

The background of the slide features a stylized, blue-toned illustration of four human figures holding hands in a circle. The figures are composed of simple geometric shapes, with their heads represented by circles and their bodies by angular, blocky forms. The overall aesthetic is clean and modern, with a monochromatic blue color scheme.

# Social, Leisure & Everyday Activities that Occupy People Living in Advanced Age

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# Acknowledgements



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# Overview of the Presentation



- Aim of the Living to Advanced Age study
- The purpose of this paper
- Background to researching elders' social, leisure & everyday activities
- The outcome measures used
- The findings
- What do they mean?



# Aim of the Living to Advanced Age\_

## A feasibility for cohort study



To establish the feasibility for all aspects of a longitudinal study of the long-lived

# The Feasibility for Cohort Study



- 112 elders were enrolled across 3 North Island, urban and rural locations
  - 33 Maori elders, aged 75-79 years
  - 79 non-Maori elders, 85 years
  - 64 women (57%) and 48 men (43%)
- Comprehensive questionnaire and physical assessment
- 10 participants (5 Maori & 5 non-Maori) completed the Yesterday Interview

# The purpose of this paper



- To present the methods used for researching elder's engagement and participation in social, leisure and everyday activities; and
- An interpretation of what such findings suggest for practice in aged care settings



# Background\_ 'Aging in Manitoba' study



**“The odds of dying within 6 years of the initial interview were reduced for participants with greater activity level” (Menec, p. S78)**

**“Participating in church related or mass [social group] activities predicted better function 6 years later” (p. S79).**



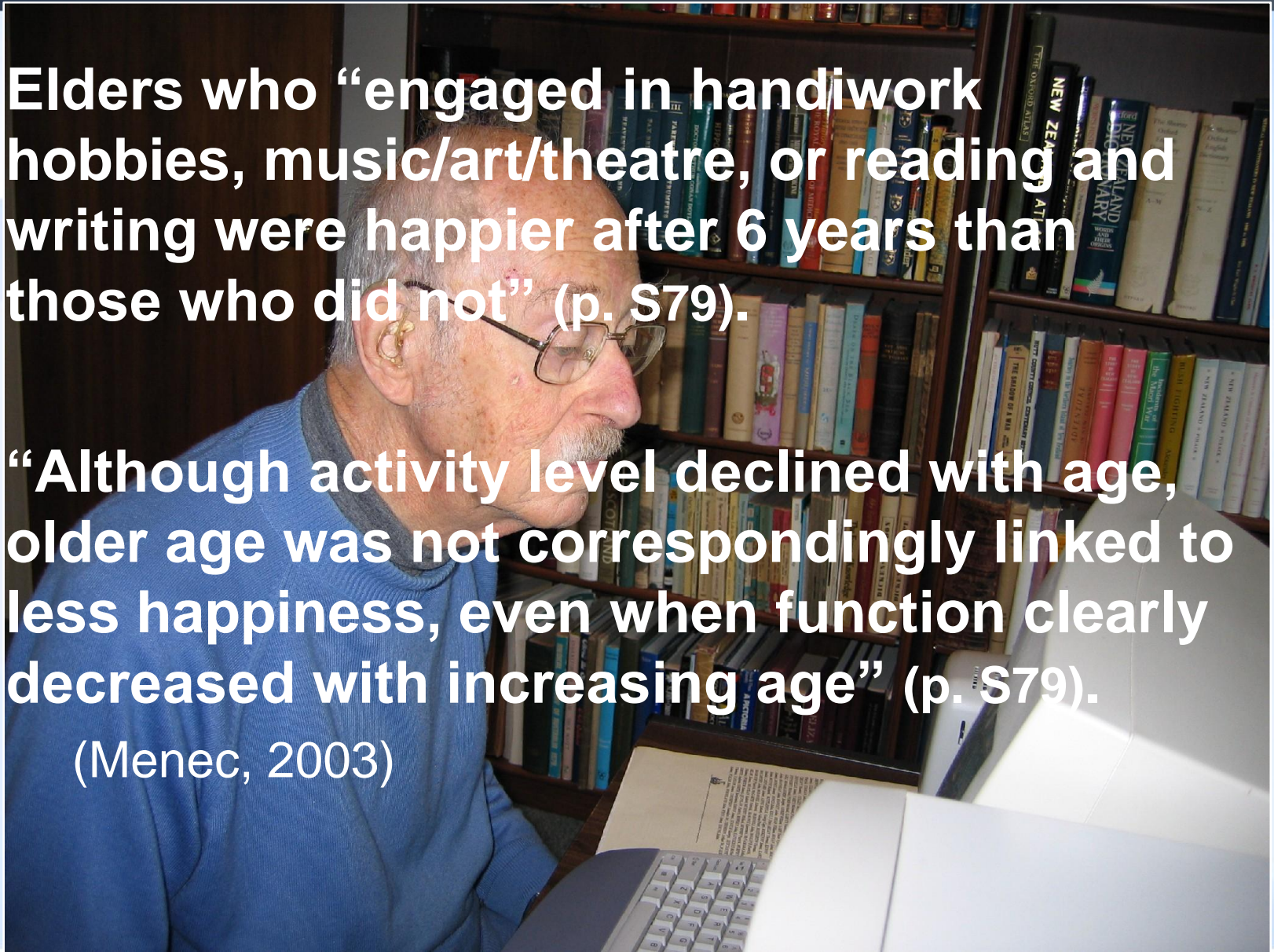
# Background\_ 'Aging in Manitoba' study



