Active Ageing for Later Life: Involvement for Student Occupational Therapists

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Outline

• What is active ageing?

• An overview of current policies and guidelines in Scotland related to active ageing

• Our proposed idea: student led activity groups in the community
What is active ageing?

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

(WHO, 2012)

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

- Employment
- Society
- Independent Living
Exercise and Active Ageing

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

National Institute for Health and Clinical Excellence

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

(NICE public health guidance 16)
Overview of Policies and Guidelines in Scotland

1. All Our Futures: Planning for a Scotland with an Ageing Population (Scottish Executive 2007)

2. Active for Later Life: Promoting Physical Activity with Older People; A Resource for Agencies and Organisations (NHS Health Scotland 2007)

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

(Scottish Executive 2007)

- Aims to make Scotland a place fit for the future
- Aims to improve opportunities for older people and remove barriers
- Identifies six priority areas for strategic action
Active for Later Life: Promoting Physical Activity with Older People
(NHS Health Scotland 2007)

• Aims to help health professionals involved in developing physical activity programs for older people within Scotland
Lets Make Scotland More Active: A Strategy for Physical Activity
(Scottish Executive 2003)

- Aims to increase and maintain the proportion of physical active people in Scotland by setting goals and targets in which they aim to complete by 2022.
Our Proposed Idea and the Role of Occupational Therapy
“Movin’ Aboot”

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

“Movin’ Aboot”

Propose the idea to University and Module Co-ordinators.

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

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

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

Begin the Get Active classes.
How this links with OT?

• Occupational therapy’s aim is to allow you to live your life in the way you want to by participating in occupations which are meaningful to you. (COT, 2012)

• OT aims to promote health and wellbeing through the use of occupations, e.g. the physical activity within the group.

• Participation in our group would allow older people to not only remain active physically but also to provide social interaction, something which many older people are missing out on.
Why should student OTs get involved?

• Current experience - One placement a year (over a 4 year course) which is allocated by university and non negotiable.

• Allow more opportunity for Student OTs to develop and further knowledge and skills whilst also interacting and making relationships with an older generations.
**PHYSICAL**
- Mobility
- Balance
- Reducing pain
- Improving range of movement
- Co-ordination
- Maintaining motor skills

**COGNITIVE**
- Motivation
- Concentration
- Memory
- Attention

**PSYCHOLOGICAL**
- Self-esteem
- Mood
- Reducing anxiety
- Confidence

**SOCIAL**
- Independence
- Support network
- Reducing/preventing isolation

**Perceived Benefits**
Evaluation of Programme Effectiveness

- Client Evaluation - Standardised, Non-Standardised, Interviews

- Self Evaluation - reflection, reflexivity

- Service Evaluation - Is the program working?
References

• Scottish Centre for Intergenerational Practice. 2009. [online] Available at: http://www.scotcip.org.uk/ [Accessed September 22]
• Scott, A.H. et al. 2001. Occupational Therapy as a Mean to Wellness with the Elderly. *Physical and Occupational Therapy in Geriatrics.* 18(4) pp.3-22.