Occupational Therapy’s Role in Empowering the Oldest Old Population

Lauren Conigliaro
University of Southern Maine

Nicole Wingfield
University of Southern Maine

Follow this and additional works at: https://digitalcommons.usm.maine.edu/thinking_matters

Part of the Occupational Therapy Commons

Recommended Citation
Conigliaro, Lauren and Wingfield, Nicole, "Occupational Therapy’s Role in Empowering the Oldest Old Population" (2018). Thinking Matters Symposium. 144.
https://digitalcommons.usm.maine.edu/thinking_matters/144

This Poster Session is brought to you for free and open access by the Student Scholarship at USM Digital Commons. It has been accepted for inclusion in Thinking Matters Symposium by an authorized administrator of USM Digital Commons. For more information, please contact jessica.c.hovey@maine.edu.
Question:
Does occupational therapy promote occupational engagement and increase confidence in mobility in the oldest old population residing in assisted living facilities?

Inclusion Criteria:
- Oldest old population
- Mobility
- Psychosocial factors: confidence, stigma, and depression

Findings:
- In the oldest old population, the incidence of decreased mobility & occupational engagement increases
- Staff play a critical role in increasing confidence in the oldest old
- Psychosocial determinants regarding fear of falling should be addressed as they impact overall quality of life

Answer:
Occupational therapy does promote engagement and confidence in mobility in the oldest old population

Recommendations:
- Assist this population in recognizing their fears around falling and help them overcome those fears
- Implement problem-solving techniques to reduce falling incidents
- Implement fall prevention programs
- Educate staff on mobility determinants and stigma

For references and further information: lauren.conigliaro@maine.edu or nicole.botley@maine.edu