living in Ireland	Rosie Quigley & Clare O'Sullivan <i>University College Cork, <b>IRELAND</b></i>
Partnerships between Occupational Therapy Educators: building collaboration based in mutual exchange	Margaret Mc Grath ( <i>School of Health Sciences, National University of Ireland, Galway, <b>IRELAND</b></i> ) Ines Viana Moldes ( <i>Facultade de Ciencias da Saúde, Universidade da Coruña, <b>SPAIN</b></i> ) Hetty Fransen ( <i>Ecole Supérieure des Sciences et Techniques de la Santé de Tunis, <b>TUNISIA</b></i> ) Karin Lilienberg ( <i>Tallinna Tervishoiu Kõrgkool, Tallinn, <b>ESTONIA</b></i> ) Saskia Hofstede-Wessels ( <i>Hogeschool Van Amsterdam, <b>THE NETHERLANDS</b></i> )
Occupational therapy in applied technical research: The "Intelligent kitchen" for the elderly – The project DIAFIT	Julia Unger <i>Research Assistant, FH JOANNEUM – University of Applied Sciences, <b>AUSTRIA</b></i>
"A Critical Review of Interventions to reduce falls among older adults"	Leigh O'Connell & Elaine Ballantyne <i>Queen Margaret University, <b>UK</b></i>
Fixation en sedation: the opinion of the OT	Nora Dewitte <i>University College Artevelde, <b>BELGIUM</b></i>
Opportunities for people >65 in Linz to participate in society	Bindreiter Lisa, Fesel Cornelia, Stanger Lisa, Vogl Ingrid, Wögerer Stefanie <i>FH Gesundheitsberufe OÖ/Ergotherapie, <b>AUSTRIA</b></i>
Occupational therapist importance for adjusting home environment for people after stroke	Fausta Blužaitė <i>Vilnius University, Faculty of Medicine, <b>LITHUANIA</b></i>
The development of the Flemish version of the Activity Card Sort (ACS)	Jana Vanackere ( <i>Howest</i> ), Ashley De Rycke ( <i>Howest</i> ), Shana Depuydt ( <i>KHBO</i> ), <b>BELGIUM</b>
Sports: Opinion of the elderly as a working base for the occupational therapist	Lore De Kesel <i>Artevelde University College, <b>BELGIUM</b></i>
Effects of flat-sharing communities between students and elderly	Beate Themeßl, Petra Paukowitsch <i>Fachhochschule Wiener Neustadt für Wirtschaft und Technik GesmbH, <b>AUSTRIA</b></i>
The Butterfly Approach – what is it?	Jane Diamond <i>Coventry University, <b>UK</b></i>
Aging in relation to intergenerational solidarity: Challenges and Opportunities	Suzan Debuysere & Christophe Vandeginste <i>Howest, University College West Flanders, <b>BELGIUM</b></i>
Challenges of elderly immigrants - Result of a qualitative study design	Steffi Van Den Bremt <i>Artevelde University College Ghent, <b>BELGIUM</b></i>



Innovation in active-ageing and well being	Isabel Vanderveren and Yasmin Jacobs <i>Artesis University College of Antwerp, <b>BELGIUM</b></i>
Workshop-day: Young with the elderly	Kia Schact Brogens & Jeanett Lindgaard Nielsen <i>VIA University College, Campus N, <b>DENMARK</b></i>
Active Ageing as Core messages in Films, Plays, Songs and Literature	Katharina Haber and Katharina Wagner <i>University of Applied Science, Vienna, <b>AUSTRIA</b></i>
Technical devices by older persons; result of a qualitative study design	Lies Decramer <i>Artevelde University College Ghent, <b>BELGIUM</b></i>
Activity Patterns of Elderly Population in Southern Europe: Active Ageing Study in Southeast Spain	Paula Martin Munoz, Mario Lozano Lozano, Ana Maria Granados Principal, <i>Universidad de Granada, <b>SPAIN</b></i>
Effectiveness of occupational therapy developing social skills to persons with mental disorders	Mantvile Grybauskaite <i>Vilnius University, Faculty of Medicine, <b>LITHUANIA</b></i>
Is active ageing a social responsibility? Is it important to keep older generations active, and why?	Amalie Mørch & Helle Kaad Lykke Gregersen <i>(Metropolitan University College, <b>DENMARK</b>)</i>
Long Term Outcomes of Intensive Programme “A European Perspective on Social Inclusion of Persons with Disabilities and Elderly” in Baltic countries	Cibule Lolita, Kalnina Inara, Signe Tomsone, Liepina Zane Saukuma Liene <i>(Riga Stradins University, Rehabilitation faculty, <b>LATVIA</b>)</i> , Lilienberg Karin <i>(Tallinn Health Care College, <b>ESTONIA</b>)</i> , Cirtautas Alma, Marciulynaite Neringa <i>(Vilnius University, <b>LITHUANIA</b>)</i>
Elders and youth can have fun together	Orkun Tahir Aran & Sinem Salar <i>(Hacettepe University, <b>TURKEY</b>)</i>

### MARKET PLACES SCHEDULE

Date	Time	Type of Market Place Open
Thursday, 18 October	12.00 – 13.25 & 15.00 – 16.10	Education
Friday, 19 October	12.30 – 13.30	Research & Organisation
Saturday, 20 October	12.00 – 14.00	Research & Organisation

- On Saturday, Education stand (s) of market places may also open subject to availability of presenter (s)





**THURSDAY, 18 OCTOBER 2012 (RESEARCH / TUNING / EDUCATION MEETING DAY)**

**MORNING PARALLEL SESSIONS**

**SESSION 1 – WORKSHOP**

**MatchPol –A development project which aims to enhance connection of Bachelor - thesis to clinical practice**

*Anne Hove (Metropolitan University College, Denmark)*

The purpose is to present and discuss the development project MatchPol aiming at strengthening the focus on practice in bachelor-thesis. This in order to both enhance our relevance towards our recipients and enhance students' skills in understanding the needs and opportunities for practice development as well as enhancing their capacity to develop solution-oriented practices. MatchPol is an inter-professional project undertaken at Metropolitan University College. The project facilitates the development of opportunities for students in professional degree programs to link their bachelor-thesis to practice, or research and development units. The realization of the objectives is achieved through:

- competency development of BA- supervisors,
- MatchPol website ([www.matchpol.dk](http://www.matchpol.dk)),
- development of guidance and collaboration tools for BA- supervisors, students, practice
- templates for collaboration agreements,
- develop and implement Match Forum

Moreover, the purpose of the presentation is to share empirical experiences and discuss the development of student skills through bachelor-thesis with strong emphasis on involvement of practice

- Keywords: Bachelor-thesis, link to practice, framework, competences

**SESSION 2 – WORKSHOP**

**Sharing research activity and developing ideas for future collaboration**

*Fenna van Nes (Amsterdam University of Applied Sciences, The Netherlands)*

*Professor Chris Mayers (York St John University, UK)*

Introduction: Occupational therapists and occupational scientists are committed to meaningful occupation for all age groups and so this must include those in the older age group. We need to evaluate what we do and undertake research to enable 'Active Ageing'.

