

Factors Influencing Participation Among Older People in Cape Town

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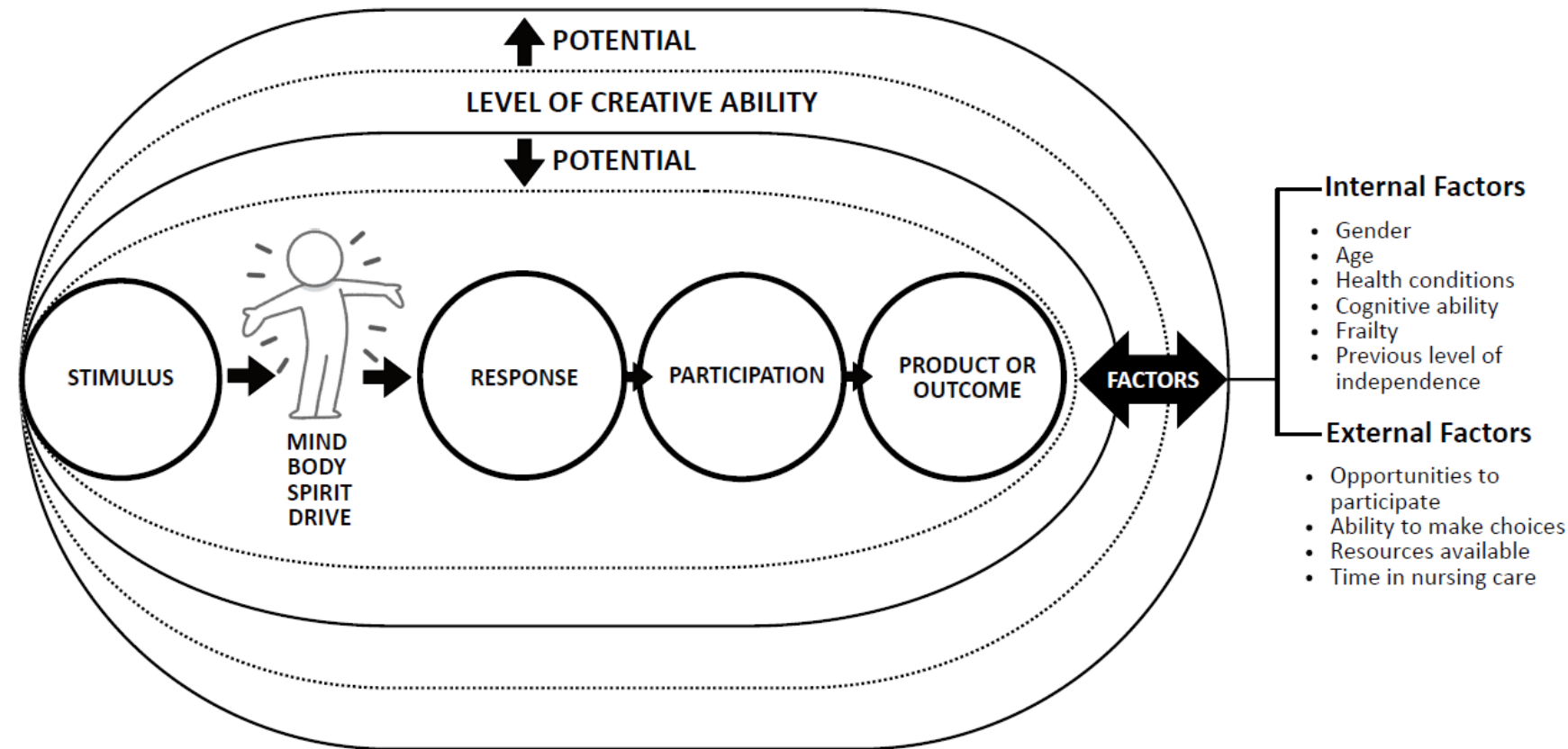


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Why aging research is important in Africa

- 60+ in Africa: 74 Million in 2020 to 235 Million in 2050
- Healthy Ageing = Having the functional capacity for well-being in later life
- Threats to Health
 - 50% with 1 NCD
 - 22.5% with > 2 NCDs
 - 60% all HIV+ people over 50 years live in Sub-Saharan Africa
- Less than 10% Healthy Ageing research comes from Africa
- No post-graduate ageing programs for health & social care professionals in Africa
- Need for Afro-centric theoretical models to guide practice

Possible factors influencing creative ability among older people in nursing homes



Level of capacity a person has for 'doing' (participation). This capacity can range from existing in the world (Pre-destructive Participation), to changing it (Society-centre Participation).

