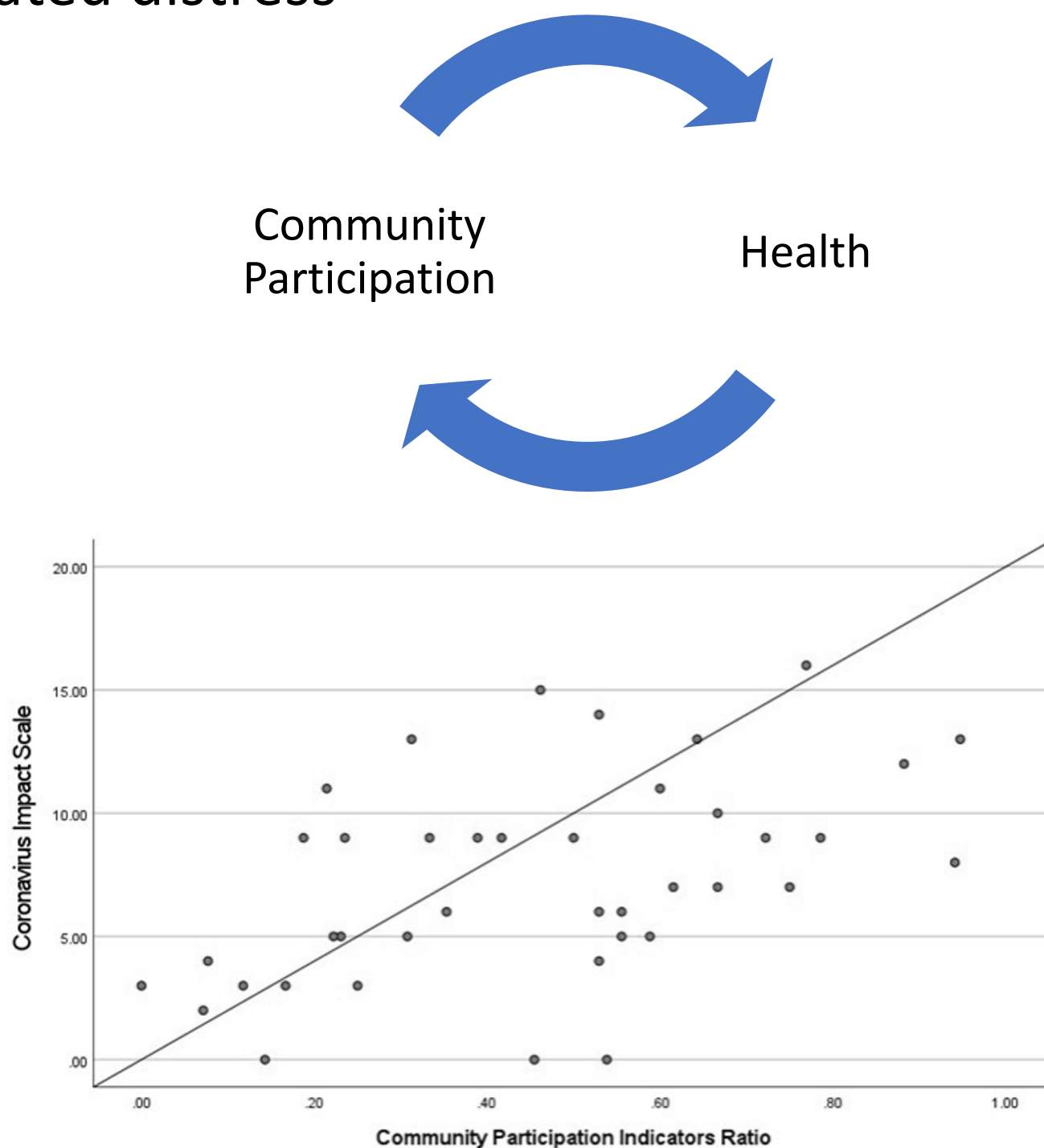


The impact of COVID-19 on community participation among older adults: Implications for occupational therapy intervention

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- Community participation became a risk during COVID-19 pandemic.
- Usual assumption: More participation = better health
- Study finding: More participation = more COVID-related distress



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COVID Disrupted daily routines.
While people felt socially active, it wasn't enough.