This workshop is being facilitated by two members of ECOTROS with the aim of giving opportunity for participants to hear about research being undertaken with older people; and to share ideas for future





research.

Working Method:

- introduction by facilitators
- short presentations by participants undertaking research with older people;
- sharing ideas for future collaborative research;
- opportunity for support for participants undertaking research;
- depending on the size of the group, there will be opportunity for participants to discuss in small groups
- Conclusion

Outcome of the workshop:

- Information will be recorded and circulated to all participants.
- If required, this information could be shared with all attending the conference in the final session.
- COTEC, ENOTHE and ECOTROS wish to hear about all research going on in this area and so the studies discussed at this workshop can be added to their database.

### **SESSION 3 – WORKSHOP**

#### **Occupational Therapy Students' Perspectives of the 'Headstart' Widening Participation Programme**

*Elizabeth McKay, Alice Mackenzie (staff); Linda Gnanasekaran; Debbie Kramer-Roy; Wendy Bryant (Brunel University, UK)*

Across Europe there is a drive to include students from non standard entry backgrounds onto occupational therapy programmes. Over the years, at Brunel University the profile of BSc Occupational Therapy students has included individuals with significant prior work experience in diverse areas or who have completed Access to higher education courses, and/or have had a break of 5 years plus in their education. Therefore, the Division of Occupational Therapy has actively contributed to the 'Headstart' programme, one of the university's initiatives to widen participation for such students at Brunel. A number of occupational therapy students have participated in the programme over the past two years.

This paper aims to present the findings of a research project which examined the perspectives of 'Headstart' students on their experiences of the programme. Student perspectives were collected via in-depth interviews, examining the impact of the 'Headstart' programme on their studies at Level 1 and subsequent years of study as appropriate. The project examined from what the students considered what was useful to them and also what they identify as issues to inform further development of this programme. Data was analysed using thematic analysis. The findings and recommendations will be shared and possible strategies exchanged.





Key words: Students, Support, Participation

#### **SESSION 4 – WORKSHOP**

##### **Educational approaches to support community based projects: International experiences from six educators**

*Saskia Hofstede-Wessels (Hogeschool Van Amsterdam, The Netherlands)*

*Ines Viana Moldes (Universidade da Coruña, Spain)*

*Hetty Fransen (Ecole Supérieure des Sciences et Techniques de la Santé de Tunis, Tunisia)*

*Karin Lilienberg (Tallinna Tervishoiu Kõrgkool, Estonia)*

*Margaret Mc Grath (National University of Ireland, Galway, Ireland)*

*Sarah Kantartzis (Hellenic Association of Occupational Therapists, Greece)*

Collaboration with communities offers occupational therapy the opportunity to contribute to issues of social justice and participation for all people. While such collaborations are according the literature increasingly popular, there is a lack of guidance for educators who are new to this field and it can be difficult to know where to start to integrate this topic in the curriculum / classroom/ fieldwork.

The focus of this workshop is to facilitate participants to identify strategies for including community based projects in their curriculum. This will be done by integrating the knowledge and experience of six occupational therapist educators from different countries. The aim of the workshop is guiding participants in selecting different didactical approaches which incorporating community based work in their curriculum.

#### **Working Methods**

- Short presentation of community based projects
- Group work / discussion based upon the material presented in relational to didactical choices
- Small group work and dynamic exercise to explore participants' own context
- Evaluation and personal task

#### **Outcomes**

Participants

Will understand how community based projects can be applied within occupational therapy

Education

Will have didactical means to contribute to the development of students competences needed for applying community based practice.

Will understand how community collaboration could be implemented in (parts) of the own Curriculum.

#### **SESSION 5 – WORKSHOP**

##### **Competences 2020: ENOTHE**





Mrs. Gitte Mathiasson (ENOTHE Co-ordinator, Metropolitan University College, Denmark)

## **AFTERNOON PARALLEL SESSIONS**

### **SESSION 1 – WORKSHOP**

**MatchPol –A development project which aims to enhance connection of Bachelor - thesis to clinical practice**

*Anne Hove (Metropolitan University College, Denmark)*

### **SESSION 2 – WORKSHOP**

**Sharing research activity and developing ideas for future collaboration**

*Fenna van Nes (Amsterdam University of Applied Sciences, The Netherlands)*

*Professor Chris Mayers (York St John University, UK)*

### **SESSION 3 – WORKSHOP**

**Occupational Therapy Students' Perspectives of the 'Headstart' Widening Participation Programme**

*Elizabeth McKay, Alice Mackenzie (staff); Linda Gnanasekaran; Debbie Kramer-Roy; Wendy Bryant (Brunel University, UK)*

### **SESSION 4 – WORKSHOP**

**Educational approaches to support community based projects: International experiences from six educators**

*Saskia Hofstede-Wessels (Hogeschool Van Amsterdam, The Netherlands)*

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*Karin Lilienberg (Tallinna Tervishoiu Kõrgkool, Estonia)*

*Margaret Mc Grath (National University of Ireland, Galway, Ireland)*

*Sarah Kantartzis (Hellenic Association of Occupational Therapists, Greece)*

### **SESSION 5 – WORKSHOP**

**Competences 2020: ENOTHE**

*Mrs. Gitte Mathiasson (ENOTHE Co-ordinator, Metropolitan University College, Denmark)*





**FRIDAY, 19 OCTOBER 2012 (ENOTHE MEETING DAY)**

## **FIRST PARALLEL SESSIONS**

### **SESSION 1 – WORKSHOP**

#### **Getting to know our neighbours: Dutch and Belgium environmental influences on older people**

*Mrs. E. Blokker (Amsterdam School of Health Professions – ASHP – The Netherlands)*

- Introduction

The aim of the workshop is to provide the participants with an opportunity to discuss possibilities for exchange related to important OT topics such as Active Ageing. We will present with our students how they cooperated from two neighbor countries in order to develop knowledge about Active Ageing. In this small-scale interview project older Dutch and Belgium people have been interviewed. We will highlight both the results of the project as what we learned about this cross-cultural cooperation.

