

# Lifestyle Matters Programme – Unlocking Change, Resilience and Empowerment in Older Adults

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## Aim:

- To demonstrate the impact that Lifestyle Matters Programme (LMP) has had on people aged 65yrs+ with severe and enduring mental health difficulties accessing secondary care, who are struggling with coming to terms with changes in later life, experiencing a poor routine, loneliness and social isolation.

## The Programme:

- Inspired by the intervention Lifestyle Redesign ©
- Underpinned by Occupational Science & Lifestyle Redesign principles; 4 steps to be transformed from 'stuckness' to readiness for new ventures.
- Closed programme with 20 group sessions and 3 individual sessions (pre, during and post programme), facilitated by 2 qualified Occupational Therapists.
- Consists of 3 mandatory modules and 8 optional modules.
- Teaches connections between activity, health and well-being.
- Empowers individuals to redesign own lifestyle through exploring, sharing, reflecting and doing.
- Centered around 'experiencing activity'.

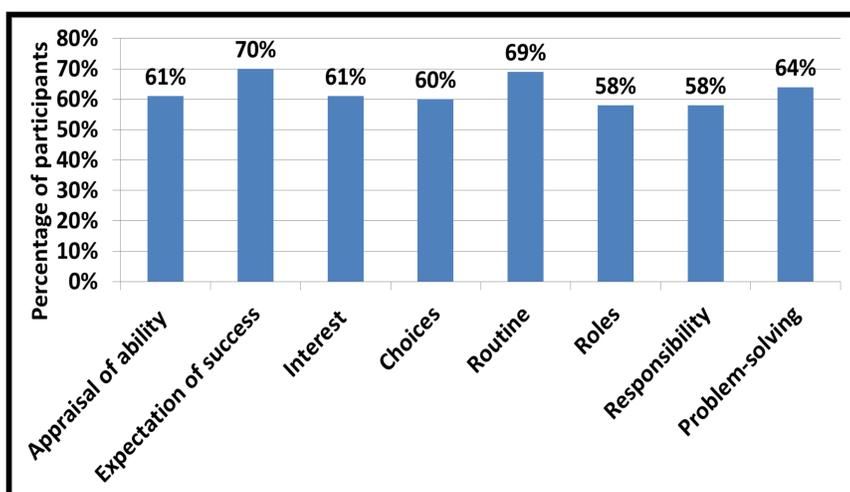
## Outcome Measures:

- Model of Human Occupation Screening Tool (MOHOST)
- Occupational Self-Assessment (OSA)
- Participant evaluation questionnaire

## Results:

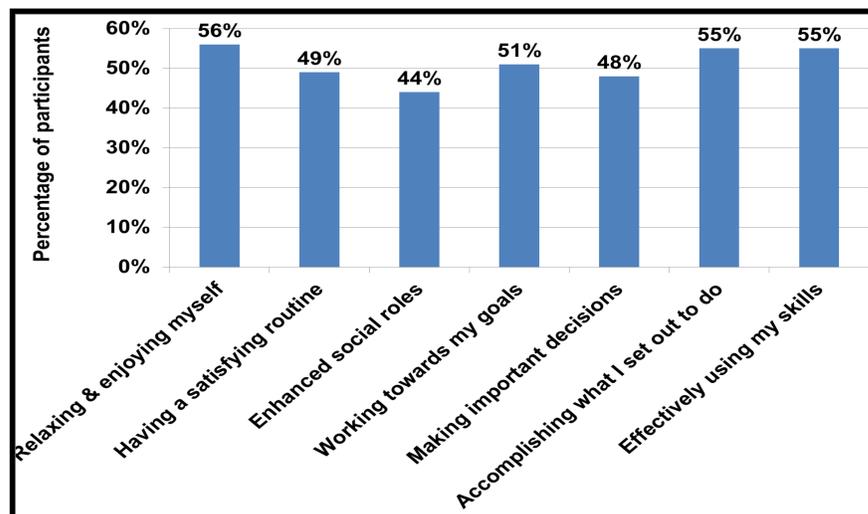
The gathered data – 81 people – April 2012 to May 2019:

Figure 1: Key improvements in MOHOST:



- 69% had developed or resumed a balanced daily routine which supported their wellbeing.
- 70% expected success in life, accepting limitations/circumstances beyond their control; feeling able to manage sudden occurred obstacles.
- 61% had developed awareness of their own strengths, rather than focusing on their limitations.

Figure 2: Key improvements in OSA:



- 56% felt more able to relax and enjoy themselves.
- 55% felt able to accomplish their goals.
- 55% felt able to choose the activities that they felt good at.

Figure 3: Key themes from participants' evaluation questionnaire:

### 1. Sense of Control and Choice:

1. "I have learned to slow down and reduce my expectations of myself – the new me is optimistic"

### 2. Sense of Belonging:

2. 'It has been helpful to share with others who have also struggled and this has provided me with a sense of not being alone'

### 3. Sense of Identity:

3. "Being made to feel a person instead of just a number"

'It helped me feel normal...'

## Conclusion:

### The service evaluation showed:

- Significant improvement in participants' motivation and confidence.
- A reduction in social isolation and loneliness amongst the participants; a key national driver.
- Participants had learned how to structure their daily routines and redesign their lifestyles.
- Participants reported gaining a sense of wider identity.

## References:

- Craig C and Mountain G (2007), Lifestyle Matters – An Occupational Approach to Healthy Ageing. Speechmark.
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- Kielhofner G, Parkinsn S and Forsyth K (2006), 'Model of Human Occupation Screening Tool'.
- Baron K, Kielhofner G, Iyenger A, Goldhammer V, and Wolenski J (2006), 'Occupational Self Assessment (OSA) Version 2.2'.