

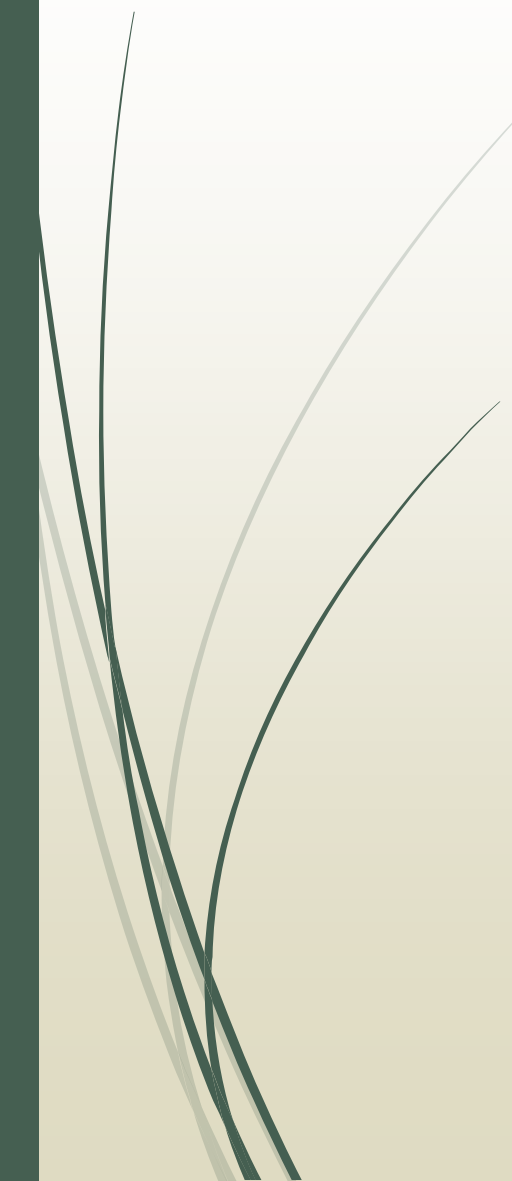


# A Cross-sectional Survey of the Role of Occupational Therapy in Care Homes in South Africa

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# What is our role?

- **Providing Services to Promote Meaningful Activity and Promote Independence among Residents with Specific Health Conditions**
  - **Providing Indirect Services to Reduce Risk, Modify the Environment, and Manage**
  - **Provide education and advocacy for residents, their families, and staff**
- 



# Background and Literature Review

- 4.1 Million Older adults in South Africa
- Alone (20%), Nuclear (25.5%), Extended (50.6%), Living with non-related co-residents (3.7%)
- Quality Statement: Older people in care homes are offered opportunities during their day to participate in meaningful activity that promotes their health and mental wellbeing. NICE (2013)
- Literature & our experience suggests OT role in care homes includes many types of services
- 7590 HPCSA registered occupational therapists (2015)



Aim: To understand the role of occupational therapy in care homes for older adults in South Africa.

- **Cross sectional survey design**
- **Convenience sampling & Snowballing**
- **Telephone contact & Online survey**
- **Descriptive Statistics, Principal Components Analysis**
- **Ethical Approval**

**N = 30 Therapists across all 9 Provinces**

# FINDINGS - ASSESSMENT

## Occupational Performance

VdT Moca  
(6)

Barthel  
Index (5)

Pool  
Activity  
Levels (5)

## Cognition

MMSE (9)

MoCA (6)

# Therapeutic Activities

- Monitoring decline in functioning
- Enhancing leisure time activity participation
- Create a free and supportive environment with regards to choices
- Treatment of specific conditions to enhance independence (CVA, Dementia, Parkinson's, osteoarthritis and Rheumatoid arthritis, Mood disorders)
- Social activities to improve interpersonal relationships
- Exercise groups
- Record keeping

**Groups**

**Work with carers**

**Consult with senior staff**

**One to one sessions**

**Family members**

**Co-ordinate staff**



Promoting  
independence and  
meaningful activity

Education &  
Advocacy for  
Residents, Staff  
& Families

Indirect Services to  
Reduce Risk,  
Modify the  
Environment, and  
Manage

**Meaningful  
Activity (.860)**

Promote  
Independence  
(.835)

Specific Health  
Conditions (.696)

Education  
(.542/.594)  
Advocacy  
(.406 / .697)

Adjustment  
(.757)  
Risk (.727)  
Management  
Tasks (.692)



# Discussion & Conclusions

## ➤ OT Role

- Our practice appears consistent with practice internationally
- Provides a clear description of what the role of occupational therapy in care home can entail.
- Activity co-ordinators cannot fulfil all of the roles of an OT

## ➤ Future Needs

- Opportunities for post graduate education and training (17/30 indicated a need)
- Identify and validate assessments for the South African care home context
- Develop carer education interventions to improve access to meaningful activity throughout the day