



Anzjanita Attiva u Kura fil-Komunita'
Active Ageing & Community Care

Making Homes fun

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Geriatric Mental Health Consultation Workshop



Making homes fun

pilot project within Msida Home

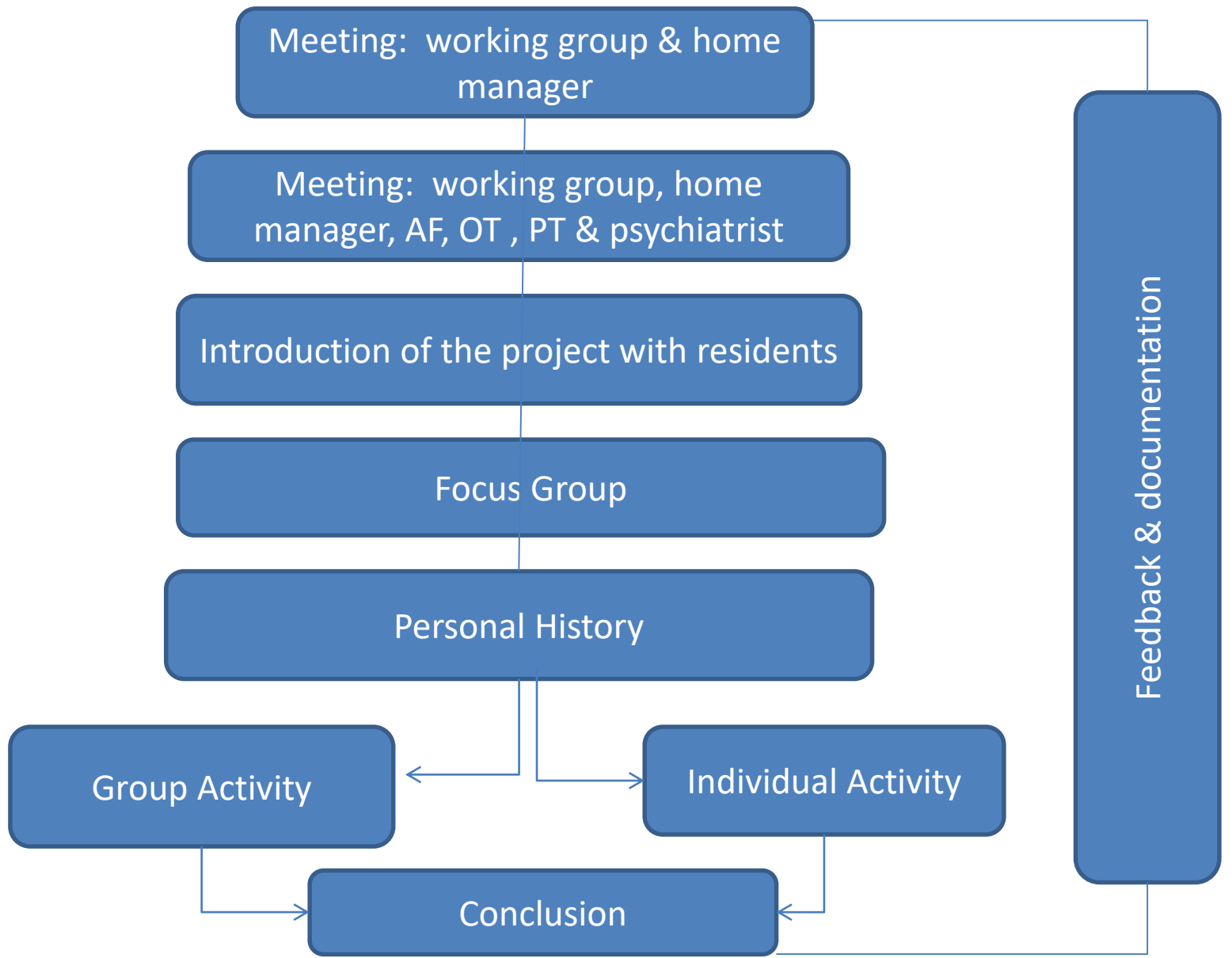
Aims:

- To encourage and promote active ageing through various groups and individual activities
- To empower residents to become more active within their care home

Methodology

- Compared the wellbeing and safety of residents participating in activities to those not involved.
- The residents on the 2nd floor of Msida home were chosen as participants and comparing group.
- 2 samples of older adults: one group of 12 residents, participating in the pilot project, and a group of 10 residents who will not participate.
- Period of implementation was 3 months, March-June 2017.

