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## **Occupational Therapy Intervention with Older Adults in the Home Environment**

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### **Introduction**

As the rest of Europe, Slovenia too has an aging population. There has been a strong social drive for people to remain in their home environment as they grow older in order to promote their quality of life (Hojnik, 1999). A person's ability to perform activities of daily living (ADL) influences their well-being and the ability to stay in their own home (Iwarsson, 1997).

### **Objectives**

The purpose of the study was to explore how older adults with different chronic conditions who live in the home environment perform ADL. Furthermore, the study examined the effectiveness of home based occupational therapy (OT) intervention with these individuals.

### **Methods**

80 people aged 65 years and over participated in the preliminary study that identified those who had a lot of difficulties with ADL. Participants who were dependent in most ADL were included in the main study (N=14) and received home based OT intervention for 15 consecutive weeks. The AMPS model guided OT intervention and since the participants were functioning at a low level, adapting environment and activity was necessary. The Assessment of Motor and Process Skills test (AMPS) was administered before and after the intervention. The scores were compared using T (test).

### **Results**

During the first AMPS assessment, the average result for motor skills was -0.05 logit. On the second assessment the result was 0.96 logit better than the initial one. The improvement in the process skills was not as high, with the first assessment value at 0.09 logit and the second assessment value at 0.64 logit. There was a statistically and clinically significant difference in AMPS score of motor (1.96,  $p < 0.001$ ) and process skills (3.58,  $p < 0.001$ ) pre and post OT intervention.

### **Conclusions**

The AMPS model proved to be an extremely efficient model and assessment tool. Participants' motor and process skills as assessed by AMPS significantly improved following OT intervention.

### **Contribution to practice**

This was the first study of OT intervention with older adults living at home completed in Slovenia. It provided some evidence for further development of community based OT.