- Working methods of your workshop e.g. (guided) discussion, group work, role play, exercises, interaction etc.

Starting with an introduction followed through a guided discussion. It is our objective to achieve a high level of interaction between participants. Participants will discuss in small groups. The outcome of the workshop will be distributed between the participants.

- Preferred OUTCOME of the workshop e.g. statements, advice.

Participants (students and lecturers) share their conceptions and vision about active ageing, elements (political etc.) that might influence our way of (active) living. Furthermore they explore solidarity between generations through discussion and interactive method. As a result of the workshop there will be a written summary (approximately about one page, A4)

### **SESSION 2 – WORKSHOP**

#### **Implementing a qualitative research project into practice: ‘perception of children towards elderly’**

*Ellen Bruyninckx (Artevelde University College)*

One of the challenges within active ageing and solidarity between generations is forging a new paradigm. This paradigm has to take an intergenerational approach (World Health Organisation, 2002). Therefore, we used a qualitative research design to study the way how children in preschool look at older people. We focused on different topics that can be linked to active ageing: quality of life, social interactions, wellbeing, ADL, ...

The overall research showed the image that children have of older people and which determinants they experience as positive or negative. In addition, we looked for other knowledge to explain some of our findings. By revealing this, we might forge a new paradigm as well as implementing it into the OT practice.







Within this workshop we aspire to develop new ways on implementing the results of our research into OT practice. In this way, we want to start thinking about forging the new paradigm and therefore give elderly in our society a chance to age actively and improve the solidarity between generations. Thus, the group discussions in this workshop are a good way of gathering different ideas and opinions in order to start implementing the results of the research into practice.

#### References:

World Health Organisation. (2002). Active ageing a policy framework., (pp. 1-57). Madrid, Spain.

### SESSION 3 – ORAL PRESENTATIONS

#### Oral Presentation 1: Ageing in a Secure Mental Health Unit

*Jane Diamond (Coventry University, UK)*

This presentation will consider the issues that can arise for older adults in a medium secure mental health unit. These issues include additional physical needs related to senescence and the prolonged use of anti-psychotic medications, consent to treatment and client autonomy. The presentation will question if treatment can be truly person-centred in this environment and if it is possible to provide meaningful occupation for this client group.

keywords: Mental-health, secure, older adult

#### references

Coid, J., Fazel, S. and Kathan, N. (2002) 'Elderly patients admitted to secure forensic psychiatry services.' *The Journal of Forensic Psychiatry and Psychology*. 13 (2), 416-427

Curtice, M. et al. (2003) 'The elderly offender: an 11-year study of referrals to a regional forensic psychiatric service.' *The Journal of Forensic Psychiatry and Psychology*. 14 (2), 253-265

Katona, C. et al. (2009) 'World psychiatric association section of old age psychiatry consensus statement on ethics and capacity in older people with mental disorders.' *International Journal of Geriatric Psychiatry*. 24, (1319-1324)

Lightbody, E., Gow, R. and Gibb R. (2010) 'A survey of older adults in special secure psychiatric care in Scotland from 1998 to 2007.' *The Journal of Forensic Psychiatry and Psychology*. 21 (6), 966-974





## **Oral Presentation 2: Aging at workplace from ergonomic point of view**

*Mackova Eva (University of J.E.Purkyně and SKODA AUTO a.s. Czech Republic)*

The presentation is focused on ergonomic interventions produced by occupational therapist to provide an optimal work conditions for elder workers.

Keywords: physical ability, physical load, ergonomic interventions

A human body starts to age only after 20 years of life. Muscle strength and the range of motion are reduced, endurance and the coordination of movements gets worse. The aim of ergonomics is to optimize work environment and its activities in order to achieve greater productivity and at the same time not to overload employees. It is desired that all employees are able to carry out their maximum performance no matter their health limitations and age.

Accordingly, the objective of ergonomics is to modify work environment and create workplaces suitable for all employees within all company and so maintain the high level of ability to work and work capability during the whole period of productive age. The main activities to reach this objective are professional ergonomic supervision and counselling. Supervision activities are carried out primarily in the phases of product development and technology planning. The key point of interest is the reduction of physical load, non-physiological postures and musculoskeletal disorders.

Assessment of upper extremities' load, complex assessment of a physical load, based on European technical standards and national legislation, and 3D simulations of motion are the groundwork for proposed changes of technologies and organization of work. As a result of these activities, there are a high number of occupations suitable for the majority of a people with a very small risk of musculoskeletal disorders caused by performance of work tasks.

### References:

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Doc. MUDr. Jiří Votava - [jiri.votava@volny.cz](mailto:jiri.votava@volny.cz)





### **Oral Presentation 3: Active ageing of nursing home residents by more interdisciplinary contribution**

*Klara Jakobsen (Sør-Trøndelag University College, Norway)*

The aim of this study was to develop knowledge about how a multidisciplinary collaboration, with an assistance of occupational therapy and physiotherapy, could contribute to a more active ageing of nursing home residents.

In a qualitative descriptive design, data was obtained in group discussions and interviews, to gain experience from a strategic sample of the staff who had been actively involved in the project.

Experiences from this study suggest that a wider multidisciplinary collaboration is necessary to develop more active ageing. Daily life in these nursing departments is characterized by nursing routines, and little interdisciplinary collaboration. The informants expressed how a utilization of the existing resources, could realize a more active ageing at the nursing homes.

Conclusion: The study clarified a unified desire to achieve a more active ageing by an interdisciplinary cooperation through dialogue and meeting points. Even so, time pressure and a routine procedure dominated by a nursing culture did not invite to interdisciplinary collaboration. As a consequence, the therapist's competence was seldom asked for in the development of a more active ageing for residents at the nursing homes.

Key words; collaboration, care restructuring, quality of life

References;

Helgøy H. Active ageing and the Norwegian health care system. Bergen: The Steinar Rokkan center, 2005.