- Three carers were chosen to implement activities within the home.
- Sessions were held Monday to Friday, mostly during morning shift.
- OT and PT were roped in to offer consultation regarding activities for particular residents. A psychiatrist was also on board to assess residents.
- At the end of the 3 months, achievements, quality of life and wellbeing, for both groups, were compared to measure the outcomes of the project.



Data Collection

- Initial Focus Group with residents
- PHQ9 (initial)- Patient Health Questionnaire
- Incident reports before the project and during
- Log books of activities
- Complaints
- PHQ9 (final)
- Focus group with staff
- Interviews with AF and home manager
- Interviews with residents

Results

- Activities included: crafts, cookery, outings, activities for special events, watching films, outings, inviting guests.



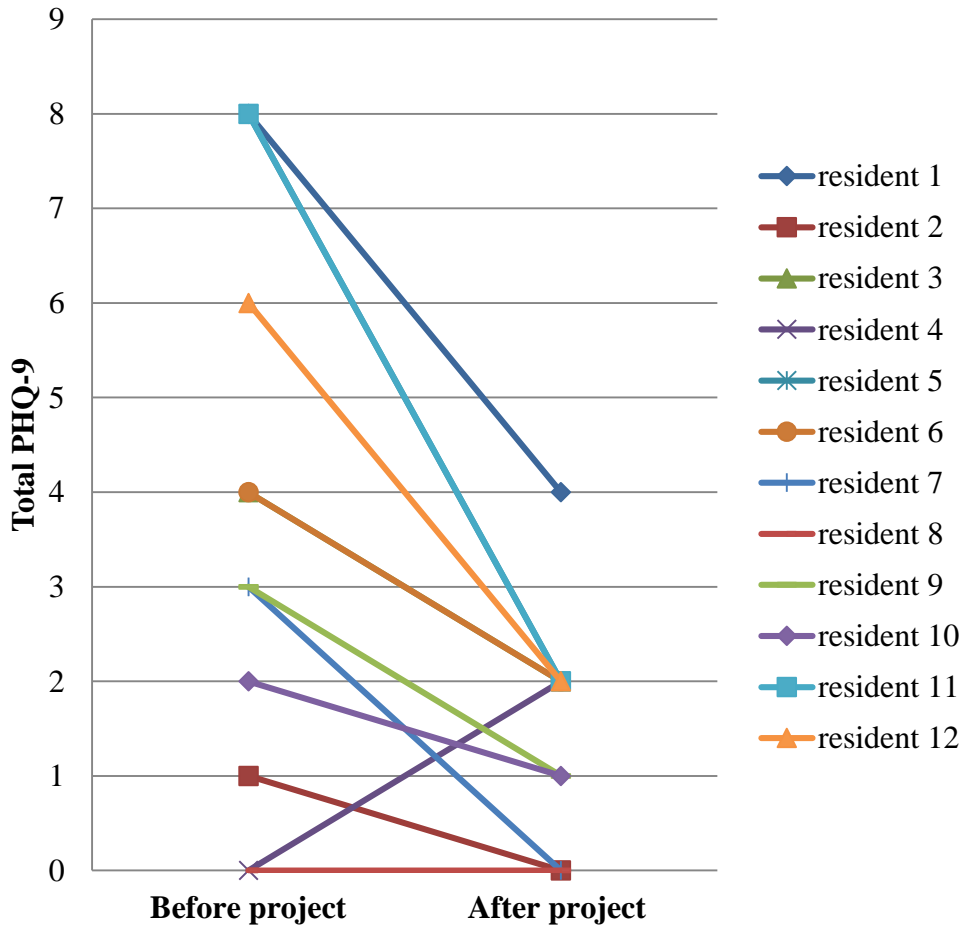
Results

Residents		PHQ-9 Before start of Project	PHQ-9 At the end of Project
Residents not exposed to activities (N=10)	Mean	3.10	2.30
	Std. Deviation	2.685	1.829
Residents exposed to activities (N=12)	Mean	3.92	1.50
	Std. Deviation	2.999	1.168

