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## **Intervention of occupational therapy in a case of depression in a long-stay institution for elderly**

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**Introduction:** Depression constitutes a frequent elderly mental illness, deeply affecting the quality of life and adversely affecting the clinical outcome of patients, especially those living in long-stay institutions. The most frequently used treatment strategies involve the combination of drug and non-drug interventions such as the role of occupational therapy (OT).

**Objective:** To analyze the effect of occupational therapy service to an elderly with depression living in a long-stay institution for elderly.

**Description/Report:** Mrs. Célia (fictitious name), 90 years old, diagnosed with depression is seen individually through occupational therapy since March 2008. At initial evaluation, she had complaints of anxiety, loneliness and uselessness. She did not participate in group recreational activities offered at the institution, leaving her room just little times, with a monotonous routine. At the start of intervention the score in Geriatric Depression Scale (GDS) was 12/30. The main objectives of the OT were stimulating the expression of internal content, restructure the routine and encourage the development of new skills. The sessions were 40 minutes twice a week.

**Results/Discussion:** After one year of intervention, there was a qualitative improvement on initiative, ability to choose and engagement in expressive activities proposed (such as painting, collage and drawings). Gradually, Mrs. Celia began to participate more of leisure activities offered, including some walks outside. Her social interaction has increased, expanding her ties of friendship in the institution. The score of the GDS has changed to 8 / 30.

**Conclusion:** The results suggest that the intervention of the OT collaborated to improve mood, social interaction and enabled positive changes in the routine of the elderly and her sense of usefulness and satisfaction.

**Contributions to practice / evidence base of occupational therapy:** report of experience.