DeBoer ME, leemrijse CJ, Van den Ende CHM, Ribbe MW, Dekker J. The availability of allied health care in nursing homes. *Disability and Rehabilitation* 2007, 29:665-70

Sackley CM, van den Berg M, Lett K, Patel S, Hollands K. Wright CC. Hoppit TJ. Effects of a physiotherapy and occupational therapy intervention on mobility and activity in care homes residents; a cluster randomized controlled trial. *British Medical Journal*. Online first 2009; 339:b3123

Andersen M, Runge U, Hoff M, Puggard L. Perceived autonomy and activity choices among physically disabled people in nursing home settings: a randomized trial. *Journal of Age and Health* 2009, 8: 1133-58





## SESSION 4 – ORAL PRESENTATIONS

### **Oral Presentation 1: Occupational Therapy Students' Opportunity to Advocate European Senior Games for Wellness**

*Linda Hunt (Pacific University, USA)*

Occupational therapists have a role motivating aging adults to lead a healthy lifestyle. One might think that knowing the beneficial effects of exercise, aging adults would be lining up for exercise classes or other physical activities. However, in real life the proportion of aging adults being physically active (meeting the recommended levels), decreases with advancing age. Involvement in the European Senior Games movement provides an outlet for achieving greater value and quality in aging adults' lives by staying healthy, active and fit. This presentation includes an overview of aging and exercise. Plus, establishment of Olympic-style senior games in Oregon, USA by occupational therapy students. Oregon Senior Games provides an organized athletic competitions for individuals 50 years and older. Entrepreneurial program development, exploration of potential partnerships, and the idea that competitive sports may motivate a commitment to exercise will be discussed. International applications for occupational therapy involvement will also be stressed. It is hoped that students will become involved in the European Senior Games and continue this practice as graduates.

keywords: aging, wellness, motivation

#### references

- Haley, C., & Andel, R. (2010). Correlates of physical activity participation in community-dwelling older adults. *Journal of Aging and Physical Activity*. 18, 375-389.
- Liao, W.C., et al. (2011). Healthy behaviours and onset of functional disability in older adults: Results of a national longitudinal study. *Journal of the American Geriatric Society*. 59, 200-206.
- Ryan, A.S. (2010). Exercise in aging: Its important role in mortality, obesity, and insulin resistance. *Aging Health*, 6 (5), 551-563.

### **Oral Presentation 2: The use of mobile phones by people over 65 – “Social participation” (OTPF Area)**

*Badertscher Andri, Marchner Melanie, Marthaler Esther, Messerli Samira (ZHAW Zurich University of Applied Sciences, Switzerland)*

The aim of our presentation is to provide an insight into the use of mobile phones by the elderly through a case study. Furthermore we want to show strategies in how elderly people can use smart phones and the therapeutic aspect of these. Based on the Occupational Therapy Practice Framework (OTPF), we focused on “social participation” as an area of occupation. By using interviews with people over 65 years we will gather information emphasizing the relevance of such modern communication tools. Moreover we will present the need of the use of mobile phones by elderly people.





Key words: mobile phone, elderly, social participation

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**Oral Presentation 3: Volunteering – a meaningful occupation in retirement**

*Victoria Nolan & Amy Parnell (Coventry University, UK)*

The aging population is increasing within the UK and more retired people are looking to stay active in their retirement. This presentation aims to educate about a community project within the UK which promotes meaningful occupation for retired people. They volunteer within a community project to:

- promote social inclusion for people within the community
- complete a meaningful occupation in their retirement
- Help to remain active in their retirement

We will look at the community project itself, and gain insight into the thoughts, feelings & motivations of the retired people who volunteer. We will look at the role that OT students from Coventry University played within this contemporary placement to support the volunteers & community project.

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## SESSION 5 – ORAL PRESENTATIONS

### Oral Presentation 1: Exhibition in a box

*Students (Sheffield Hallam University, UK and Zuyd University Heerlen, The Netherlands)*

How is it possible to understand the needs of isolated older people? How can we learn more about their experiences of growing older and what it is to age well?

Exhibition in a box is a collaboration between Sheffield Hallam University and Zuyd University Heerlen. This presentation shares the findings of an initiative which has focused on the development of a research tool to reach isolated and vulnerable older people. Researchers at Sheffield Hallam University (Paul Chamberlain professor of design and Claire Craig, Occupational therapist) have explored the concept of 'the exhibition' as a research method for engaging with society in an active dialogue as to what it means to grow old. Building on the transnational research project engaging aging the next iteration has been to condense the research tool into a beautiful, crafted wooden box so that rather than expecting vulnerable older people to access the exhibition the exhibition comes to them and transforms the home environment into the exhibition space. Here, vulnerable older people are invited to revisit their home environment and to explore the features which help or hinder the active ageing process.

### Oral Presentation 2: How is loneliness experienced by elderly?

*Jana D'hoedt (Artevelde University College, Belgium)*

Loneliness is a very individual experience; it's a negative feeling and can be caused by lack of social support. It's a complex feeling and has causes in all possible life happenings.

Loneliness cannot be positively identified and depends on every day experiences and perception. The experienced loneliness can be influenced by many factors. The feeling of loneliness within people older than 75 years seems to increase drastically.

Loneliness can be split into two main groups: social and emotional loneliness.

During the presentation, the audience will be informed of the results on the investigation about loneliness. Aspects as subjective experience and social network will be discussed.

The relevancy of this subject is high, referring to following studies : the chances of loneliness increases with ageing (Kasteren, 2005). The problem of loneliness is related by the ageing of the population (Jan Romme, Jansen, 2008).

The importance of social networks and social integration for the feeling of wellbeing is well known. Various studies have demonstrated the correlation: the presence of tight relations, positive interaction and





support, stimulate the self-esteem and subjective wellbeing of the elderly (Knipscheer et al., 1995;; Antonucci et al., 1996; Vanden Boer en Pauwels, 2004).

### **Oral Presentation 3: Good living in old age**

*Arola Annikki Arcada (University of Applied science) and Talvinheimo-Pesu Anne (Metropolia University of Applied science) Finland*

#### **Good living for elderly: Mapping future needs and challenges in elderly persons' living environment.**

In the future it's important that housing and the living environment is based on the conditions identified by the user. The environment should be created in a way which gives flexible possibilities for living for different age groups with different needs. The living environment should be built up on the concept of sustainability, be usable for different groups with special needs and it should be accessible and healthy.

The goal today in society is that elderly persons should have the possibility to live in their own home as long as possible. To be able to fulfil this goal it's important the living environment is suitable regarding their needs. To create a suitable environment we have to know the needs of the inhabitants and therefore the environment can't be created without involvement from the inhabitant themselves. The aim for this project is to develop and create a living environment which is suitable for different users, especially the elderly. The main goal in the project is the user-driven perspective where the users of future living and housing will be a central part in identifying how to create an environment which supports and enables active ageing.

