

Therapeutic Activities among Older Adults living in The Community

NUR1113A T6 Group 3

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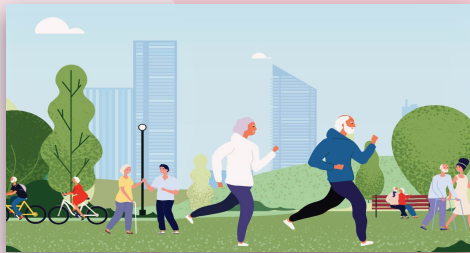
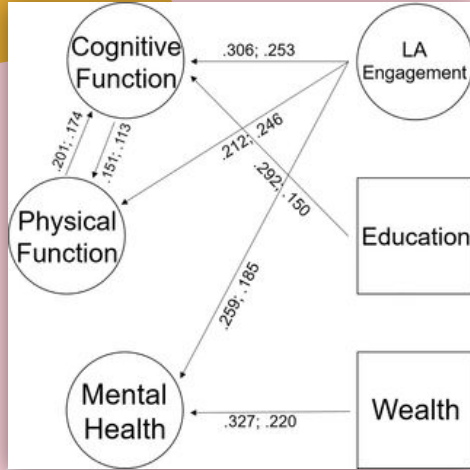
Jasmine

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01

Introduction

Therapeutic Activities



- Activities that provides inherent benefits to people with different ability levels (Szekais, 1986)
 - restoration of function
 - maintenance and prevention of dysfunction
- Activity Theory: social and psychological connectedness promotes successful ageing (Miller, 2015)

Older Adults

- People aged ≥ 65 years old (CDC, n.d)

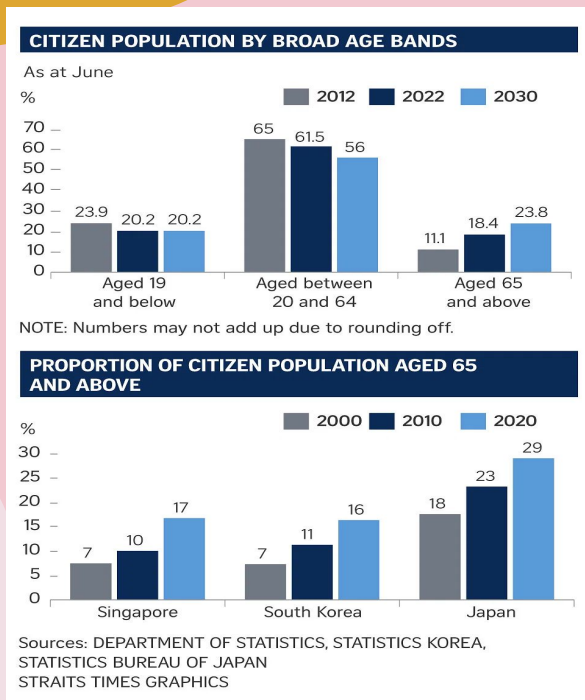


Community

- Beyond hospital inpatient and acute care settings, include but not limited to:
 - home
 - local neighbourhood areas
 - daycare facilities
 - community centres



An Ageing Population



- Global: one sixth of the global population will be aged 60 and above by year 2030 (WHO, 2022).
- Singapore: approximately 22.1% of the local population is projected to be at aged 65 years old and above in 2030 (MSF, 2022)
 - Increasing chronic, neuro-cognitive and physical health conditions (Chokkanathan, 2022)

Impacts of Ageing

Free Radical Theory

Accumulation of
unstable and reactive
free radicals
> cellular damage

Biological Theories of Ageing

(Miller, 2015)

Genetic Theory

Limited cell division cycle
> cell death

Wear-and-Tear Theory

Tissues get worn-out
> decline in function

Ageing is associated with wide range of molecular and cellular damages, declining physical and mental capacity, diseases and death.

