

1930

Participation of Older Adults in Body Movement: Subjective experiences of participant and caregiver perspectives

G Boardman, E Navarrete

Integrated Occupational Rehabilitation Services, Roscrea, Ireland

Introduction

The influence of engaging in creative activities on a person's health and wellbeing is a key aspect of occupational therapy. The experience of creativity is seldom described in occupational science and occupational therapy literature (Blanche, 2006). This paper aims to explore the perspectives of older people and caregivers of their participation in the creative activity of Body Movement and Dance.

Objectives

To explore the subjective experiences of older people and their caregivers of Body Movement and Dance as an Occupational Therapy intervention.

Description

Body Movement and Dance Workshops were cross culturally and collaboratively created between the experiences of two occupational therapists from Chile and Ireland. Workshops were delivered in a Day

Hospital in a community setting in a rural Irish community. Three one hour workshops were delivered to 18 older people ranging in age between 70-91 years. Two 45-minute workshops were delivered to a group of 6 caregivers. During the workshops participants explored communication and expression through body movement, touch and sounds. Data was collected through participant observation, photographs, verbal feedback, reflective discussion and follow-up semi-structured interviews. Data is currently being analysed through thematic and narrative analysis. It is hoped through

exploring the subjective experiences of participants in these workshops, that the influence of creative Activity on participation in daily life of older people and caregivers, will be revealed.

Contribution to practice/Evidence base of occupational therapy

The development and use of body movement and dance to facilitate expression and communication is a

Powerful therapeutic tool to enhance the practice of occupational therapy

Key Words

Elderly People, Experience, Subjectivity and Everyday, Intercultural, Creativity