Key words: Living environment, housing, elderly

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## SESSION 6 – ORAL PRESENTATIONS

### Oral Presentation 1: Qualitative research on perceptions of older people to our evolving society

*Marieke Vanhalst (Artevelde University College Ghent, Belgium)*

#### Purpose

The Active Ageing-concept has the aim to enhance quality of life by optimising the opportunities for health, participation and security. An evolving society can offer benefits but also pose limitations in the pursuit of quality of life within elderly.

This qualitative study investigated the perceptions of older people to the modern society. We hypothesized that older people would have very stereotypical images.

#### Methods

phenomenological research, based on 10 in-depth interviews with community dwelling elderly. The interviews focussed on: the perceived safety in home-environment, the subjective feeling of safety in public places, the point of view on younger generations and new trends.

#### Results

Stereotypical images were mainly not confirmed. The majority of the elderly had a positive image about the lifestyle of younger generations and was surprisingly interested in several modern trends.

Nevertheless, the elderly reported that they felt less physically defenceless and treasured themselves as a larger risk group for crime and violence. An image that contradicts with empirical results of research that shows that seniors are less often victims of crime than younger persons.

#### Conclusion

The elderly are open-minded towards innovations and are tolerant to younger generations, although their sense of safety towards the society has decreased with ageing.

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**Oral Presentation 2: ICC@Home and Active Ageing: A comparison between different European countries and cultures**

*Elif Cengiz, Chantal Dijkstra, Monique Joosten and Marijke Lucas (HAN, Hogeschool Arnhem en Nijmegen, The Netherlands)*

**Aim of presentation:**

- Presentation of a project about 'internationalization at home'
- Presentation of the outcomes of perspectives on Active Ageing
- Awareness of the younger generation on Active Ageing
- Outcomes for use in OT practice to increase client-centered practice

**Presentation:**

Interactive theorems and information about different perspectives on Active Ageing in three different countries. Show how ICC@Home helped the 'younger generation' to get a different view on Active Ageing.

**Main issues:**

International project at home about cultural aspects, differences and similarities between Austria, Belgium and the Netherlands

Applying Active Ageing in OT practices in different countries.

**Oral Presentation 3: Active Ageing in OT education: students and teacher' perspectives**

*Miranda van Niel, Arjanne Ammerlaan, Bianca de Groot (Amsterdam School of Health Professions, The Netherlands)*

**Keywords:** education; active ageing; student/teacher perspective

**Topic presentation:**

We will start the presentation with an overview of the education of occupational therapy in Amsterdam, related to 'elderly people'. However the focus of the presentation is an anthology of assignments made by students on The Alzheimer Café, Participation in Dutch Society and Successfully Ageing. Students at the HVA, elaborate the theme during their first year, in small groups. Those small groups spend time on exchanging knowledge, searching literature and clinical reasoning. After that learning outcomes will be shown in class.





In this ENOTHE presentation practice examples from class will be given, supported by students made video material. The students will share their experiences and reflections on the theme. They will also talk about their view on occupational therapy within the theme of 'elderly people'.

The teacher's experiences in working with students on the theme will be given. The teacher will share which obstacles she encounters in working with student on the subject and how she motivates those students to get involved.

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## SESSION 7 – ORAL PRESENTATIONS

### Oral Presentation 1: Design project to increase participation and health in elder people

*Sara Jansson & Therése Karlsson (Linköpings University, ISV, Sweden)*

Elderly people often experiences loneliness and isolation. Occupation is necessary to our health and well-being. The idea is to gather information about activities that are available to older people in Linköpings municipality. The aim is to increase accessibility to the information about these activities which hopefully will lead to less isolation and greater participation. The aim is to prevent this loneliness and promote health and well-being through occupation and participation. To do this, it's important to increase and develop the information about activities that are available for elder people in the community. It's necessary to develop the contains of activity-information through using symbols that show how physically accessible the location of the activity is. The project ended up as a booklet with an attractive shape and layout, also containing a calendar to make it more useful. This booklet will hopefully be developed into a smartphone application in the future.

Keywords: occupation, active aging, loneliness

#### References:

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### **Oral Presentation 2: Encouraging active aging in a complex client group**

*Kirsty Grant, Hayley Pedley-Clues, Charlee Wise (Sheffield Hallam University, UK)*

Active ageing involves optimizing opportunities for health, participation and security in order to enhance quality of life as people age (WHO, 2002). Providing person centered care that promotes older people's health and independence is a key standard for health and social services in the UK (DOH, 2001) and for Occupational Therapists in Europe (2010).

This presentation will focus on the work of three occupational therapy students and their experiences designing and implementing interventions, which aimed to promote active ageing with marginalized groups. Working in role emerging placements with older people we were able to introduce occupational therapy to services that had no occupational therapists employed. The services we worked with were targeting groups of older people with visual impairments, substance misuse and a history of homelessness. All of these clients faced barriers beyond their age, including isolation, loss of independence and ill health.

Interventions focused upon active ageing by encouraging social engagement and confidence through participation in self-care and leisure activities. These included a health and wellbeing program for clients actively engaged in substance misuse, cooking lessons and a gentle exercise group with the visually impaired.

Outcome measures indicated that the offer of meaningful activities elicited a palpable change in the environments and outlook of individuals. Client feedback demonstrated that the interventions enabled clients to make a leap towards a more positive future involving a more confident, healthier life style where they felt able to participate more fully in society.

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### **Oral Presentation 3: Building a ‘movement garden’ for elderly in a Rotterdam community**

*Kim Bisschop (Rotterdam University of Applied Sciences School of Health Care Studies The Netherlands)*

A multidisciplinary group of Health Care students from Rotterdam join the Honours Degree program to become excellent professionals. Some OT students in Rotterdam took the opportunity to participate and cooperate in a project at an isolated community in the harbour area of Rotterdam.

The project aims to support inhabitants of this community to develop, build and use a movement garden for elderly together. Research can be done to find out if this contributes to the healthy ageing process. Of course the garden can also be used by other generations from the viewpoint that ageing starts even before birth and is an ongoing process through the whole life span.

By this presentation OT lecturers and students will present facts about the health situation of elderly in Rotterdam - Heijplaat and will tell about the supportive role of the multidisciplinary group in developing the movement garden. Besides our students will state their personal opinions about health promotion and about their own inter-professional roles and skills to reach goals as far as they concern active ageing.

