

# Safety, Health, & Wellness for Seniors Living with Mild Dementias



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## DEI Site

- Largest nonprofit senior nutrition and supportive provider in Orange County, CA for past 50 years

**Branch:**

- Santa Ana **Adult Day Health Care Center** (ADHC)

Meals On Wheels  
OC  
2019

**Licensed:**

- CA Department of Aging
- CA Department of Public Health

SeniorServ  
2006

**Population Served:**

- Adults of Orange County
- Medical conditions requiring physician prescribed treatment or rehab

Feedback  
Foundation  
1967

## Needs Assessment Summary

1. Possible ↓ QOL due to difficulty coping with disability, loss of independence, & cognitive decline
2. ↑ Risk for depression due to social isolation and lack of meaningful occupations
3. ↑ Fall Risk

## Literature Review

- Occupation-based interventions that promote abilities may be beneficial in improving the QOL and health of clients living with Alzheimer's Disease (Letts et al., 2011)
- Psychosocial interventions, or non-pharmacological interventions, are effective in early stages of dementia to improve QOL and reduce risk of future disability (Harrison-Dening, 2013).
- Activities that address balance, ROM, strength, and other biomechanical approaches improve balance, thus indirectly reducing risk for falls (Jensen & Padilla, 2011).
- Increasing evidence shows that an easy to perform physical program can results in a healthy aging brain and slow functional decline (Harrison-Dening, 2013).
- Integration of dementia education, stress reduction strategies, and coping skills helped reduce caregiver burden (Piersol et al., 2017)
- Education interventions along with information booklets for family caregivers of dementia helped develop better communication patterns, decreased levels of burden, and reduced emotional stress (Watson et al., 2012).

## Student Learning Objectives

By the end of the DEI, the OTD student has created & implemented:

1. Group therapy protocols of **occupation-based activities** (using current evidence for Alzheimer's Disease) to manage depressive symptoms
2. Group therapy protocols for **strengthening activities** embedded within occupations (Fitness Boxing) to reduce risk for falls
3. **Educational pamphlets** for facility and family use on strategies to decrease caregiver burden



## Methods / Implementation Plan

**Capstone Focus:**

- Program Development

**Description of 8-Week Program**

- Purpose:
1. Increase QOL
  2. Manage Depressive Symptoms
  3. Reduce Risk for Falls
  4. Reduce Caregiver Burden

**6 Total Participants**

- Group A (3 Participants)
- Group B (3 Participants)

**Inclusion Criteria:**

1. Medical Dx of "Dementia" or "AD"
2. Attended ADHC at least 4x/week
3. Mild level of Dementia
4. Signed WCU Participation Form
5. GDS Screen Suggested Depression

Mon	Tues	Wed	Thurs	Fri
Manage Depression & ↑ QOL <i>Group A</i>	Manage Depression & ↑ QOL <i>Group B</i>	Strengthening Activities to ↓ Fall Risk <i>Group A &amp; B</i>	Caregiver Support Group	Research & Data Analysis

