OSLO AND AKERSHUS
UNIVERSITY COLLEGE
OF APPLIED SCIENCES

Successful ageing and older people

By Tove Nordlie and Ingebjørg Melhus

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Outline

- Introduction
- Presentation of our student project
  - Aim, method and results
- Compare our results with two research articles
  - Older Adults' Views of "Successful Aging"
  - The Well Elderly Research Study
- How can we contribute as Occupational Therapists?

Challanges

- Extended life expectancy
- Changes in society
- Changes in peoples everyday lives

Changing experiences of ageing

Successful ageing

- What is successful ageing?
- Is being active a part of it?
- How can we contribute towards successful ageing?

Interviews from senior centers

- Aim – Enhance knowledge about older peoples view of a good life and voluntary work
- Method – Qualitative research interview

  Narrative approach
- The participants – 3 men and 4 women (70- 85yrs)
- 3 attributes for living a good life
- Inner motivation for voluntary work

Results

- Good family relationships, good health and occupational participation → Good life

- Participation in voluntary work → feeling useful, do something for others and have a place to go to.

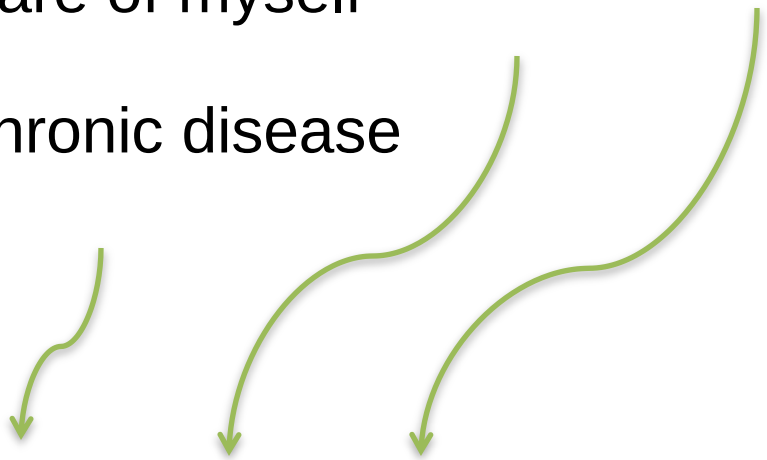
Older Adults Views of Successful Ageing

- Cross sectional mailed survey
- 1890 participants
- Two cohorts
- All participants over 70 years of age

Most important attributes for successful ageing is:

1. Remaining in good health until close to death
2. Being able to take care of myself
3. Remaining free of chronic disease
4. Having friends and family who are there for me
5. Being able to act according to my own inner standards and values
6. Being able to make choices about things that affect how I age

1. Remaining in good health until close to death
2. Being able to take care of myself
3. Remaining free of chronic disease



Good health

2. Being able to take care of myself
4. Having friends and family who are there for me
6. Being able to make choices about things that affect how I age

Participation

Good family relationships

The Well Elderly Study

- Three- year controlled clinical trial
- Assess the effectiveness of an occupational therapy intervention in improving quality of life in older people
- 361 participants between the age of 60 and 93 years
- Compare three groups with different interventions

    1. Lifestyle Redesign intervention
    2. Social Activity group
    3. No intervention

Lifestyle Redesign

- Help to realize the symbolic significance of their various occupations
- Incorporate meaningful occupations into their lives
- Help to overcome barriers to make a positive change

Social activity group

- Led by nonprofessionals, group- based activities

Result

- Those who attended Lifestyle Redesign showed significantly improved life satisfaction

Compare this result with our study

- Participation in meaningful occupations contributes to improved life satisfaction
- Engagement of participants from the senior center
- Meaningful to stay at the senior centre
  - A social arena → increased quality of life
  - Engagement in voluntary work → positive changes
- The activity theory

Summary of the research and our study

- Good health
- Occupational participation
- Good relationships

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Quality of life and successful ageing

How can WE help older people to participate

in their own lives towards

successful ageing?

- *Occupational Justice* emphasizes the occupational rights to participation in everyday occupations for all persons in society, regardless of age, ability, gender, social class or other differences
- Everyday rehabilitation
  - Receives incresing focus in Scandinavia
  - Intervention done in the clients home or local community
  - Systematically work in their own environment, and focus on being as independent as possible

Thank you for listening!

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