

# The Effectiveness of an Aging in Place Program Among Older Adult Residents at Thomas Safran & Associates (TSA)

Raymond Chan, OTD/S, CNP  
Site Mentor: Lindsay Saunders Chang, MSW  
Faculty Mentor: Elise Leizerovich, OTD, OTR/L



## DCE Site: Thomas Safran & Associates (TSA)

- Established in 1984 to provide affordable and supportive housing in Southern California
- Mission:** Enhance the world we live in and enrich the lives of people who resides in their building
- Philosophy:** Offering equal opportunities for all and treating their residents as they would themselves (Thomas Safran & Associates, 2021).

## Identified Needs

- Development and implementation of aging in place program
- High demand of reducing hoarding, also known as excessive housekeeping, behaviors and maintaining a safe home environment
- No occupational therapy (OT) on site

## Learning Objectives

- Developed, and implemented aging in place program.
- Created an evidenced-based resource guide to reduce excessive housekeeping.
- Developed a 12-week level II fieldwork programming curriculum for TSA.

## Literature Review

- Limited available services or assistance in traditional medical care can ultimately create a gap to age in one's home independently and safely (Szanton et al., 2016).
- Fall prevention and home modification interventions played a critical role in aging in place programs (Arbesman & Lieberman, 2012).
- Other aging in place interventions that were essential in the literature review include participation in social activities, physical activities, leisure activities, cognitive activities, and activities of daily living (ADL) training (Arbesman & Lieberman, 2012; Bascu et al., 2012).
- Physical activity has been shown to improve cognitive health, functional mobility, balance, safety, and reduce fall risk (Chase et al., 2012).

## Project Description

- Six weeks evidenced-based aging in place program
- Aging in place group topics:
  - Physical activity
  - Fall Prevention and Recovery Strategies
  - Home Modification
  - Social Participation
  - Memory and Art
  - Coping Skills
- Created a resource guide to reduce excessive housekeeping
- Developed a level II fieldwork programming curriculum

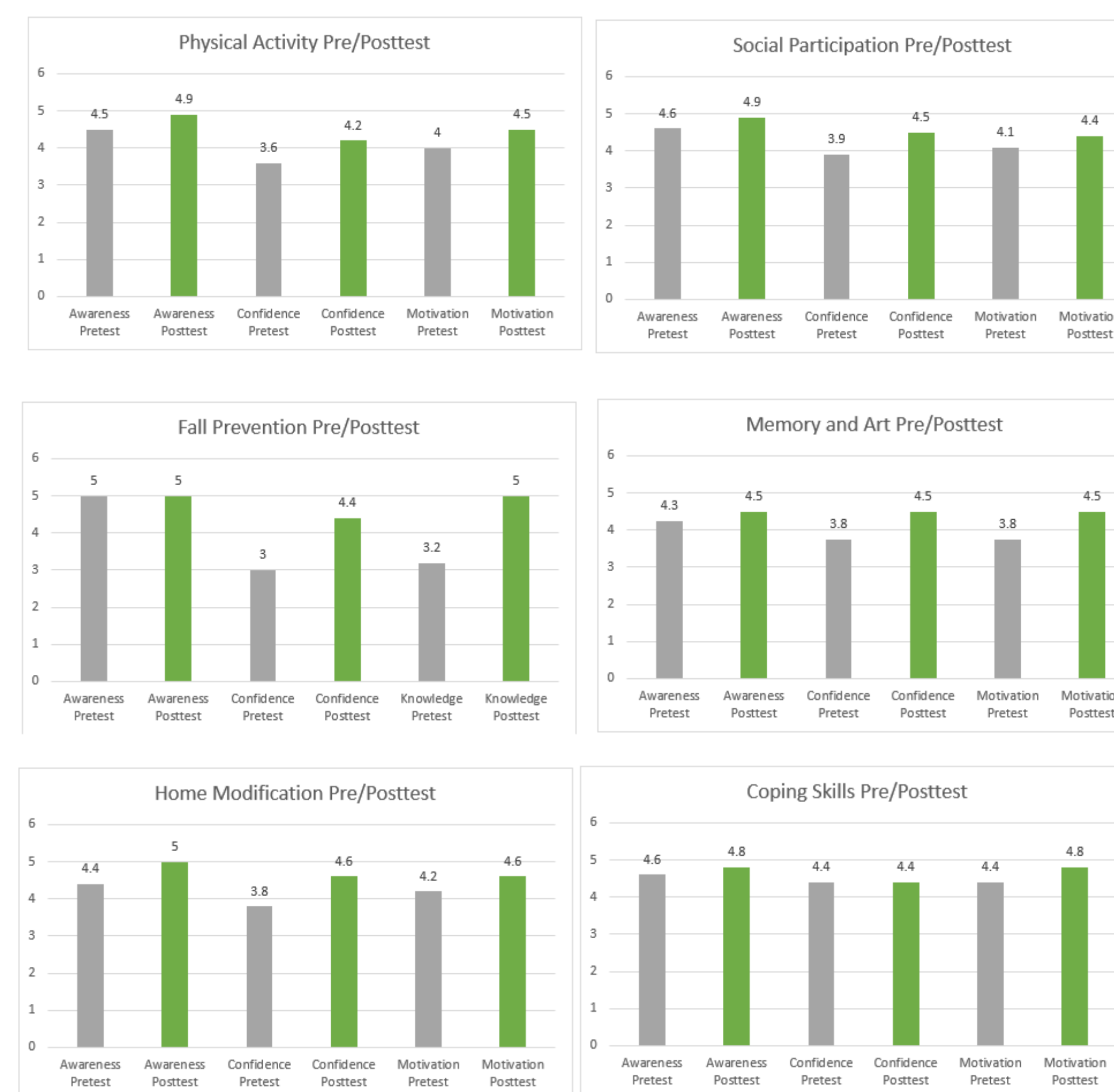
## Evaluation

### Pre- and Post Surveys

- Utilized a Likert scale that measured knowledge, self-efficacy, motivation, participation, and perception of safety
- Data were analyzed using Microsoft Excel and JASP