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02

Target Group

Target Group

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Live Alone

Lower SES

Living Alone

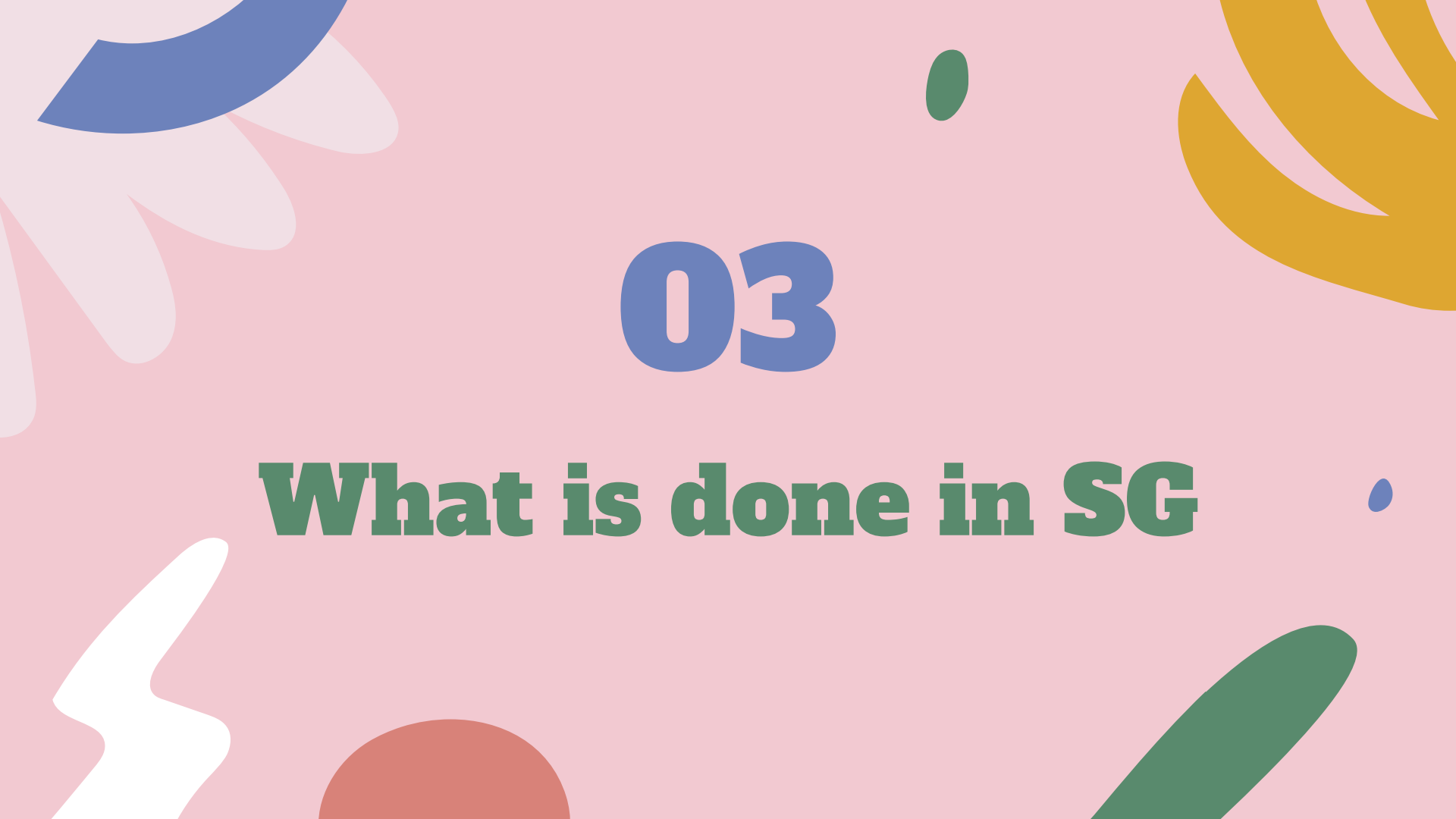
- Loneliness impacts mental and physical health in older adults
- Equivalent to smoking **15 cigarettes** a day
- Linked to other health risks (Centers for Disease Control and Prevention, n.d.):
 - **50%** increased risk of dementia
 - 1 in 10 seniors have dementia in Singapore
 - **29%** increased risk of heart disease
 - **32%** increased risk of stroke

Lower SES

- Public rental as proxy for low socioeconomic status (SES) (Chan et al., 2018)
- Identified 3 components:
 - Health status
 - Independently associated with cognitive impairment
 - Health seeking behaviour (Barriers)
 - Primary care characteristics, residents knowledge, priorities and attitude
 - Healthcare utilization
 - Higher risk factor of readmission, ED attendances and hospital utilisation

Why is it important?

- Limited resources -> Maximise outcomes through targeting elderly with highest risk factors
 - Preventive healthcare instead of treatment-based
- Promoting social capital (Lu et al., 2022) in support of Healthy Ageing

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03

What is done in SG

Key numbers (2023 Action Plan)

220

Active Ageing Centres (AACs)

Double the number of AACs by
2025

550,000

Participants

Over the next five years under
the “Live Well, Age Well”
programme

Active Ageing Centers

- Receive an “ABC + 2Cs” suite of services:
 - Active Ageing Programmes
 - Befriending Services
 - Care referral services
 - Community Connector
 - Community-based Vital Signs Monitoring

Live Well, Age Well Programme

- ✓ Live Active
- ✓ Live Assured
- ✓ Live Nourished
- ✓ Live Enriched
- ✓ Live Prepared
- ✓ Live Happy



Therapeutic Activities

- Group sports activities at the grassroots or neighbourhood levels
 - Fit and Fun Adaptive Sports Toolkit by AIC and SportSG
 - People's Association Wellness Programme
- Therapeutic Gardens and Horticulture by NParks
- Reminiscence Therapy
 - Reminiscence therapy room by Society of the Aged Sick
 - Reminiscence walks by National Heritage Board
- Others