Key words: Excellent professionals, Multidisciplinary project, Health promotion

References:

Dr. Marleen Goumans (professor of Integrated Care for older persons at the Rotterdam University of Applied Sciences)

## **SECOND PARALLEL SESSIONS**

### **SESSION 1 – WORKSHOP**

**Let’s think and walk actively aged!**

*Kaat Simons (Artesis University College of Antwerp, BELGIUM)*

#### Introduction

The intention is to introduce two contemporary new projects of occupational practice.

The first one is a physical one and is called “1000 steps” and the second one is a cognitive and intergenerational one is called “brain gazing”.

#### Working method of the workshop

The workshop starts with explaining the concept of the two projects and its relation with occupational science. The audience can participate in a demonstration of the two projects.





#### Preferred outcome

The workshop really wants to show an innovative geriatric occupational practice. Not only the young ones are privileged to participate at innovative and attracting projects. If we, as OT's, succeed in finding and offering new projects to the aged ones where we involve different generations of our society than these projects and also our profession becomes more important. The main goal therefore is to excite interest in such projects and to demonstrate that ageing is not equal to stagnation!

### **SESSION 2 – WORKSHOP**

#### **Using Mindfulness: Enhancing Quality of Life for Aging Clients and Ourselves**

*Linda Hunt, Bobbie Wagner, Holly Edwards (Pacific University, USA)*

#### **Introduction:**

Demands experienced by healthcare professionals have been linked to stress and burnout, which in turn, have adverse consequences for clinicians and the quality of care that is provided to clients and patients. This workshop teaches mindfulness practice aimed at fostering wellness and the necessary self-care skills for clinicians. Occupational therapists are positioned with their domain of practice to teach mindfulness practice to decrease stress and burnout in clinicians.

#### **Methods:**

This workshop will include lecture, interactive exercises, and discussion and sharing of experiences.

#### **Outcomes:**

1) Be introduced to and understand how mindfulness training may improve quality of life for oneself, healthcare workers, and clients/patients receiving care by learning/practicing specific mindfulness techniques. 2) Describe the scope of evidence-based literature on mindfulness training for pain or illness, anxiety, work stress, fatigue, gastrointestinal distress, high blood pressure, and more. 3) Engage in exercises used in mindfulness practice.

### **SESSION 3 – WORKSHOP**

#### **Reminiscence; Building and sharing one's meaningful life experiences**

*Greet Jansen (University College Kempen Belgium)*

*Ulla-Maija, Seppänen (Oulu University of Applied Sciences, Oulu, Finland)*

#### **CONTENT OF THE WORKSHOP: Reminiscence; Building and sharing one's meaningful life experiences.**

As introduction the theoretical background will be presented. That includes central concepts, therapeutic effects of reminiscence, different kinds of sessions, goals and how to organize the group (about 20-30 min.). Following that the participants will try, in practice, how to do reminiscence and will share their experience with other participants (about 60 minutes).





The goal of this workshop is that participants will understand how meaningful activity sharing of memories could be both for elderly people, for their family members and care givers. The participants will also in practice learn how to do reminiscence with elderly people, but also how to apply it with other client groups.

#### **SESSION 4 – ORAL PRESENTATIONS**

##### **Oral Presentation 1: “Active Gardening”: Intergenerational Exploration of Healthy Gardening Strategies for Elderly Allotment Tenants**

*Linda Blenk, Stefanie Frei, Karina Isenbeck, Raika Thies, Sandra Schiller (Lecturer) (HAWK University of Applied Sciences and Arts, Germany)*

##### **Aim:**

To explore how OT knowledge may facilitate gardening as a leisure activity for elderly people as a contribution to the City of Hildesheim’s public initiative “2012 – Year of Natural Environment and Healthy Living.”

##### **Main issues:**

Collaboration between elderly allotment tenants and OT students to exchange information and jointly develop solutions. Intensive literature research on resources and problems typically related to gardening and on horticultural therapy as a basis for the following activities: Open interviews with elderly allotment tenants and exploration of their activities in the course of the year. Focus on the activity level as well as the socio-emotional level to understand the individual meaning attributed to gardening. Possible solutions to facilitate the gardening activities of elderly people are found in the area of health promotion and prevention as well as horticultural therapy, e.g. adapted tools and activities, behaviour strategies. The relationship between the elderly allotment tenants as experts and the students as young people interested in gardening provide the possibility of sharing knowledge between the generations. The thematic year of the City of Hildesheim provides a platform to present the results to the larger public by giving a presentation on strategies for healthy gardening (summer of 2012).

##### **Keywords:**

Health promotion, elderly allotment tenants, active ageing, community project

##### **References:**

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Diamant, E., Waterhouse A. (2010). Gardening and Belonging: Reflections on How Social and Therapeutic Horticulture May Facilitate Health, Wellbeing and Inclusion. BJOT 73(2), 84-88

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Hersch, G., Lamport, N., Coffey, M. (2005). Activity Analysis - Application to Occupation. Thorofare: Slack.

### **Oral Presentation2: “Good ageing” in an internordic perspective**

*Kathrine Marie Lacy, Liesa Bartolome, Karen Marie Bundgaard (lecturer) (University College Lillebælt, Denmark)*

The topic is good aging in a Nordic perspective. It is created by the “Gerokompetence Network”. The aim is to give an example of how to work with the subject “Good aging” in an OT program, and how an internordic and interprofessional module can be organized and executed. The aim is also to strengthen the focus on the resources and life world of the elderly.

The issues will be the content of the module; ageism, empowerment, pictures of aging, self- esteem and narrative interviewing and the results of the narrative interviews with the elderly in Denmark about important issues in daily life. Results that helps break down stereotyped pictures of the elderly and helps give others Nordic countries an understanding of elderly life in Denmark, just as well as they help us understand the culture of the elderly in their respective countries. The organization of the module and the joint activities such as video streamed lectures and -conferences with the participating Nordic countries will also be presented. Furthermore the two students will share their experiences of education through blended learning.

Keywords: good aging, education, internordic

References:

Bowling A (2005) Aging Well: Quality of life in old age; Open University press.

### **Oral Presentation 3: Elderly and cultural participation in society**

*Flore Nollet (Artevelde College Ghent, Belgium)*

As obsolescence appears to be an international phenomenon, more attention should be spent on elderly and their competences. Retired people can add large contribution to society, but unfortunately, ‘active ageing’ is a less discussed topic. Nowadays, elderly are mostly seen as passive, incompetent people.

Culture is a widely known concept and includes music, theatre, and dance, but also training activities, education and so on. Participation contains both physical, mental, social, affective and spiritual benefits, which increases well-being and quality of life. If social inclusion of elderly would be a common phenomenon, more elderly would participate, which means large benefits for society in general.





