



Reminiscence Therapy Program with Older Adults in Skilled Nursing Facility

Terra Crews, OTD; Valley McCurry, PhD, MBA, OTR/L, FAOTA

Department of Occupational Therapy | University of Alabama at Birmingham

Laura Pride, OT/L | Ozark Health and Rehabilitation

Introduction

- Quality of Life (QoL) is lower than desired for roughly 1.5 million skilled nursing facility residents in the United States (Journal of Aging Research, 2014).
- Quality of Life is one of the main target outcomes listed within the *Occupational Therapy Practice Framework: Domain and Process*, therefore it is crucial for an occupational therapy practitioner within a skilled nursing facility to address quality of life of the residents (American Occupational Therapy Association, 2014).
- Reminiscence therapy is a therapeutic intervention that involves the recollection of an individual's past life experiences in order to stimulate brain function and impact memory.
- Previous research in other disciplines have shown reminiscence therapy to be effective for:
 - Improving mood/behavior
 - Increasing cognition
 - Reducing depression
 - Increasing self-worth
- The purpose of this project was to design and implement a program that will provide further evidence of the effects of reminiscence therapy intervention on the overall quality of life in older adults within a skilled nursing facility.

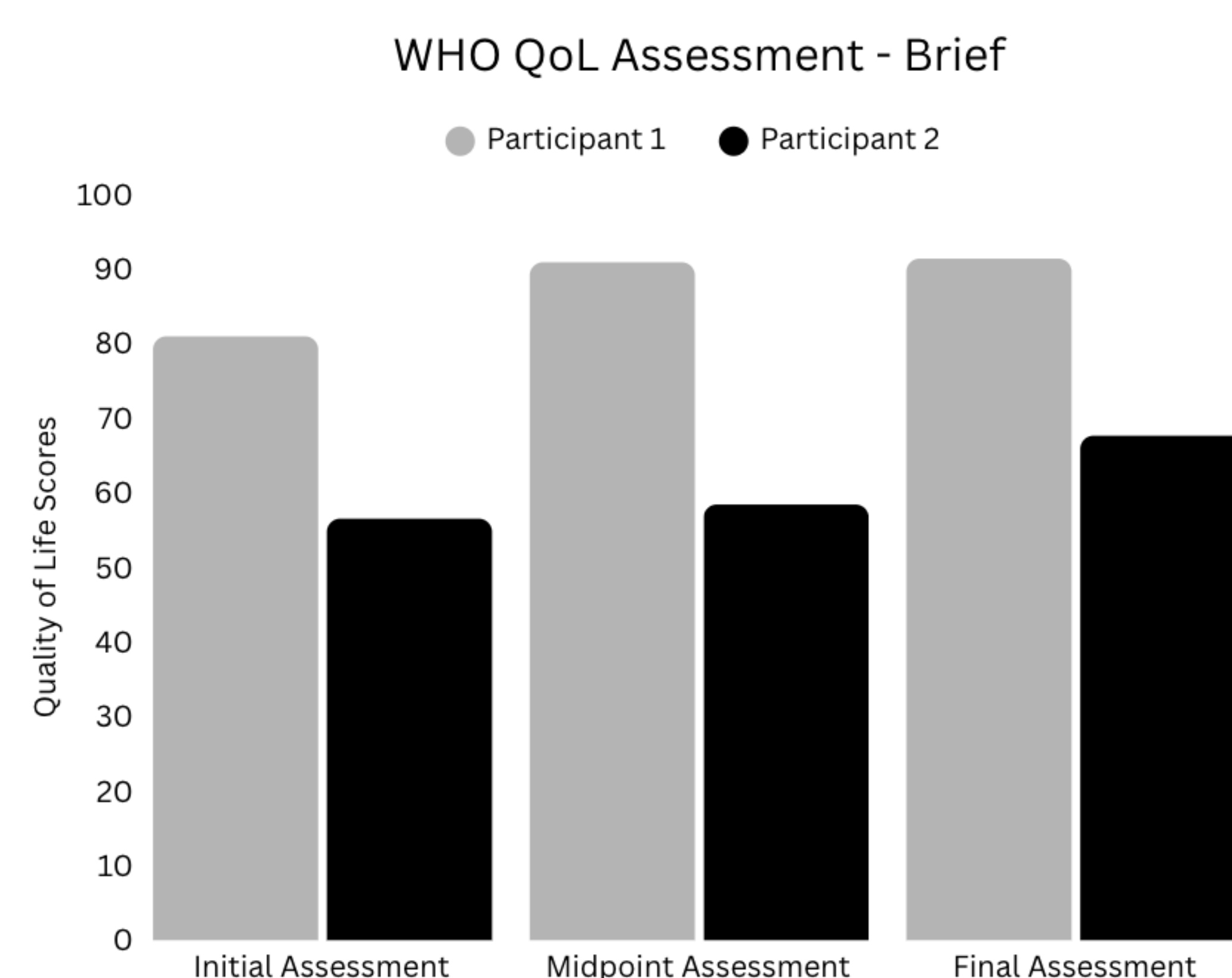
Methods

- This project was completed through a three phase process that took place at Ozark Health and Rehabilitation with the primary purpose to improve overall quality of life in older adults within the facility.
- Based on review of literature and the needs assessment conducted at the facility, the program developer created a 10-week program that utilizes 30-60 minute three times weekly sessions to engage in reminiscence therapy activities with the participants.
- There were three major categories that were targeted within the program activities, including memory, cognition, and leisure. The participants completed worksheets and/or activities that focused on these categories within each of the three sessions each week.
- The program activities were completed individually within each participant's room or within the memory care group room
- Project materials were funded through Restore Therapy within Ozark Health and Rehabilitation
 - Art supplies
 - Binders, construction paper, folders, and sheet protectors related to creating memory book