Kampung Senang Charity and Education Foundation

- Kampung Senang is a charitable organization
- Aim: Building a community of wellness, peace and harmony through its multifaceted activities
 - Day care for seniors
 - Organic Farming
 - Gifts of food delivery, etc



轻安村 **KAMPUNG SENANG**
CHARITY & EDUCATION FOUNDATION
慈善与教育基金会
S I N C E 1 9 9 9

Inclusive Garden and Wellness Programme

- Made the farm more inclusive for old and wheelchair users
- Activities conducted
 - Horticulture therapy sessions
 - Gardening workshops
 - Farm tours
 - Volunteering for organic farming project
- Diets based on body constitution and age-appropriate exercise



Benefits

- Volunteering and activities conducted is free, Healthy lunch provided
- Provide a space for elderly to socialise, encouraging positive social interactions
- Low intensity exercise, Improvement of motor skills
- Learn new skill and knowledge, Stimulate memory
- Connection with nature, promotion of mindfulness to relieve stress and anxiety
- Sense of fulfillment and meaning in giving back to the community

Challenges

- Lack of publicity and awareness
- Inaccessible
 - The inclusive garden is only found at Tampines
 - Joining the programme as a volunteer or participant may not be intuitive

Barriers to Therapeutic Activities

Internal Factors

- Personal preference and comfort-zoning
- Social Isolation due to disengagement theory and socioemotional selectivity theory
- Lack of awareness towards such initiatives/programmes, and the financial support schemes available

Barriers to Therapeutic Activities

External Factors

- Lack of physical spaces and infrastructure
- Lack of Resources in this field (Trained healthcare workers, funding etc.)
 - Previously the government used a workload-based model as opposed to now which is a capitation-based model
 - Individual/institutional lack of resources
- Language/Cultural/Generational barriers

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04

**What is done
overseas?**

Restaurant of Mistaken Orders

- A restaurant in Japan that hires staff with dementia
- Concept of raising awareness of dementia and seek openness and understanding
- Staff were given salary and appreciation gift
- Concept was well received and won many awards



(Courtesy of RESTAURANT OF MISTAKEN ORDERS)

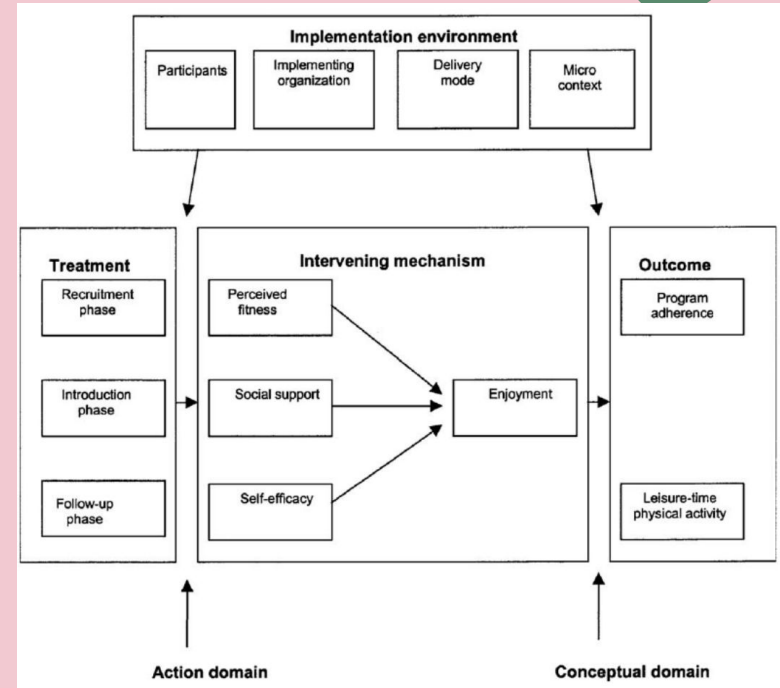
What did they do right?

- Media Coverage and awards
- Collaboration and involvement of government
- Chances to interact socially while earning some monetary benefits
- Able to tap into experiences



Groningen Active Living Model

- Behavioural change strategy
- Focuses on stimulation through enjoyment
- More tailored approach
 - Catering participant's wishes and needs into program
- Offers versatile sports activity program
- Keeping the program at low cost to include participants from lower SES



(Stevens et al., 2023)

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Recommendations

Recommendations

- 1 Activity Relocation
- 2 Cost Subsidies
- 3 Incentivisation
- 4 Media Coverage
- 5 End-of-Activity Feedbacks



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06

Conclusion

Conclusion

- Therapeutic activities for elderly can be effective preventive care interventions that promotes early successful ageing
- Increased recognition by the government on the need for preventive care
- Despite availability of support schemes for the elderly (e.g . CHAS), there is a lack of specific preventive care activities that target elderly who live alone/lower SES
- Overseas studies and experiences have provided alternative strategies to improve uptake rates among the elderly who live alone/lower SES
- More studies could be done to identify what motivates the elderly to participate in the therapeutic activities

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