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 & Lifecycle 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:

• 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 1: Key improvements in MOHOST:

61% 70% 61% 60% 69% 58% 58% 64%

Percentage of participants

Appraisal of ability
Expectation of success
Interest
Choices
Routine
Role
Responsibility
Problem-solving

Figure 2: Key improvements in OSA:

60% 56% 49% 44% 51% 48% 55% 55%

Percentage of participants

Belonging & relating myself
Having a satisfying routine
Emotional social role
Working towards my goals
Making important decisions
Accomplishing what I set out to do
Effectively using my skills

• 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:
   • “I have learned to slow down and reduce my expectations of myself – the new me is optimistic”

2. Sense of Belonging:
   • “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:
   • “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:


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