

MOHO based group intervention for israeli old women who are holocaust survivors.

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The poster presents a community-based group intervention for elderly women in Israel. The intervention, based on the Model of Human Occupation (MOHO), addresses problems of aging clients with a history of life trauma. When contending with losses and impairments related to aging, anxiety and even Post-Traumatic Stress Disorder (PTSD) clinical symptoms often emerge. Most have problems completing daily living activities, lack leisure activities and enjoyment. It is often in the context of occupational therapy evaluation, that these reactions are first revealed.

The objective of the group was to help clients to re-create their occupational lives using MOHO concepts and tools. The assessment tools provided by MOHO are particularly useful in addressing this sensitive and complicated population in a more clear and coherent manner.

Each group session lasted four hours and was divided into 3 parts. The first part included physical and relaxation exercises. The second part was a refreshment break that was dedicated to small talk and personal events. The third part of the group was a discussion of occupational issues. This included choosing and planning activities for the weekend and the coming week as well as more long-term goals. Participants discussed occupational problems and dilemmas, which were analyzed by the group using MOHO concepts and tools. When a new member arrived to the group she was asked to voluntarily describe her occupational narrative using the narrative slope which is a part of the OPHI-II. Narrative focused on the clients occupational life histories and how they were affected by traumatic events like the holocaust. Clients were also offered information on topics such as: health management, assisstive technology and legal rights in response to their needs and requests using psycho-educational principles.

The group enabled participants shared their life stories and expressed their feelings of sorrow and mourning. As a result of the group process and contents, the women chose to participate in occupations that were consistent with their present capacities, context and interests.

With the guidance of MOHO, Occupational Therapists that use narratives in group intervention can help elderly clients who experienced traumatic events to participate successfully in their communities.