Study 1: Factors Predicting Participation in Older Adults in Frail Care

High Income Private Facility

- Participants
 - N = 30
 - 70 to 105 years (M= 87.2, SD = 8.42)
- Variables
 - Demographic information
 - Level of participation in activities in the home
 - Functional Cognition (Allen Cognitive Levels Screen)
 - Independence in Self Care (Barthel Index)
- Multiple Linear Regression

Study 2: Factors Predicting Participation in Community Living Older Adults

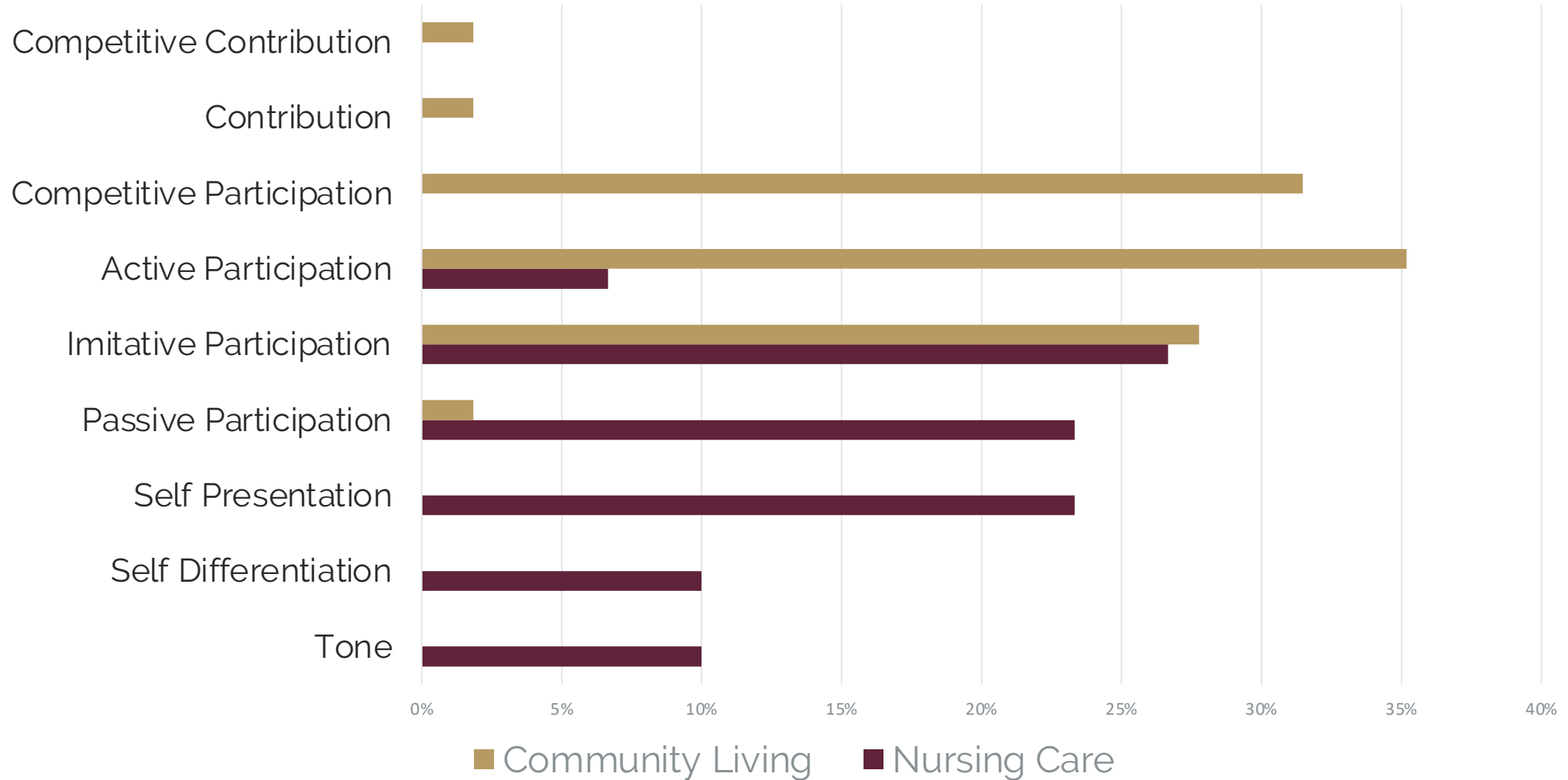
Low Income Housing Developments

- Participants
 - N = 55
 - Ages = 57 to 97
- Variables
 - WHODAS 2.0
 - Allen Cognitive Levels Screen
 - Life Space Assessment
 - Creative Participation Assessment
- Hierarchical Regression

Key Findings

- Level of Creative Ability
 - Range from Tone, therapist directed to Competitive Contribution, person directed
 - Median level of Imitative Participation
- ACLS-5 (Functional Cognition)
 - <3 (severe cognitive impairment, maximum assistance) to 6 (No cognitive impairment)
- WHODAS 2.0 (Level of Disability) – Community Living
 - 0 to 42% Disability
 - M = 9.4%, SD = 9.8
- Barthel Index (Self Care) – Nursing Home Residents
 - 0 (Completely dependent) to 100 (Completely independent)
 - M = 59.83, SD = 31.64

