

## Literature survey on “Personal Assistance for Seniors Who Are Self-Reliant”

*Date* : February 23, 2015

*Source* : Johns Hopkins School of Nursing

*Summary* : At a relatively small cost, elders could be made more self-reliant and healthier and also less depressed, suggest the preliminary findings of a home-intervention pilot.

Older adults who have difficulty with such daily activities as bathing, grooming, cooking, eating, or just getting to the bathroom often end up in hospitals or nursing homes, spending a disproportionately huge number of healthcare dollars, according to a report conducted for the U.S. Department of Health & Human Services. For far less money, perhaps 80 percent of these same elders could be made more self-reliant and healthy and also less depressed, suggest the preliminary findings of a study led by Sarah L. Szanton, PhD, ANP, FAAN, of the Johns Hopkins School of Nursing. An intervention called CAPABLE -- for Community Aging in Place, Advancing Better Living for Elders -- involves home visits with an occupational therapist, a registered nurse, and a handyman to work together with older adults to identify mobility and self-care issues in their homes and fix or modify them. As part of Szanton's study, the team made 10 visits of 60 to 90 minutes to each home over a five-month period. By making small adjustments, from installing handrails or lowering shelves to implementing a system that helps the client remember to take medicines at the proper time each day, CAPABLE makes it more likely that older adults will be able to stay in their homes longer, improving health outcomes and decreasing medical costs.

"We find that working with older adults on their own goals while making small changes to the home environment is powerful medicine," says Szanton, who launched the program in Baltimore, MD and has since seen it piloted in Michigan among lower-income older adults on Medicaid and Medicare. Her study, Preliminary Data from Community Aging in Place, Advancing Better Living for Elders, a Patient-Directed, Team-Based Intervention to Improve Physical Function and Decrease Nursing Home Utilization: The First 100 Individuals to Complete a Centres for Medicare and Medicaid Services Innovation Project, appears in *The Journal of the American Geriatrics Society*.

In a population of 100 low-income older adults on Medicaid and Medicare who participated in the CAPABLE study:

- 79 percent improved their self-care over the course of five months.
- The average participant improved by cutting disability in half (i.e., the number of self-care tasks that are difficult for the participant were halved).
- Participants experienced a decrease in depressive symptoms similar to that of taking an anti-depressant medicine.

The Centers for Medicare and Medicaid Services Innovation Center funds projects such as CAPABLE that have potential to affect the "triple aim," a framework for decreasing costs while improving health and quality of life.

### A Self-Reliant Umbrella: Defining Successful Aging Among the Old-Old (80+) in Shanghai:

The Chinese old-old (80+) population has steadily increased in recent years; however, limited studies have examined how this group ages. The purpose of this study is to explore

how the old-old in urban China define successful aging. Guided by grounded theory, we conducted semi-structured, in-depth interviews with community-dwelling old-old participants (N = 97). Participants identified self-reliance as the goal of successful aging, which was supported by four proactive behaviours: physical activity, financial security, community connectedness, and willing acceptance of reality. In our model, we conceptualized these four proactive behaviours to constitute the ribs of an umbrella, supporting a canopy to protect the pole of self-reliant successful aging. This study offers new understanding of the dynamic and nuanced ways that the old-old in urban China age successfully and of their valiant efforts to maintain self-reliance.

### **The Effect of Medication Remainder Application (MRA) on The Level of Knowledge and Compliance of Type 2 Diabetes Mellitus patients in Universitas Sumatera Utara Hospital, Indonesia:**

Effect of MRA on the level of knowledge and compliance of patients with Type 2 Diabetes Mellitus in hospital of Universitas Sumatera Utara. This Cohort Study was conducted in August - November 2018 at the hospital of Universitas Sumatera Utara with a total of 30 respondents. The research subjects were one group pretest-posttest given intervention in the form of a digital MRA application on a patient's smartphone. to measure the level of patient's knowledge by using the Diabetes Knowledge Questionnaire-24 (DKQ-24) questionnaire while the Morisky Medication Adherence Scale-8 (MMAS-8) questionnaire was used to measure compliance. The data obtained were collected and then analysed by using Microsoft Excel and Spearman test statistics. Based on the Spearman Test the Sig (2-tailed) value was 0.301 ( $p=0.05$ ), the knowledge is positively correlated with the compliance rate of 0.195 which has a low correlate level. Based on the results of the study it can be concluded that the MRA influences to increase the knowledge and compliance of patients with type 2 DM.