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The development testing of the Lively Later Life Programme (3LP) for institutionalised elderly

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Changes in the demographic characteristic, social structure and economic status have shifted the direction of the elderly care, thus a new programme is needed to ensure that the elderly living in the institutional setting will have quality of life (QoL) and life satisfaction (LS) in the future ensuring the successful aging.

The aim of this research is to develop and evaluate the outcome of the programme called Lively Later Life Programme (3LP) that aims to improve QoL, LS, health and well-being for institutionalised elderly people

The study design is a mixed method and the simultaneous strategy model was used for this study to validate, confirm, and collaborate with the findings. Two types of intervention were compared. The 3LP is proposed intervention and the other one is the in-house programme. The 3LP was designed by the application of occupational science theory, research, health promotion and belief that changes in behavior and active participation in occupation will produce positive health outcomes. The programme designed utilises unstructured, self-organised, meaningful and preferred occupation and self-directed programme. The 3LP will be delivered in a group and in an individual session. Every participant will received one hour of individual session per-month and two hours per-week of group session in six month duration. The core content of the programme is adapted from Clark et al (1997), Mandel et al (1999), Horowitz & Chang (2004) and Craig & Mountain (2007). Based on GPower calculation analysis, 128 participants was required for this study. The data for quantitative was collected from the participants at the pre and post experiment phase, whilst the focus group was used to collect data regarding perceptions, expectations and experience of the participants.

The results of this mixed methodology research indicated that the active participation in personalized, preferred, meaningful and highly valued occupations will produce positive health outcomes such as increased QOL, LS and expectation regarding aging amongst the institutionalised elderly

The study contributes to the body of knowledge regarding the mechanism and the effect of occupations to enhance successful aging amongst the elderly living in the institutional setting.