**Elders who “engaged in handiwork hobbies, music/art/theatre, or reading and writing were happier after 6 years than those who did not” (p. S79).**

**“Although activity level declined with age, older age was not correspondingly linked to less happiness, even when function clearly decreased with increasing age” (p. S79).**

**(Menec, 2003)**





# Background\_New Haven Study



**“Social and productive activities were observed to confer equivalent survival advantages compared with fitness activities” (p. 480).**

**“The effect of social and productive activity on mortality was the strongest among the least physically active” (p. 480).**

**(Glass et al., 1999).**



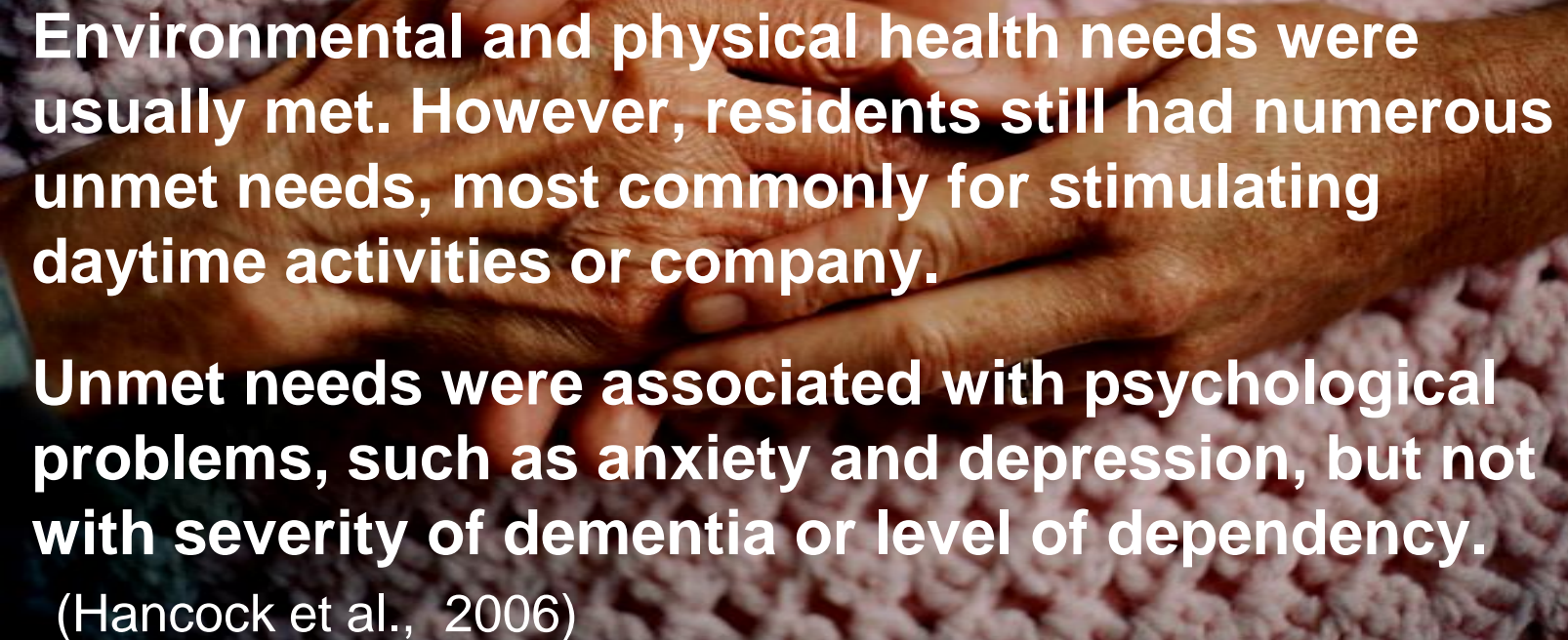


**“Productive activity may result in a sense of meaning and purpose in life, which has been linked to survival” in other studies**  
(Glass et al., p. 482)