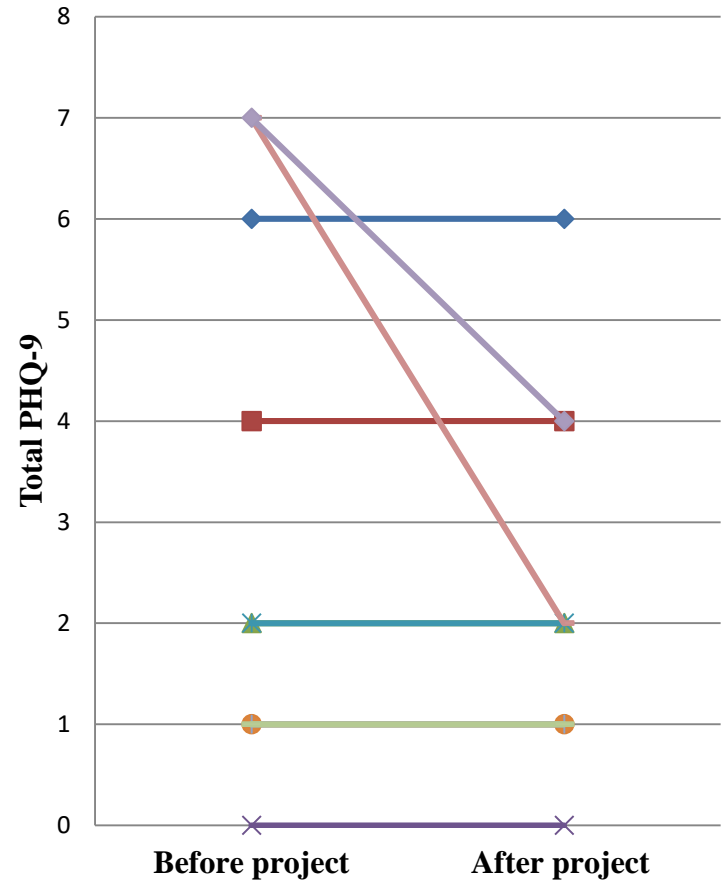
Summary of PHQ9 Results at a group level

The groups were comparable at the beginning and at the end of the project, however the PHQ9 is lower at the end of the project.

Graph 1: Summary of PHQ-9 results at an individual level (RESIDENTS EXPOSED TO ACTIVITIES)



Graph 2: Summary of PHQ-9 results at an individual level (RESIDENTS NOT EXPOSED TO ACTIVITIES)



Results from interviews

- For the AF this project was a positive experience during which they got to know the residents better and enjoyed involving them.
- The staff identified that the project caused envy between the elderly who were participating in the activities and the other residents and anger on behalf of the non-participants.
- Some residents decreased complaints during the project. Complaints resumed following its termination.
- The staff and head of home described episodes of decreased behavioural difficulties during the project.
- Several persons with dementia where engaged in activities compared to spending their time staring at the walls.

Feedback from residents

Comments	Intervention group	Control group
Very positive	5	1
Positive	3	2
Passive / Indifference	3	4
Negative	1	0

Some comment:

“allarħares kultant ma jkunux huma..nies bħali li ma tistax toħroġ importanti li jkollok f’hiex tagħddi moħħok u tħaddem moħħok ukoll...”

“ jagħmlu differenza fil-kwalita’ tal-ħajja mela. Waħdek ikollok ħafna ħsibijiet ħżiena ... waqt l-attivitajiet tgħeda ftit”

Conclusions

- Overall the project was successful and residents enjoyed engaging in activities.
- The activities enabled increased well being, decrease in complaints by residents and decreased behavioural difficulties.
- Very limited number of individual sessions despite some residents would have benefitted.
- There was a limited choice of activities and sometimes childish activities organised due to lack of knowledge.
- Empowerment of residents was not achieved.

The Way Forward: Making Homes Fun 2018

