



# The Importance of Meaningful Activities in Skilled Nursing Facilities

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## Introduction

- Depression is the number two most frequent psychiatric illness in the elderly population.
- Depression is more common among those whose physical capacity is decreasing, thus unable to participate in meaningful activities.
- OT can improve quality of life (QoL) by helping individuals overcome barriers that affect a person's emotional, social, and physical well-being.
- The purpose of this project is to design and implement an individualized, weekly program in a skilled nursing facility consisting of meaningful activities based on the resident's wants and needs to increase engagement and quality of life.

## Methods

- Six activity sessions were completed
  - 1x/week, M-W, 60-minute sessions
  - Held in each resident's room
- Activities were chosen based off each participant's Leisure Interest Assessment
- Pre/post test utilized to measure Quality of Life
  - World Health Organization's Quality of Life (WHOQOL-Bref) assessment given to each participant at the beginning and end of study
- Participants:
  - Five residents total from Crowne Healthcare of Montgomery

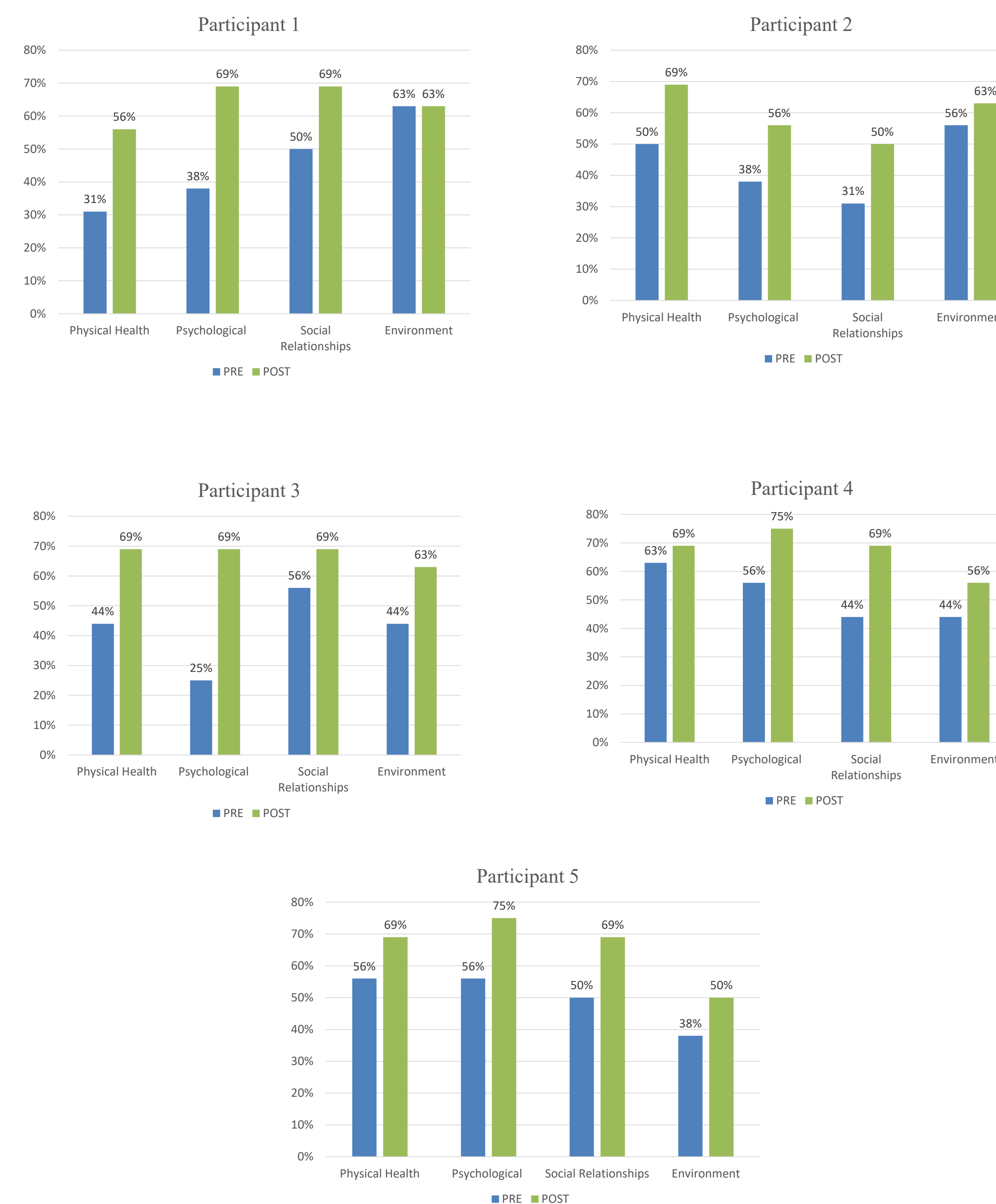
## Results

### Participants:

- 4 females
- 1 male
- Between the ages of 75 and 90

Figure 1 represents pre/post test scores from the WHOQOL-Bref

Figure 1



## Discussion

### Survey Responses:

- QoL measures for all participants overwhelmingly increased after six activity sessions
- Many reported having a sense of purpose after each activity
- All participants reported that each activity was highly motivating
  - Canvas painting
  - Board games
  - Birdhouse painting
  - Creating floral arrangements
  - Pumpkin painting
  - Blanket making

## Discussion continued

### Limitations & Areas of Improvement:

- Small sample size
- Short duration

## Conclusion

### Implications:

- Pilot data supports the use of more meaningful activities within SNFs to increase quality of life levels
- Therapy staff and activity directors should consider using more meaningful activities to enhance engagement

### Future research:

- Should focus on the aspect of quality time vs the actual activity
- Conduct similar research for a longer duration

## References

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