# UK study of needs of people with dementia in aged care



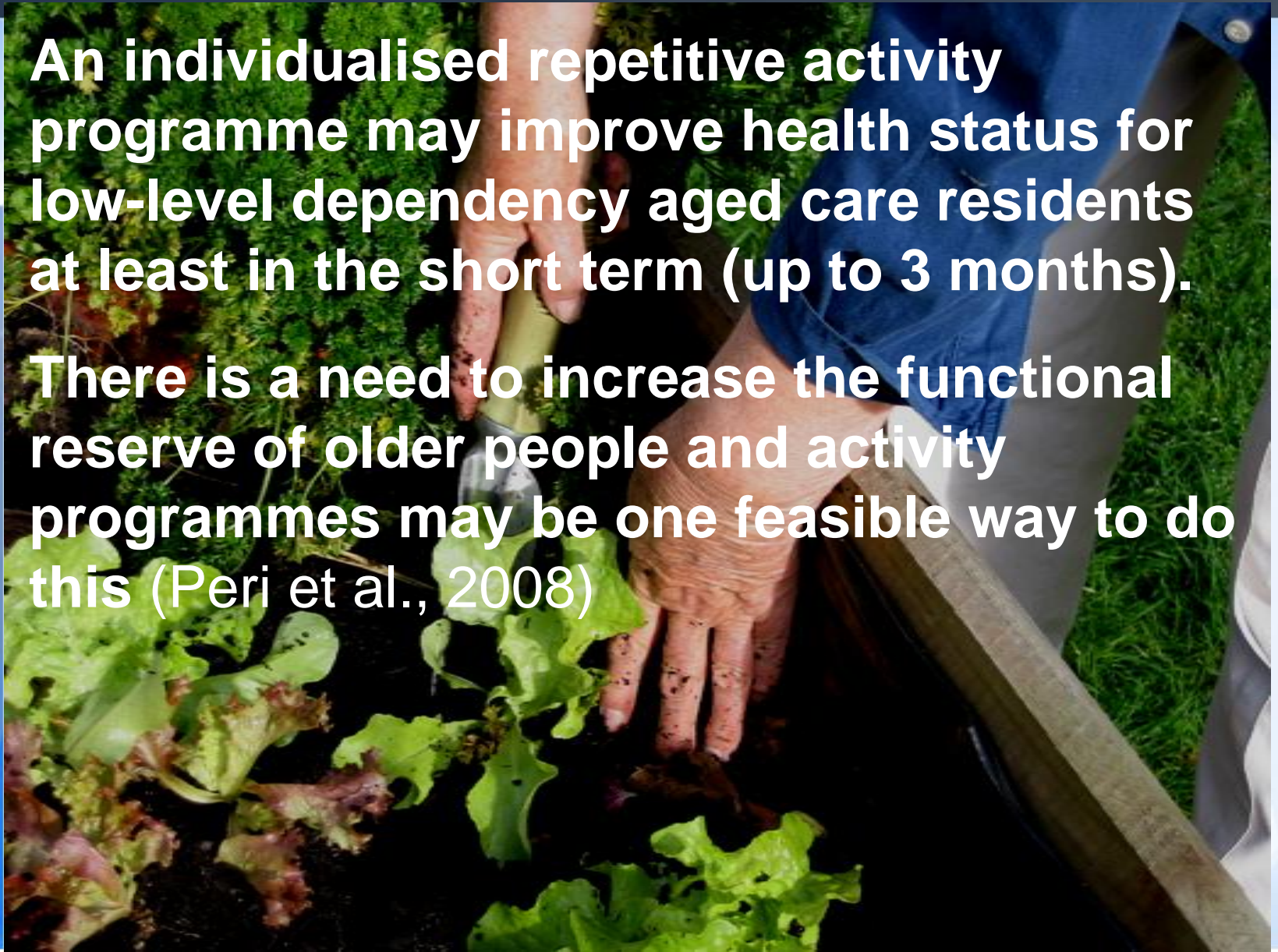
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- A close-up photograph of an older person's hand being gently held by a younger person's hand. The background is a soft-focus image of a pink and white crocheted blanket. The text of the list is overlaid on the lower portion of this image.
- **Environmental and physical health needs were usually met. However, residents still had numerous unmet needs, most commonly for stimulating daytime activities or company.**
  - **Unmet needs were associated with psychological problems, such as anxiety and depression, but not with severity of dementia or level of dependency.**  
(Hancock et al., 2006)



