



Banners And Bouquets: Increasing Quality of Life in Older Adults Experiencing Depression and Loneliness in a Long-Term Facility

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Introduction

- Though current research emphasizes the lack of literature available to clarify the concept of creative arts as an intervention, creative art interventions have been used in occupational therapy since the inception of the profession (Hansen et al., 2021).
- Long-term facilities are one of the fastest growing settings for older adults due to many factors (Knecht-Sabres et al., 2020).
- Due to different limiting factors, residents residing in these facilities can experience symptoms of loneliness and depression that may have a negative effect on their outlook on life.
- According to Hansen et al. (2021), creative activity interventions can enhance occupational performance and skills while facilitating a person's growth.
- Purpose:** to design and implement a unique program that combines creative interventions with horticulture in a LTF to increase the quality of life in residents reporting depressive and loneliness symptoms.

Methods

- Population:** Adults ≥ 60 in a long-term facility self-reporting loneliness or depressive symptoms
- Assessment:** Ten question survey adopted from the WHOQOL-Bref administered pre- and post- program and participant feedback
- Program:** 7-week program including 1 weekly session incorporating flowers with arts and crafts

Weekly Activities:

- Week 1:** Program Introduction; Flower Arrangements
- Week 2:** Painting Journals
- Week 3:** Painting Flower Vases
- Week 4:** Flower Arrangements
- Week 5:** Painting Door Hanger
- Week 6:** Painting Ornaments
- Week 7:** Flower Arrangements

Results

Figures 1-10. Frequency of Responses from Pre- and Post- Survey Responses

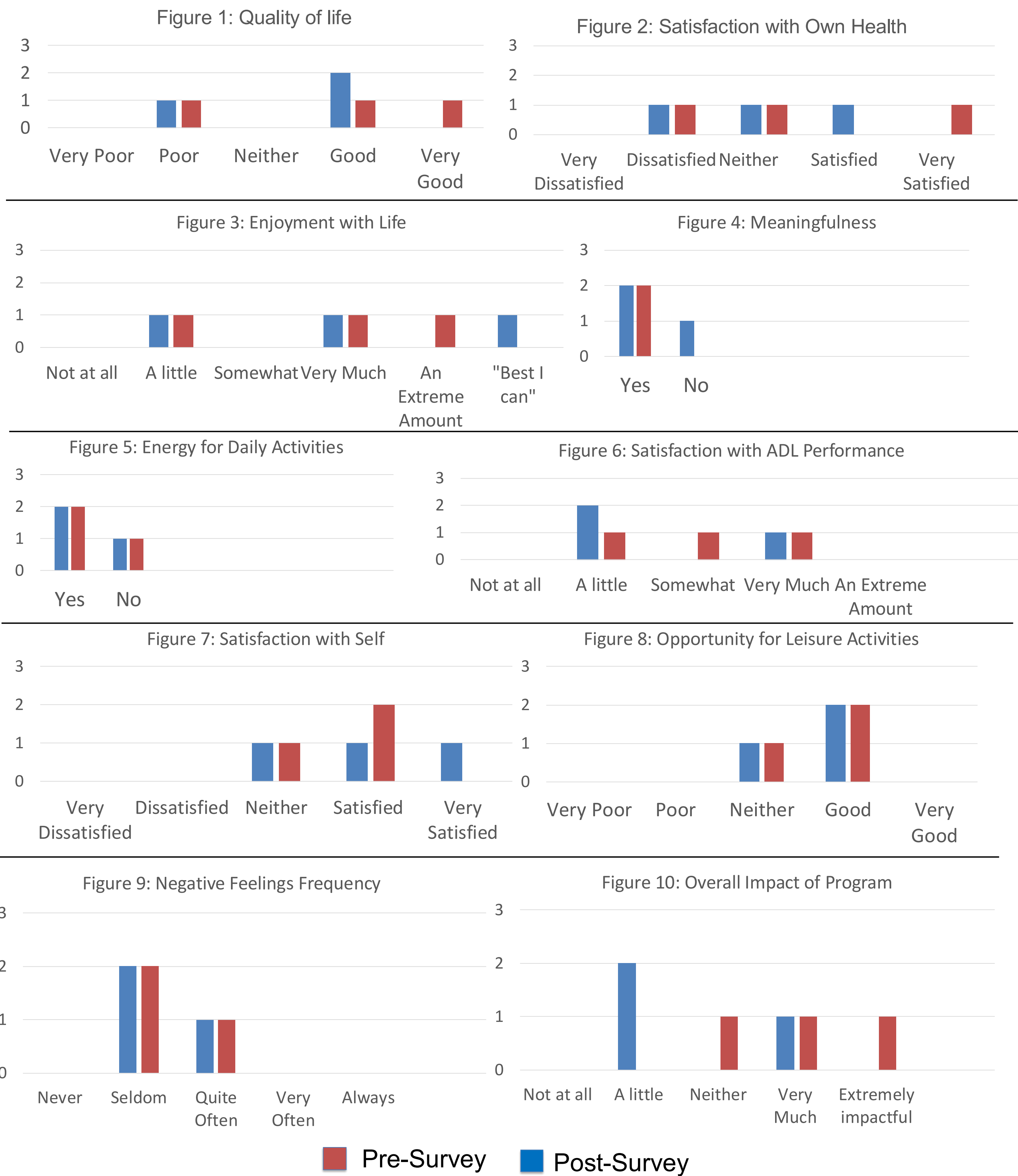


Table 1. Weekly Attendance of Eligible Participants (n = 3)

Participant	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
222	✓	✓	✓	✓	✓	✓	✓
213	✓		✓		✓		✓
101 A	✓	✓	✓				✓



Examples of Completed Activities from Participants



Discussion

- All 3 participants reported some feelings related to despair, sadness, anxiety, or depression.
- Overall participation was enhanced when a template or visual aid was provided to reduce complexity of each activity
- Overall qualitative verbal feedback from post-survey was positive
- Future Recommendations:** Implement program in an ALF or ILF
- Limitations:**
 - Small sample size (n=3) for data analysis
 - Only 2 participants completed post-survey
 - Only 1 participant attended each week (Table 1)

Conclusion

- Further investigation to support the value of OT in improving overall QOL, mental health, and well-being of older adults through creative occupations.
- Though the program did not eliminate loneliness and depressive symptoms, it had a positive impact (Figures 1-10).
- Increasing the use of creative interventions should be considered for OTs addressing individual's QOL

References

Full list available upon request.

Acknowledgement & Contact Information

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