



Effects of a Wellness Program on Quality of Life in Supportive Housing

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Description of DCE Site

- **Mission:** "To end homelessness for women in greater Los Angeles through housing, wellness, employment, and advocacy" (DWC, 2023)
- 501(c) organization Founded in 1978
- House 119 units of PSH between two facilities
- Provides health and wellness services, including mental health, medical care, preventive screenings, and individual and group counseling
- The Day Center provides basic needs and resources

Needs Identified

- Re-Assessment of Initial/Discharge OT Assessments
- ADA Assessment and Compliance Initiation
- Education and implementation of a Physical Activity Program

Literature Review

Need for Multiple Services:

- Eight dimensions of wellness program may aid in motivation and goal setting (Zechner et al., 2019)
- Addressing multiple needs can be difficult in a setting like PSH due to a lack of resources, time, and staff (Padgett et al., 2020)

Social Support

- Program covering different areas of health show an increase in social support and a decrease in depressive symptoms and substance use
- Many individuals of PSH have a limited or no network of friends or family (Souza et al., 2020)

Housing Improves Health

- Despite housing health of individuals in PSH does not consistently show signs of improvement

Gaps

- Specific data on which intervention and additional supports are necessary to improve lifestyle choices in individuals of PSH
- Evaluation of comprehensive wellness programs

Learning Objectives

By the end of 14 weeks:

- The student developed an eight-week dimensions of wellness-based program
- The student implemented the eight-week dimensions of wellness-based program for residents of PSH
- The student increased the accessibility of the facility's gym by incorporating an accessible gym equipment instruction manual

Program Description

Purpose:

- Provide education and interventions on different wellness areas to improve quality of life (QOL)
- Increase self-efficacy and confidence in PSH residents
- Create an accessible resource guide for staff and students

Program Structure:

- Eight-week program held once a week for 45-60 minutes

Participants:

- Two participants who were residents at DWC

Methods

Design:

- Mixed-methods study

Sample:

- Two participants

Instruments:

- Non-standardized pre/post survey
- WHOQOL-BREF questionnaire

Data Collection:

- Quantitative data via pre/post survey and QOL questionnaire
- Qualitative data via a focus group

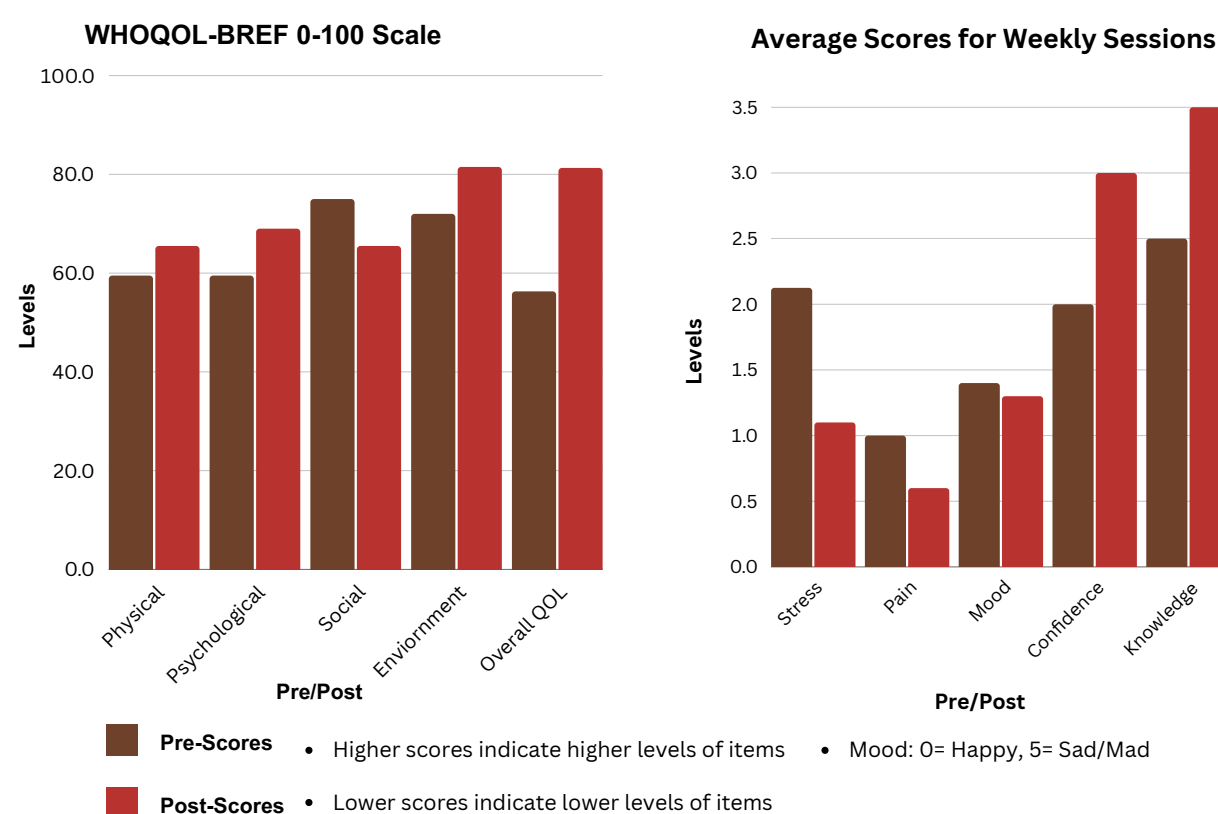
Data Analysis:

- Google Sheets and JASP to analyze the quantitative data
- Thematic approach was used to analyze qualitative data

Outcomes

Quantitative:

- Participants reported higher QOL
- Significant increase in change was in the psychological and environment domains
- Most significant average changes among the weekly sessions were knowledge and stress scores



Qualitative Themes:

Structured Groups

- Enjoy structured groups and want more sessions per week

Variability of Group Sessions and Programs

- More health, wellness, and condition-specific groups

Personal Impact on Quality of Life

- General consensus of increased QOL

Scholarly Deliverables



Deliverables Include:

- Program Manual
 - Assessments/questionnaires used
 - Eight group protocols
 - Handouts
- Gym Instruction Manual
 - Written instructions with images for workout machines
 - Video instructions provided via QR code

Conclusion

Permanent supportive housing has provided an excellent foundation for individuals coming out of homelessness and regaining their independence. Despite being housed, research shows that health is decreasing among these individuals. Findings of the study suggest that an area for improvement in health and quality of life is social relationships. There is a need for a multidimensional program centered around health and wellness to improve the health and quality of life among residents of PSH. A multifaceted program allows individuals to learn and utilize skills in their everyday lives. The eight-week dimensions of the wellness program provided a variety of wellness-based interventions reaching different aspects of individuals' lives, thus improving health and quality of life

References



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