# Aged Care Activity Study



- **An individualised repetitive activity programme may improve health status for low-level dependency aged care residents at least in the short term (up to 3 months).**
- **There is a need to increase the functional reserve of older people and activity programmes may be one feasible way to do this (Peri et al., 2008)**





# Background\_Being in the Everyday



Always having something to do, having one treasured activity and having a purpose in the everyday matters

# The Outcome Measures



- The Modified NPS (Norling, Pettersson, Selander) Interest Checklist, standardised for use with older people (Nilsson & Fisher, 2006)
- Adapted for the NZ context through consultation with kuamatua and kuia
- 66 types of social, leisure and everyday activities, clustered under 8 categories
  - Do you do the activity now?
  - How often do you do the activity?
  - How important are these activities for your well being?



# Exercise & Sporting Activities



- ✓ 17 rated them “Not at all important”
- ✓ 31 rated them “Very important”
- ✓ 20 rated them as “Extremely important”
- ✓ Overall 56% participate in walking, jogging, walking the dog
  - ✓ 58% of men and 54% of the women
  - ✓ 65% of Maori and 53% of non-Maori
- ✓ 18% played bowls

# Social Friendship Activities



- ✓ Only 1 rated them “Not at all important”
- ✓ 48 rated them as “Very important”
- ✓ 25 rated them as “Extremely important”
- ✓ Overall 92% participate in **talking on the phone with family or friends**
  - ✓ 90% of men and 95% of women
  - ✓ 97% of Maori and 91% of non-Maori
- ✓ 84% **Family gatherings and celebrations**

# Social, Cultural & Religious Activities



- ✓ 9 people rated “Not at all important”
- ✓ 42 rated them as “Very important”
- ✓ 10 rated them as “Extremely important”
- ✓ Overall 63% go on outings & visits, car trips, bus trips
  - ✓ 63% of men and 64% of the women
  - ✓ 75% of Maori and 58% of non-Maori
- ✓ 56% go to church or have time in prayer