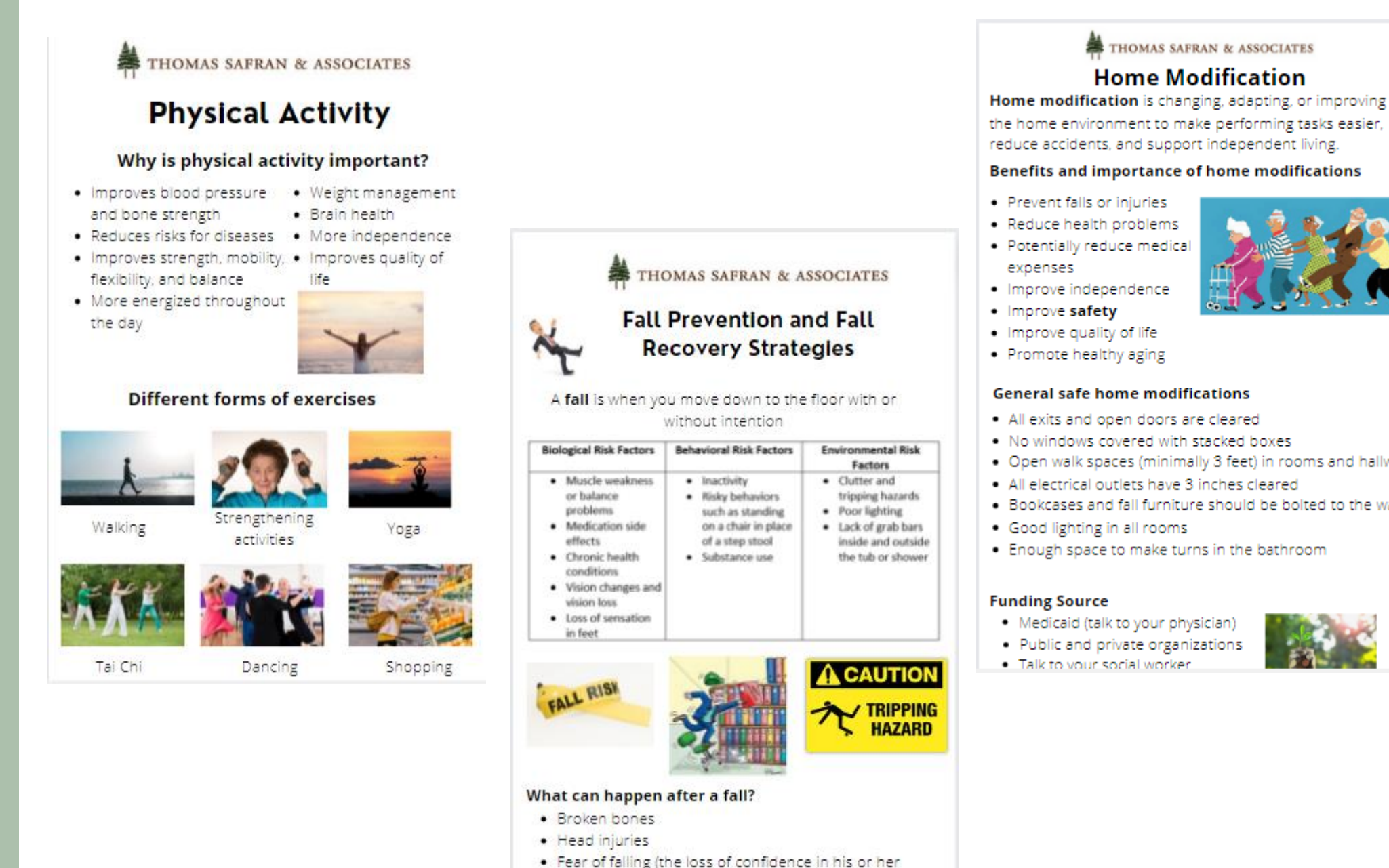
## Project Outcomes

- A total of 17 participants
- Improved levels of awareness, confidence, knowledge, and motivation in all groups
- All groups demonstrated to be valuable for the participants



## Scholarly Deliverables

- Aging in place group protocols
- Educational handouts



- Resource guide to reduce excessive housekeeping
- Level II fieldwork programming curriculum

## Acknowledgements

I would like to thank my capstone site mentor, Lindsay Saunders for providing me the opportunity to implement my DCE project. I would also like to share my deepest appreciation for my faculty mentor, Elise Leizerovich. Lastly, special thanks to all staff members from TSA involved in my DCE journey. The program would have not been successful with your unlimited support.

## References available upon request