Most Impacted Domains

Daily routines

- Work
- Hobbies
- Religious activities
- Social life

Mental and emotional health

- Stress
- Sleep

Access to family and social support

Item	Frequency % > none # of ppts %	Doing activity enough # of ppts %	Important and Enough # of ppts %	Important* # of ppts %	CPI Ratio # of ppts %
Get out and about	39/40 97.5	16/40 40.0	16/40 40.0	40/40 100.0	16/40 40.0
Spend time with family	27/40 67.5	17/40 42.5	16/40 40.0	38/40 95.0	16/38 42.1
Keep in touch with family by phone or internet	39/40 97.5	10/40 25.0	9/40 22.5	38/40 95.0	9/38 23.7
Spend time with friends	33/40 82.5	18/40 45.0	15/40 37.5	36/40 90.0	15/36 41.7
Keep in touch with friends by phone or internet	38/40 95.0	11/40 27.5	10/40 25.0	38/40 95.0	10/38 26.3
Go to parties, out to dinner, or other social activities	32/40 80.0	15/40 37.5	14/40 35.0	39/40 97.5	14/39 35.9
Spend time with a significant other or intimate partner	17/40 42.5	19/40 47.5	15/40 37.5	30/40 75.0	15/30 50.0
Work for money	13/40 32.5	18/40 45.0	11/40 27.5	22/40 55.0	11/22 50.0
Cook, clean and look after your home	39/40 97.5	17/40 42.5	15/40 37.5	38/40 95.0	15/38 39.5
Manage household bills and expenses	30/40 75.0	16/40 40.0	12/40 30.0	35/40 87.5	12/35 34.3
Look after children or provide care for a loved one	13/40 32.5	10/40 25.0	9/40 22.5	25/40 62.5	9/25 36.0
Go to classes or participate in learning activities	24/40 60.0	18/40 45.0	15/40 37.5	31/40 77.5	15/31 48.4
Volunteer	16/40 40.0	21/40 52.5	15/40 37.5	29/40 72.5	15/29 51.7
Participate in religious or spiritual activities	28/40 70.0	16/40 40.0	14/40 35.0	31/40 77.5	14/31 45.2
Go to support groups or self-help meetings	11/40 27.5	10/40 25.0	3/40 7.5	23/40 57.5	3/23 13.0
Engage in hobbies or leisure activities	35/40 87.5	21/40 52.5	21/40 52.5	39/40 97.5	21/39 53.8
Go to movies, sporting events or entertainment events	27/40 67.5	18/40 45.0	15/40 37.5	27/40 67.5	15/27 55.6
Participate in sports or active recreation	33/40 82.5	28/40 70.0	24/40 60.0	34/40 85.0	24/34 70.6
Participate in community clubs or organizations	18/40 45.0	9/40 22.5	6/40 15.0	18/40 45.0	6/18 33.3
Participate in civic or political activities	10/40 25.0	18/40 45.0	11/40 27.5	18/40 45.0	11/18 61.1

Participation Mismatch

Many stayed social active

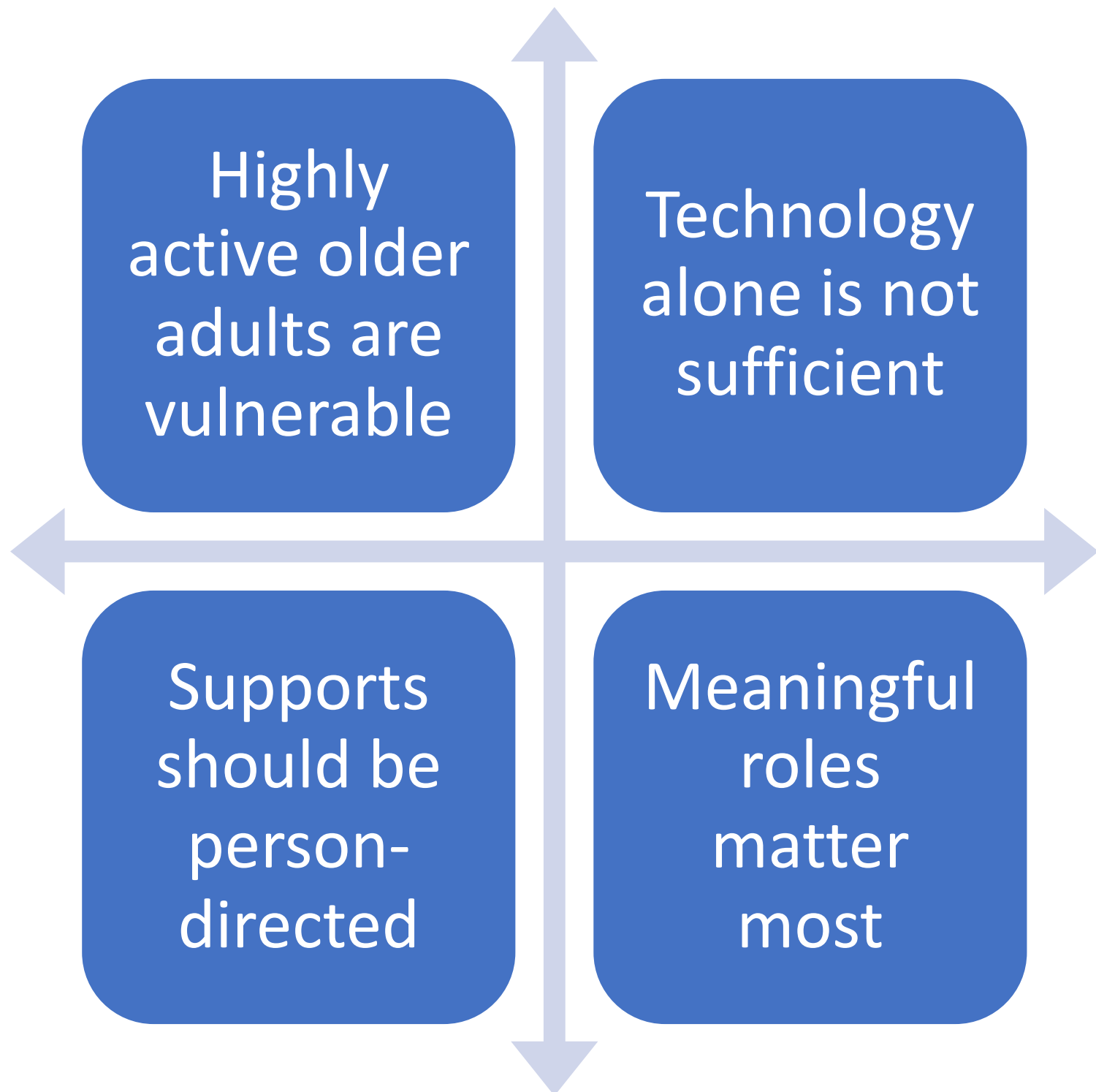
Few felt their activities mattered 'enough'



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Supporting participation is not just about activity—it is about protecting identity, routine, and choice under stress



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Research Article

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