

# Familiarity with the person, environment, and occupation affects the quality of activities for people with dementia

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## Introduction

For **People with Dementia (PwD)**, engaging in meaningful activities is essential for maintaining quality of life. In occupational therapy, we often emphasize the importance of *familiarity*.

### Three (3) Elements of Familiarity

**Person (P)-Environment (E)-Occupation (O)**

It remains unclear which elements of familiarity strongly affected the Quality of Activities (QOA) in PwD.

**Strength of Occupational Engagement**

### Aims of This Study

1. to clarify the influence of familiarity with persons, environments, and occupations on QOA in PwD.
2. To examine differences in dementia severity (severe, moderate, and mild).

# Method

**Participants:** 619 People with dementia (PwD)  
Each participant performed two activities.

**Method:** 1,228 activities were analyzed.

Above each activities

- Assessed by **A-QOA**
- Evaluated on the degree (familiar or unfamiliar) of three elements of familiarity

## A-QOA (Assessment of Quality of Activities)

- To evaluate "strength of occupational engagement."
- To quantify "well-being" during an activity using the Rasch model.

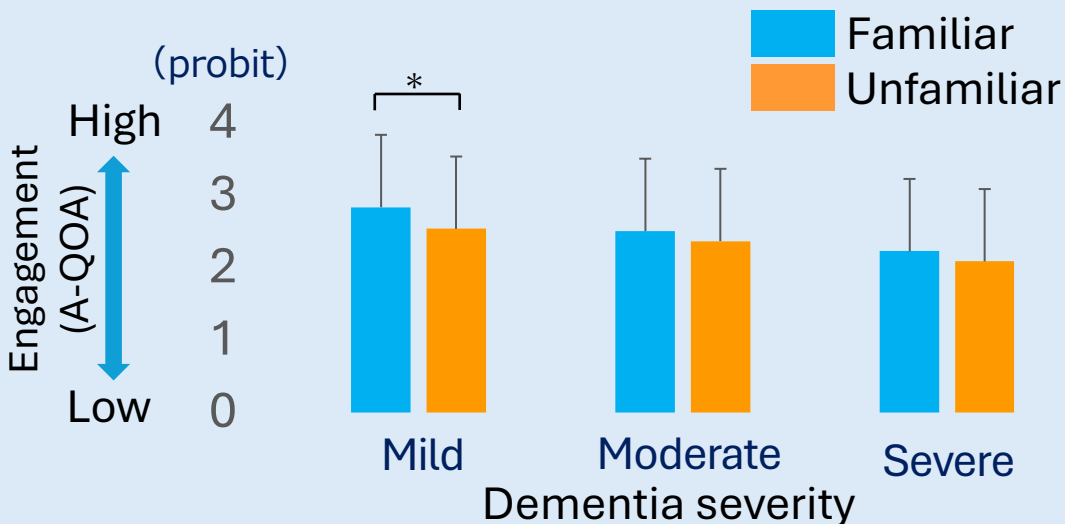


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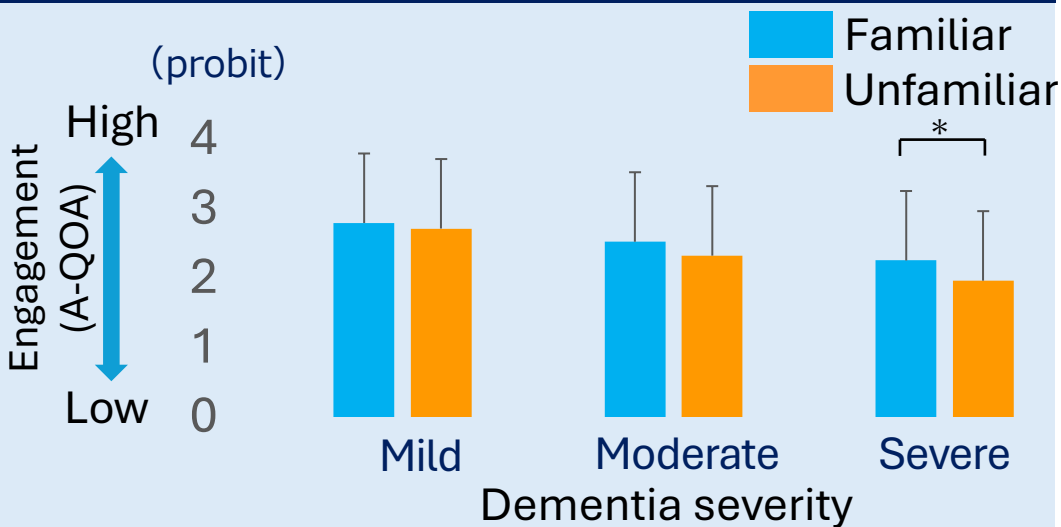
# Results

- Higher familiarity in all three elements was significantly associated with higher occupational engagement
- The influence of familiarity differed by dementia severity

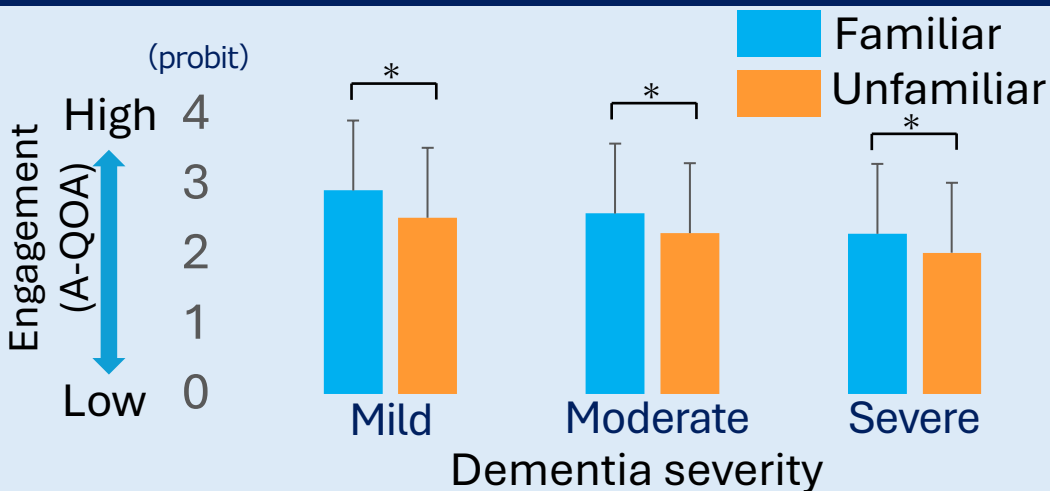
## Familiarity of Person



## Familiarity of Environment



## Familiarity of Occupation



## Discussion

- **Familiarity with P-E-O is essential for improving occupational engagement in PwD.**
- The most influential element of familiarity may change as dementia progresses.
- These results highlight the importance of **tailoring activity settings according to dementia severity**, which can serve as a practical therapeutic principle to improve QOL.

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