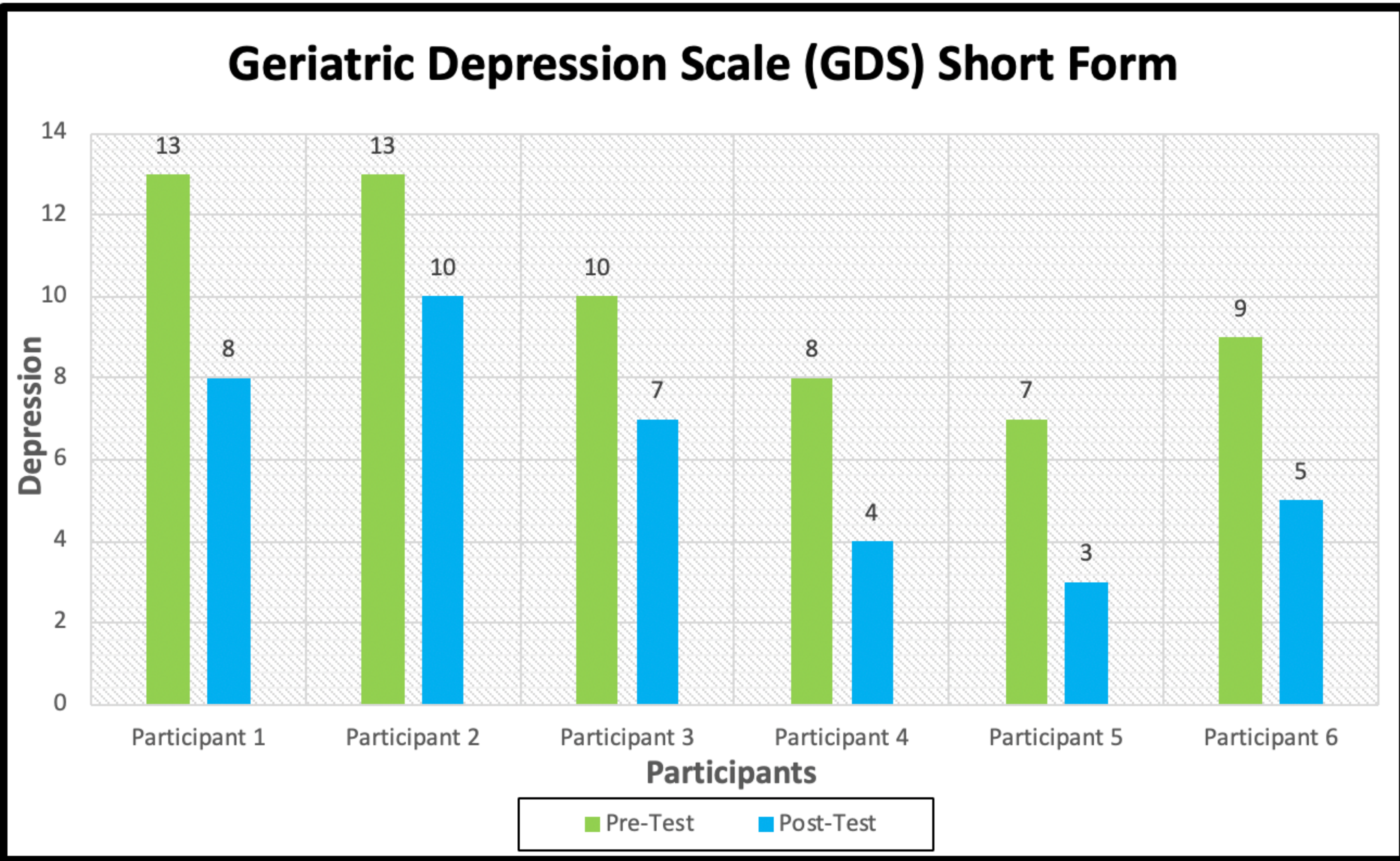
**Group Sessions:**

- Frequency: 3-4x/ Week
- Duration: 1-1.5 hours/ Session

**Caregiver Support Groups**

- Every 1<sup>st</sup> & 3<sup>rd</sup> Thurs/ Month
- 4:30-6:00pm

## Outcomes

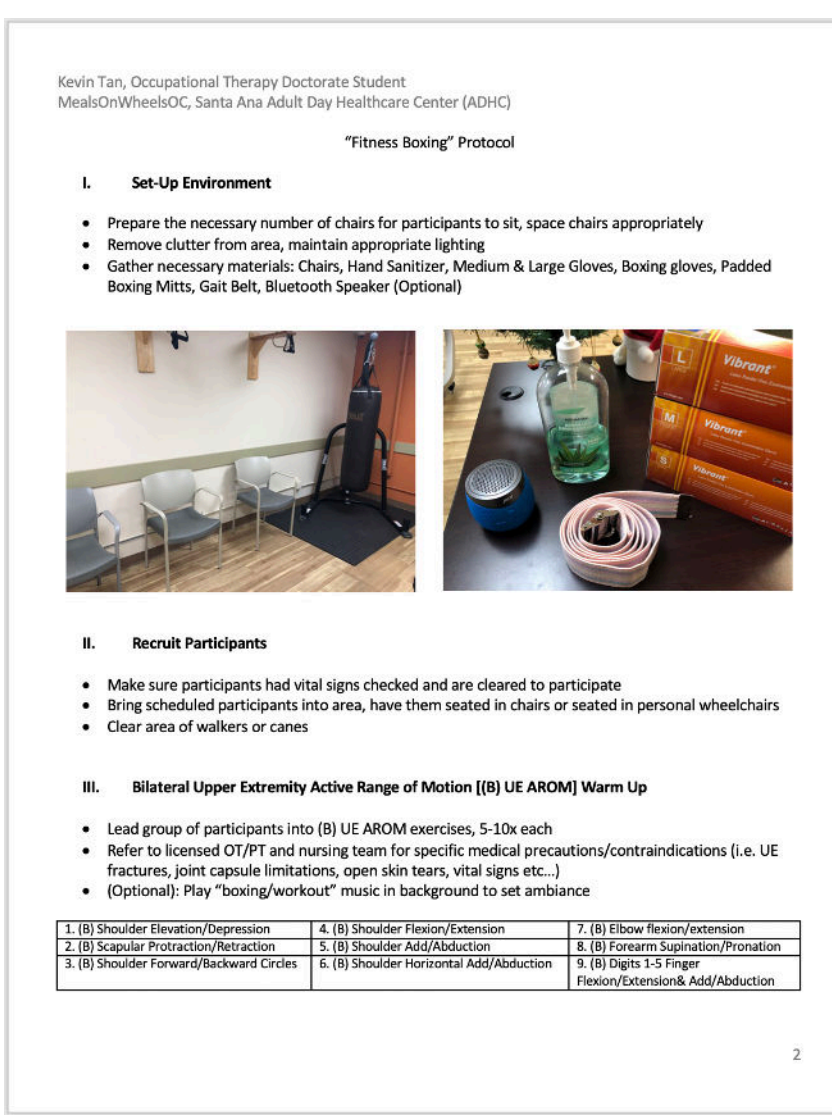


t-Test: Paired Two Sample for Means		
GDS		
	Pre-Test	Post-Test
Mean	10	6.16666667
Variance	6.4	6.96666667
Observations	6	6
Pearson Correlation	0.958467677	
df	5	
t Stat	12.47350132	
P(T<=t) one-tail	2.93684E-05	
t Critical one-tail	2.015048373	
P(T<=t) two-tail	5.87369E-05	
t Critical two-tail	2.570581836	

**GDS Scoring**

- 0 – 4 = Normal
- 5 – 8 = Mild Depression
- 9 – 11 = Moderate Depression
- 12 – 15 = Severe Depression

## Scholarly Deliverables



**Physical Binder:**

- 8 Group Protocols
- 3 Caregiver Pamphlets
- Fall Prevention Handout
- Recruitment Process
- Copies of Outcome Measures

## Implications for OT

**Safety, Health, & Wellness**

Emphasized the importance occupation-based interventions with the population to:

- Manage Depressive Symptoms
- Strengthen to Reduce Fall Risk
- Prevent Caregiver Burnout
- Improve QOL
- Increase Social Participation

## Limitations

- Small Sample Size
- Convenience Sampling Method
- Language Barrier
- Time Constraints
- GDS contained Sensitive Questions

## Conclusion

In summary, the pre-test and post-test data of the GDS Short Form indicated that there was strong evidence the student's program was effective in reducing the levels of depression among all six participants. Data analysis by using a paired t-test verified that the reduction of depression was statistically significant, with a p-value of  $p=5.87 \times 10^{-5}$ , much less than  $p=0.05$ .



## References (Available Upon Request)