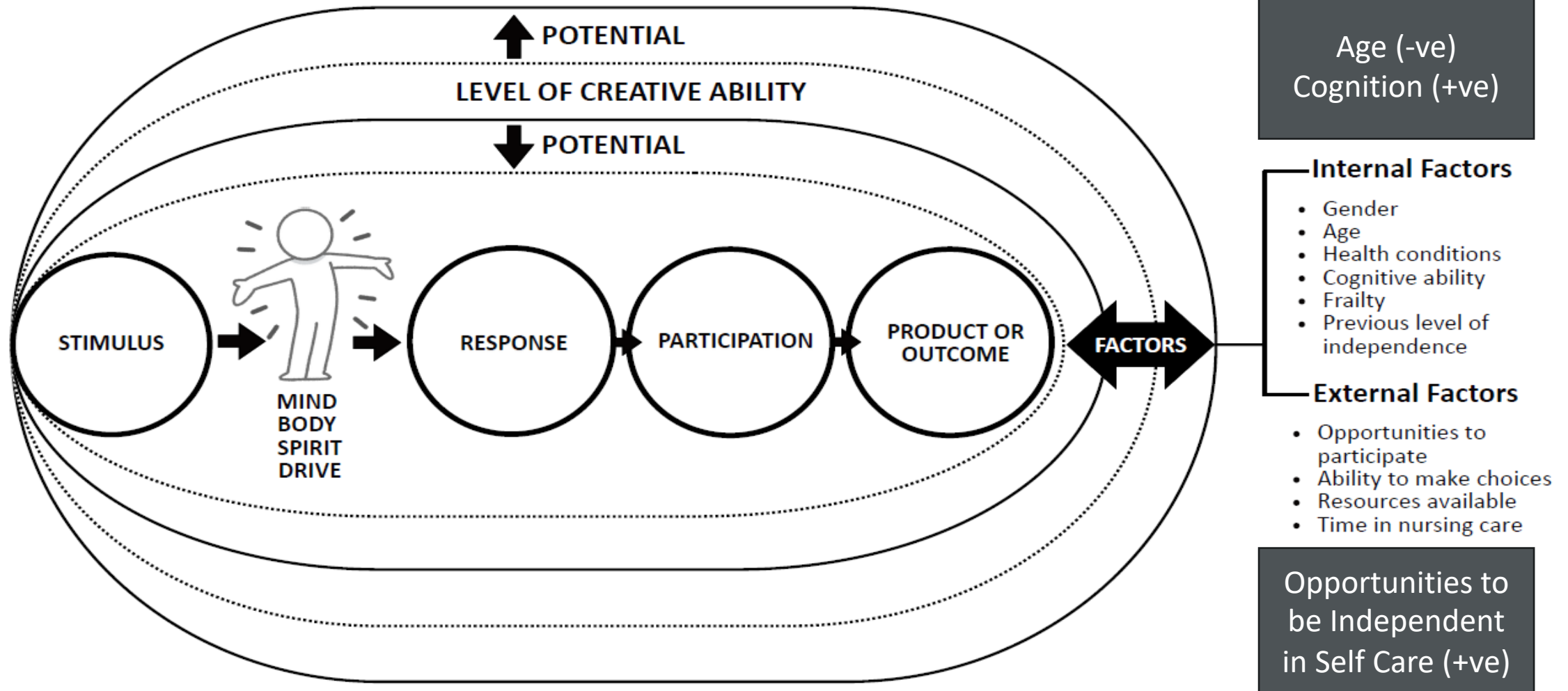
Finding 1: Levels of Creative Ability are Evident among Older People



Finding 2: Matching Cognitive Ability and Creative Ability

Barthel Index	ACLS-5 <u>Score</u>	Level of Cognitive Impairment	Corresponding Predicted Level of Creative Ability	Grouping of Level of Creative Ability
5	1	Very severe	Tone	Group 1: Preparing for constructive action
10	1.4-1.6	Very severe	Self-differentiation	
15	2	Very severe	Self-presentation	Group 2: Acquiring and using skills for independent living
20	3	Severe	Passive Participation	
25	4	Moderate	Imitative Participation	
35	5	Mild	Active Participation	Group 3: Using skills and behaviour for self-actualisation
40	5.4-5.6	None	Competitive participation	
45	6	None	Contribution	

Finding 3: Factors Influencing Creative Participation Among Older People



Why are these findings exciting?

- First evidence supporting the use of the VDTMoCA with older people
 - Older people also have different levels of creative ability
 - Empirical evidence that underlying assumptions of the model are valid
- If we maintain self-care abilities, we may also influence participation in other meaningful activities
- Potential use of the VDTMoCA in carer training (handling principles, activity principles for each level)

Partner logo

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Thank you
Enkosi
Dankie



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