This qualitative study examined the relationship between elderly and cultural activities in society and focused on four topics: theatre in nursing homes, elderly and art-lessons, dance lessons and in general barriers and motivators of cultural participation.

It's an important goal to remove prejudices about cultural participation for elderly, in order to decrease thresholds. Besides this, it's a specific OT-task to adapt cultural activities to restraints and interests of older people so that they can play an active role in our society.

**Keywords:** culture, participation, elderly

## References

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## SESSION 5 – ORAL PRESENTATIONS

### Oral Presentation 1: Films targeted people with dementia

*Maria Benedikte Michelsen, Jane Nørgaard Jensen and Betina Melgaard (VIA UC, Holstebro, Denmark)*

Main issues: The usage of films which exists at this point in time causes the person with dementia to be drowsy. The purpose of this new film material is to help to facilitate communication with the person with dementia and increase their quality of life.

**Keywords:** Dementia, Film, Quality of life

#### References:

Television Viewing and People With Dementia Living in Long-Term Care; Kate de Medeiros et al.; *Journal of Applied Gerontology*; Volume 28, number 5

Effectiveness of personalised reminiscence photo videos for individuals with dementia (Yasuda, Kiyoshi et al.; 2009)





Della Sala, S. et al. (1998). Variables linked to psychotic symptoms in Alzheimer's disease. *European Journal of Neurology*, 5, 553-560

Robert B. Heller et al. (2009) Video Programming for Individuals With Dementia: Assessing Cognitive Congruence. *American Journal of Alzheimer's Disease & Other Dementias* 1 Volume 24 Number 2

**Oral Presentation2: The development of the Flemish version of the Activity Card Sort (ACS).**

*Jana Vanackere (Howest), Ashley De Rycke (Howest), Shana Depuydt (KHBO), Belgium*

**Topic and main issues:**

The ACS focuses on the occupational performance of elderly and gives an overview of activities that are meaningful to elderly. The ACS is aimed at IADL, leisure and social contacts. The activities and the photographs taken for the U.S.A. tool did not reflect the environments or the activities of elderly in other countries. In the Netherlands (and 7 other countries) they already developed a cultural related version of the ACS. Now we want to develop an ACS which is related to the Flemish culture.

Because the culture and language of the Netherlands is closest to our Flemish culture, it was an evidence to take the ACS-NL as a starting-point. The development of the Flemish ACS is possible because of a cooperation between three Flemish universities. The whole project will be presented from the students' perspective.

Keywords: Assessment, Activities, Elderly.

**References (max of 5):**

Bakker, N., Verburg, S., Vogelenzang, A. & Zweers, A. (2007). De 'Activity Card Sort' in Nederland. Hogeschool van Amsterdam. Amsterdam: HVA.

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### **Oral Presentation 3: Preparing students to keep the client centred ‘between’ ICT or (social) media innovations**

*Saskia Hofstede-Wessels (Hogeschool Van Amsterdam, The Netherlands)*

Developments such as demographic ageing and a shortage of healthcare professionals offer many challenges for European healthcare professionals. Innovating technique, ICT and social media (in the form of telemedicine, telecounselling, gaming for rehabilitation etc.) have been suggested as one approach to addressing these challenges. In the Netherlands there is evidence that both government policy and health insurance companies are interested in the opportunities offered by such innovation.

Occupational therapy students must be prepared to work with these new innovations. However it is also important that occupational therapists collaborate with professions in ICT and (social) media in order to ensure that technologies which are developed meet clients’ real needs.

Otherwise healthcare may become ‘technology driven’ rather than ‘client driven’

This presentation will describe how occupational therapists can work as part of a cross – sectoral group to integrate the ‘needs’ of the client. During the presentation there will be a focus on the didactical topics and approaches that are necessary to prepare students to work with ICT and (social) media in the future.

## **SESSION 6 – ORAL PRESENTATIONS**

### **Oral Presentation 1: Successful ageing and older people**

*Tove Nordlie and Ingebjørg Melhus (Oslo and Akershus University College and Applied Sciences, Norway)*

What is a meaningful life for older people? Is being active a part of it? And if it is, how can we contribute to help older people to be more active? Older people are not a homogeneous group. In fact it is the most heterogeneous group because of their lifelong experiences. Occupational Justice emphasizes the occupational rights to inclusive participation in everyday occupations for all persons in society, regardless of age, ability, gender, social class, or other differences. The activity theory (Neugarten et al. 1968) claims that successful ageing, happiness and fulfillment occur as a result of participation in social and family activities. Our topic for the presentation will concern how to live a meaningful life. We have been interviewing seven older people from a senior centre concerning what makes their life meaningful. Our aim for the presentation is to compare the findings of our informal qualitative interviews with the activity theory and research articles to find out if there are any similarities.

Key words: Occupational Justice, meaningful life, diversity.

#### **References:**

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Nilsson, I. & Townsend, E. (2010) Occupational Justice- Bridging theory and practice. *Scandinavian Journal of Occupational Therapy*. 17, 57-63.

### **Oral Presentation 2: Active for Later Life: Involvement for Student Occupational Therapists**

*Catriona Chapman, Emma Smith, Helen Moore, Kayleigh Brady, Lorne McMahon and Sophie Burns (Queen Margaret University, UK)*

According to guidelines, adults in the UK should do 30 minutes of moderate physical activity on 5 or more days of the week (Health Scotland 2007). However studies have shown that adults aged 55 and over often fail to reach this recommendation. The Health Scotland resource 'Active for Later Life' (2007) aims to help health professionals involved in developing physical activity programs for older people within Scotland. We aim to share how student OTs in Scotland could be involved in implementing these guidelines. The purpose of this presentation is to show how different generations can work together to achieve the goal of an active ageing population through student facilitated physical activity classes in the community. We aim to present how six OT students utilized current evidence to plan and implement a sustainable physical activity programme for a group of older people to carry out in their homes.

**Keywords:** Elderly people, Physical activity, Student OTs.

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### **Oral Presentation 3: Updating the use of creative occupation in OT education**

*Dennis Persson & Annika Lexén (Lund University, Health Science Centre, Occupational therapy and occupational science, Sweden)*

Topic: Creativity and youth culture - updating the use of creative occupation in OT education. Creative occupations have since the beginning of OT had a rather central position in interventions and in OT curricula internationally. Because of different reasons creative occupations were cut down in OT curricula. This can be due to a paradigm shift within the discipline concerning an increasing focus on instrumental and measurable functional unit goals. Another reason might be the societal development towards increased digitalisation, resulting in creativity changing its public face from traditional materials and performances to new, often digital expressions. A development resulting in a new occupational arena that the OT field





hitherto have had difficulties to incorporate.

