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Occupational Therapy's Role in Empowering the Oldest Old Population

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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

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

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

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

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