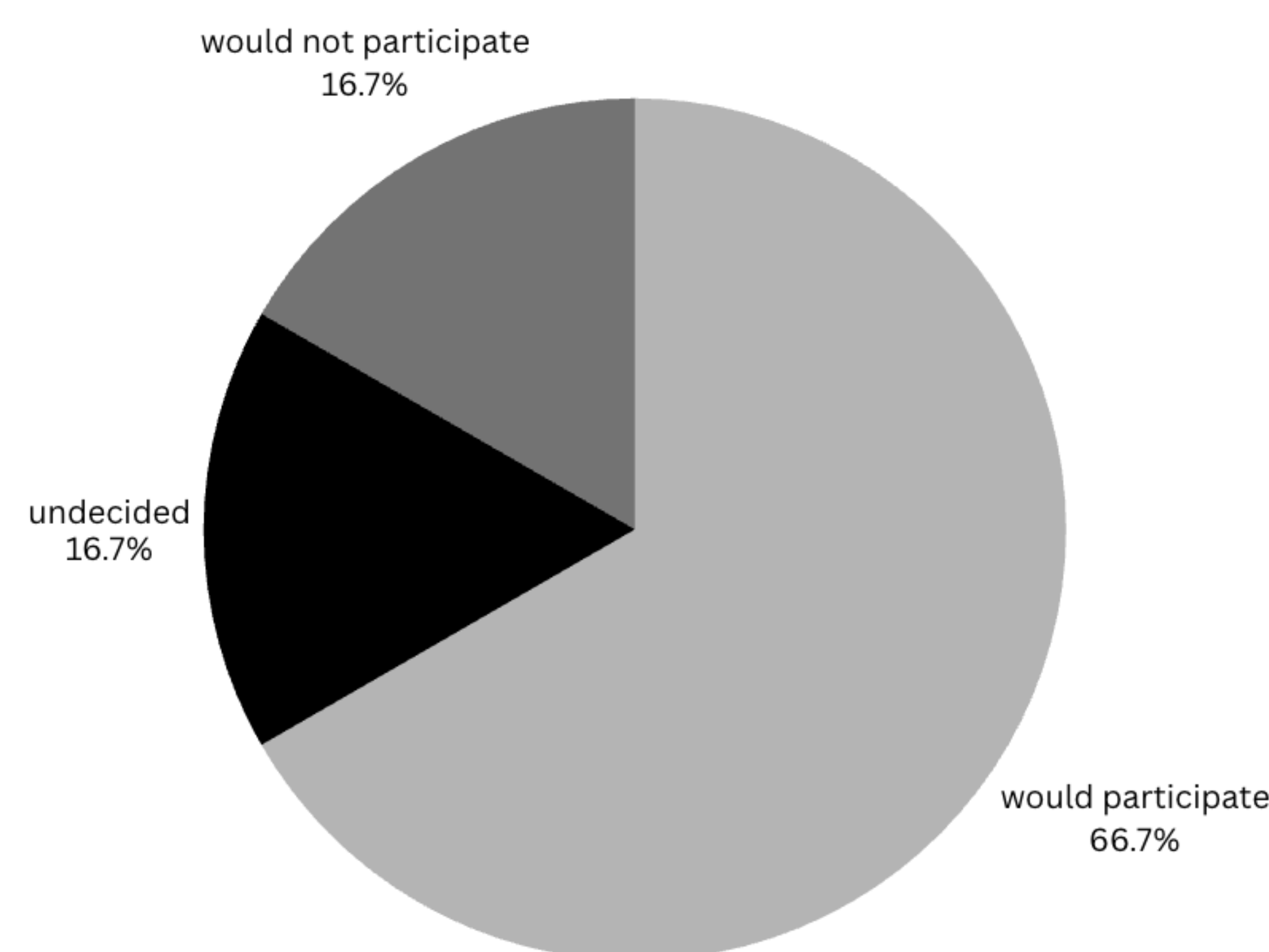
PARTICIPANTS

- 100% female participants
- 33.3% aged 73-77 years
- 66.7% aged 81-86 years

Results



Participant reported likelihood of engaging in reminiscence therapy program in the future:



Discussion

QUESTIONNAIRE RESPONSES

- All participants reported overall satisfaction with the design and implementation of the program
- Majority of participants agreed that the program activities and interaction with student program developer improved their mood
- Majority of participants agreed that they would continue to participate in program activities following the completion of original program

LIMITATIONS & AREAS FOR IMPROVEMENT

- Small sample size
- Cognitive abilities of participants
- Modification of activities and outcome measures

Conclusion

IMPLICATIONS

- Data from participant questionnaires support that reminiscence therapy interventions aide in improving overall quality of life of older adults within a skilled nursing facility
- Skilled nursing facilities should consider implementing reminiscence therapy type activities into the daily lives of their residents

FUTURE PROGRAMS

- Revise current reminiscence therapy program and recollect data with larger sample size
- Create a reminiscence therapy program with strategically designed activities for participants with varying levels of dementia

References

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CONTACT INFO: Terra Crews, OT-S *Email:* tlcrews@uab.edu *Phone:* (334) 796-2010