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 (0.860)**
- Promote Independence (0.835)
- Specific Health Conditions (0.696)

**Education (0.542/0.594)**
- Advocacy (0.406 / 0.697)

**Adjustment (0.757)**
- Risk (0.727)
- Management Tasks (0.692)

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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