**Aim:** To theoretically and with practical examples present a new approach for the students to learn about the values of creative occupations within our contemporary society, while recognising society to be imprinted by new innovative ways of expressing creativity. Further, to display student's own creative actions and reflections based in occupational science perspectives giving new possibilities for future updated OT-interventions using creative occupations.

**Main issues:** The presentation includes a theoretical and pedagogic introduction of this learning theme by the engaged teachers. Two students then present examples of their creative interpretations of this theme and of how they experienced it along with their theoretical reflections based in occupational science.

## SESSION 7 – ORAL PRESENTATIONS

### **Oral Presentation 1: Activity engagement between Generations that's what keeps us alive**

*Siri Ea Råhede Nielsen & Annemette Bang Ingvartsen, Aarhus University College, Denmark*

### **Oral Presentation 2: Nordic Walking as a form of active aging and solidarity between generations**

*Kate Liebscher, Michelle Turton, Catherine Williams, Lowri Williams (Cardiff University, Wales UK)*

#### **Main Issues:**

We will be working in partnership with Age Cymru to promote Nordic walking as a means of active aging. This partnership involves a number of Nordic walking taster sessions throughout Wales aimed at those 50+ followed by a five week skills based course. The main benefits of Nordic walking include:

- Enjoyable outdoor pursuit
- Suitable for all ages and fitness levels
- Uses less effort than normal walking while using more muscle groups and burning more calories
- Improves posture and gait, strengthens abdominal muscles and joints, releases tension
- Can be used in rehabilitation
- Group activity which promotes social inclusion, interaction and a sense of safety

#### **Aim**

The aim of our presentation is to raise awareness of Nordic walking as a physical and social activity to promote active aging. We also aim to explore the possibility of expanding Nordic walking to include other generations through walking talking groups and promoting this activity in our communities. The possibility and benefits of using Nordic walking in OT practice will also be investigated.



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### **Oral Presentation 3: Everyday Technology (ET) Use Questionnaire (ETUQ), Portuguese Pilot Study with Older Adults**

*Manuela Ferreira (Escola Superior de Saúde do Alcoitão, Portugal)*

Despite the augmented use of technology in our world, instruments for assessing competency in Instrumental Activities of Daily Living that consider items related to everyday technology, such as remote controls, coffee machines or cell phones, are difficult to find. The only exception is the Everyday Technology Use Questionnaire ETUQ, a recently developed instrument, which is used to investigate the perceived relevance and difficulty in using everyday technology of people with or without cognitive impairment. The main issue of this research was to carry out a descriptive study to pilot this instrument in Portugal. After the normal procedures for the translation and adaptation of this instrument, the perceived relevance of and difficulty in using everyday technology with older adults without known cognitive impairment was undertaken. The aim of the oral presentation is to present the first results from two groups of participants divided according to their context of life: a big city and a small village.

**Keywords:** Everyday Technology, activities of daily living, older adults

**References:** Rosenberg, L., Nygard, L. & Kottorp, A. (2009). Everyday Technology Use Questionnaire: Psychometric evaluation of a new assessment of competence in technology use. *Occup. Ther. J. Res.* 29(2), 52-62.





## SESSION 8 – ORAL PRESENTATIONS

### **Oral Presentation 1: “altBACKEN?” – Elderly people impart their cooking experience to children**

*Carola König, Damaris Möllner, Johanna Gormanns, Lena Rempfer, Mareike Seimer School of Occupational therapy in Reutlingen, Germany*

Due to the demographic changes there are more and more people over the age of 65 in Germany. A lot of them live alone at home, apart from society. On the other hand, there are also many children who are alone at home for most part of the day. Their parents do not have the time to show them things like housekeeping and cooking that would benefit them in their future live.

We are a group of five students from the School of Occupational therapy in Reutlingen (Germany). We will arrange four sessions where such children will have the chance to meet with the group of elderly people and learn things like cooking traditional recipes Through this project elderly people have the chance to establish contacts, train their endurance, reorganise their leisure time, experience a feeling of success, meet with younger people, participate in society and train their memory. It is also a project that could easily be organized by elderly people themselves. In our oral presentation we would like to describe how elderly people can become part of the society again and give them a new meaning and enjoyment of live.

### **Oral Presentation 2: “Cook & Roll”**

*Annelies Van Wezemaal, Evelien Shockaert, Laure De Troyer (University College Ghent, Belgium)*

#### **Cook & roll:**

#### **Using a mobile kitchen in nursery homes**

Keywords: home cooking, quality of life, guidelines

The project we have chosen is home cooking in nursery homes for elderly with dementia. Our goal is to get the elderly with dementia out of their isolation by searching together with them for recipes they used in the past. To make them recall these recipes we use triggers like flavors (e.g. vanilla), scents, visual material (e.g. photographs),... These triggers can also be used in other therapeutic settings, for example reminiscence activities.

After gathering the recipes, we can prepare them together with the elderly by using a mobile kitchen. The goal is to enlarge their self-esteem and to stimulate their remaining possibilities.

Working method: we start from 2 existing projects of nursery home ‘Heiveld,’ namely ‘van de lochting tot in de kasrolle’ (cooking book) and ‘mobile kitchen’. Our goal is to create guidelines based on this projects, that can be used in other nursery homes.

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### **Oral presentation 3: A Collaborative Communication Project In Bulgaria**

*Elaine Jean Struthers (Western New Mexico University, USA) & Liliya Todorova (University of Ruse, Bulgaria)*

A case study of a multiply disabled non-verbal youth residing in a group home in Bulgaria who becomes the focus of a multinational student project to implement the use of an assistive communication device demonstrates problem based learning methods for students, professionals, and community members. A collaborative process using the participatory occupational justice framework engaged multiple individuals and organizations who became invested in the communication project outcome, transforming it into a metaphor for the larger potential of globally-based participatory dialogue around the issues of disability and occupation in Bulgaria. Students from three educational institutions experienced hands-on learning in administering the project activities. The project outcomes reflect the potential for multinational student projects to directly impact the welfare of an individual with disabilities, enhance mentoring for occupational therapy students in Bulgaria, and expand multinational agency cooperation in advancing the occupational therapy profession in Bulgaria.

