

Lifestyle Redesign®- Can a preventive Occupational Therapy approach improve the hospital to home interface for older people?

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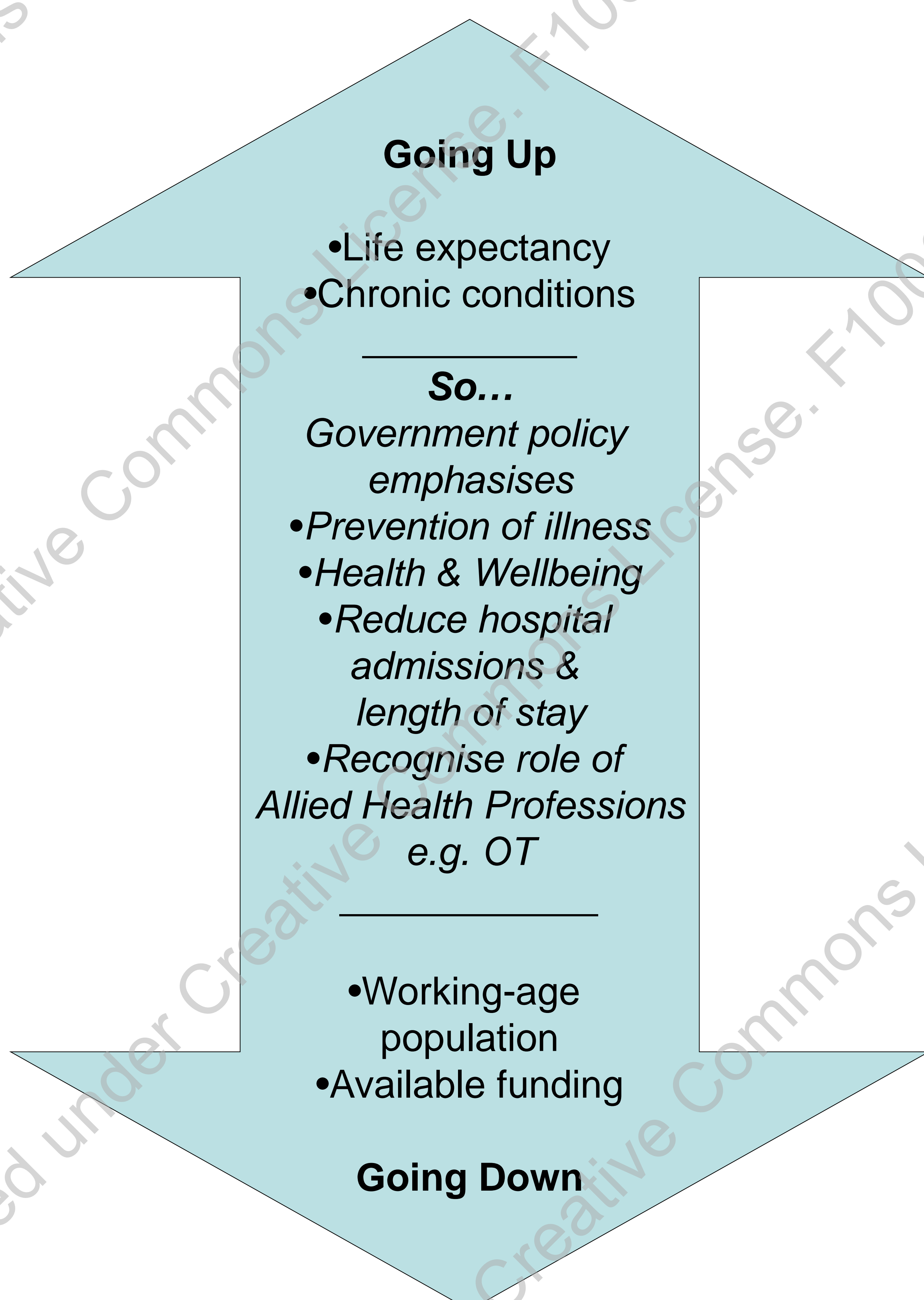
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Summary

Lifestyle Redesign®, an innovative occupational therapy (OT) approach developed in the USA, has produced convincing evidence that OT can provide sustained, cost effective improvements in the health & wellbeing of older people. A Winston Churchill Memorial Trust (WCMT) travel award allowed an OT to visit the University of Southern California (USC) in Los Angeles to investigate how it could be used at the hospital/home interface.



Background



Lifestyle Redesign®

'is the process of incorporating health-promoting habits & routines into your daily life. OTs look at how you 'occupy' your time and how the daily activities you engage in affect your overall health, wellness & life satisfaction' (USC Faculty Practice)

Occupation...

*'... is life itself
... can create new visions of possible selves
... has a curative effect on physical & mental health and on a sense of life order and routine
... has a place in preventive care' (Mandel et al 1999)*

Discussion

The hospital/home interface is a time of change for older people where independence & wellbeing may be compromised in the interest of safety. Wellbeing is now recognised as crucial to good health. A Lifestyle Redesign® based approach:-

- can enable individuals to live independently for longer reducing the need for input from health and social care services.
- focuses on the individual not the condition.
- fits well with current government policy direction.
- is person-centred & evidence-based.
- has the potential to improve outcomes for older people at the hospital/home interface and to reduce costs.

Well Elderly Studies at USC

Randomised controlled trials beginning in the 1990s show that preventive OT can improve health-related quality of life & satisfaction. Benefits are sustained over time. Older people are healthy and independent longer, reducing the need for hospital admission or care services. Further research is ongoing and the approach is being used successfully in many new areas e.g. pressure ulcer prevention.

Further Information

Full report <http://goo.gl/6KaFm>

Follow blog <http://otebby.blogspot.com/>

Winston Churchill Memorial Trust <http://wcmt.org.uk>

Key reference

Mandel DR, Jackson JM, Zemke R, Nelson L & Clark F (1999) *Lifestyle Redesign®: Implementing the well elderly program*. Bethesda, MD: The American Occupational Therapy Association

Acknowledgements

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