

The Effectiveness of an Occupation-Based Program Using Tablet Applications



CENTER FOR INNOVATION
AND WELLBEING



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Description of DCE Site

- Front Porch Center for Innovation and Wellbeing (FPCIW) was developed in 2009 as part of the Front Porch non-profit organization based in Glendale, California.
- FPCIW helps identify the needs of older adults and introduces new technologies into communities through collaboration with residents, staff, researchers, academic institutions, and other care providers.
- FPCIW works in partnership with solution providers to identify existing technology solutions and find ways to apply them with older adults.

Literature Review

- Older adults are often slower to adopt new technology compared to younger generations but will do so if they find the technology has value within their lives (Lee et al., 2015).
- Despite the growing support of technology in day-to-day activities, older adults' adoption rate of using technology remains low (Kim et al., 2016; Lee et al., 2015)
- Technology is often introduced to encourage social engagement, and more recently, there has been a decrease in social engagement amongst older adults due to COVID-19 social distancing protocols (Banskota et al., 2020; Choi et al., 2013).
- Programs taught are often focused on physical products and not on services. There is a lack of guidance and instruction on using the content on technology such as on tablets (Kim et al., 2016).
- A combination of a supportive environment and enough practice time with the apps have shown some support as an important way in disseminate new technology for older adults (Chiu et al., 2016).

Needs Assessment

1. Develop and implement a guide for staff and residents to utilize occupation-based apps on their tablets.
2. Develop a self-sustained technical support group for residents.
3. Increase knowledge of using technology (e.g., tablets and apps) at Pilgrim Tower.

Learning Objectives

By the end of the DCE, I will:

- implement an occupation-based workshop program for clients that improves quality of life utilizing technology.
- increase my advocacy skills by demonstrating OT's role in Technology.
- be ready to submit a publishable article to a publication on improving quality of life for low-income older adults utilizing technology.

Program Description & Implementation

- Design: Mixed Methods
- Participants: Residents from Pilgrim Tower.
- 8-sessions were held for 4 weeks (3x per week) to accommodate for workshops held in multiple languages (e.g., Korean and American Sign Language).
- Data Collection: Quantitative data collected through pre-post surveys with Likert scale questions on and open-ended questions based on the WHO-QOL-BREF, the Social Connectedness Scale, the UCLA Loneliness Scale, questions created by Front Porch's evaluation team and the Occupational Therapy Practice Framework: Domain and Process- 4th Edition (OTPF-4). Qualitative data collected from a small focus group.

Applications (apps)	Occupation Type <i>* According to OTPF-4</i>
Zen Match	Leisure
MyTherapy	Health Management (Medication Management)
Flipp	Shopping/ Financial management
Listonic	Shopping
PayRange	Home Establishment and Management
Sleep Tracker	Sleep Preparation
Happy Color	Leisure
Money Manger	Financial Management

Project Outcomes

** Results were Based on 2 Participants*

Pre-Survey:	Post-Survey:
<u>Use of Technology</u> - Mixed Confidence in Comfort in Using Technology	Both Strongly Agreed Comfort in Using Technology
Both Strongly Agreed "...Technology is Confusing to Use..."	Remained the Same
<u>Social Connectedness</u> Both felt: - Difficulty Making Friends - Left Out by Others - Could Not Reach Out to Others	Remained the Same
- Both were "Very Satisfied" with Personal Relationships	- One Became "Not Satisfied at all" with Personal Relationships
<u>Quality of Life (QOL)</u> - Both Rated Having "Excellent" QOL	Remained the Same

Common Themes:

Prior knowledge of using technology can be an asset

"... I prefer doing classes in-person because I can get lost during the workshop (held online) and it takes me some time to understand in the beginning..."

Importance of a supportive environment

"... I am able to ask my friend and go back to the instructions and follow each step ..."

Limitations

- Small sample size and inconsistent workshop attendance.
- Communication barrier with residents.
- Workshops held online instead of in-person due to COVID-19 restrictions.
- Limited time frame.
- Resident's education levels.
- Availability of Staff.

Future Directions

- Physical space with relevant topics relating to technology (e.g., cyber security) for residents and staff.
- Opportunities for Research- larger sample size representing all demographics, including gender, education level, and functional limitations.
- Pathways for determining service delivery for future facilities (e.g., in-person and/or video conference).

Scholarly Deliverables

- Physical binder with curriculum for each workshop in both English and Korean.
- Digital folder of program objectives, protocols, materials and procedures.
- PowerPoint presentation on the use of tablets as a therapeutic medium for OTs.
- Digital Journal Entries on FPCIW projects.
- A ready-to-submit article on the implications of an occupation-based program utilizing tablets to an affordable housing community for older adults.

References

Available Upon Request.

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