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## **The Elderly: Living with purpose**

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**Introduction:** Occupational Therapy Technician (OTT) in South Africa contribute to Community Health Based Services through conducting therapeutic support programmes, with a primary focus on the elderly. Elsiesriver is an area in the Western Cape known for gang- related activity, drug abuse and poverty. Elderly people living in Elsiesriver live in fear of physical and financial abuse. Elderly people usually access Occupational Therapy services in Hospital or Community Health Centres settings which focuses on their health impairment.

This paper will describe the value and success of programmes for the elderly from the perspective of an Occupational Therapy Technician offering community - based services for the elderly in Elsiesriver.

**Approach:** Drawing on reflection on practise, the value of seniors in identifying and addressing social needs is explained. Insights into how creating a safe place for promoting participation enables elderly people to experience health and wellbeing are discussed. The services creates a platform for psychosocial support and a sense of belongingness. Elderly people regard the groups as creating opportunities for their participation.

**Conclusion:** This description provides insight into the benefit of considering senior citizens needs beyond the hospital. It offers a lens into how elderly people's participation may be facilitated if they have the opportunities available. It further advocates for the need for health professionals and family members to change their perception towards recognizing the elderly's capacities.