# Problem Solving & Learning Activities



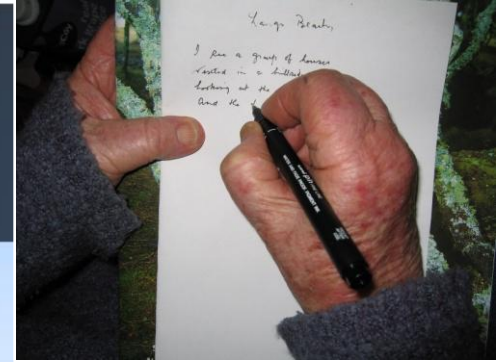
- ✓ 9 people rated them “Not at all important”
- ✓ 20 rated them as “Very important”
- ✓ 12 rated them as “Extremely important”
- ✓ Overall 59% do puzzles, crosswords, sudoku, or table games
  - ✓ 38% of men and 78%\*\*\* of the women
  - ✓ 59% of Maori and non-Maori
- ✓ 31% play cards, solitaire, or bridge

# Solitary Sedentary Activities



- ✓ No one rated them as “Not at all important”
- ✓ 40 rated them as “Very important”
- ✓ 22 rated them “Extremely important”
- ✓ Overall 93% watch television shows or videos
  - ✓ 88% of men and 98%\* of the women
  - ✓ 100% of Maori and 91% non-Maori
- ✓ 90% read newspapers or magazines

# Creative Activities



- ✓ 12 rated them as “Not at all important”
- ✓ 23 rated them as “Very important”
- ✓ 7 rated them as “Extremely important”
- ✓ Overall 41% participate in **writing memoirs, family history, poems, stories**
  - ✓ 46% of men and 36% of the women
  - ✓ 63% of Maori and 31%\*\* non-Maori
- ✓ 30% **do handicrafts, knitting, sewing, weaving or carving**



# Restorative & Restive Activities



- ✓ 4 rated them “Not at all important”
- ✓ 33 rated them as “Very important”
- ✓ 8 rated them as “Extremely important”
- ✓ Overall 83% spend time **reminiscing or thinking about the past**
  - ✓ 85% of men and 81% of the women
  - ✓ 94% of Maori and 78%\* non-Maori
- ✓ 77% **spend time thinking about life**

# Productive Activities



- ✓ 6 rated them “Not at all important”
- ✓ 33 rated them as “Very important”
- ✓ 26 rated them as “Extremely important”
- ✓ Overall 83% do the **shopping**
  - ✓ 77% of men and 88% of the women
  - ✓ 94% of Maori and 78% non-Maori
- ✓ 73% **spend time cooking or baking**

# The Feasibility of the Modified NPS



- Participant and interviewer comments showed it took a long time to administer
- Some participants experienced a sense of repetition of questions asked elsewhere in the questionnaire, such as the PASE
- Further adaptation is required for implementation in the cohort study to reduce respondent burden



# The Yesterday Interview



- Moss & Lawton (1982) developed the YI to describe how 535 elders spend their days and explore the constraints of environmental settings
- A particular interest in time spent in obligatory and discretionary activities
- Participants recounted their activities in the previous day
- Berlin Aging Study\_ *Aging from 70 to 100*

# The Yesterday Interview



- One pilot interview
- 5 Maori and 5 non-Maori elders
- Recounting the previous 24 hours
- Identify a 'landmark' or memorable event in the previous day, and then a later landmark event, and so on
- Secondary activities recorded
- Where they were, who was present, and enjoyment on a 5-point scale

# Analysing the Yesterday Interview



- A list of 56 activity descriptions; such as ‘doing housework’, ‘playing cards alone’, and ‘thinking or reflecting.’
- Coded against the 8 categories in the Modified NPS, and the 8 WHO\_ICF Activities & Participation categories
- Analysis within the person, looking at the flow of the day, and across participants, for patterns of everyday activity



# Texture & Flow of a Day



# Where elder's time was spent

On average participants spent

91% inside at home (between 80% - 99%)

2% outside at home

5% in the community, driving or walking

1% at a health or social service

4% at a family member's home

1% at a friend's home

6% visiting in a residential setting



# Who elders spent their time with



On average participants spent

57% alone (between 1% - 99%)

16% with a partner

9% with whanau or family members

8% with friends

12% with a pet

3% with workers or volunteers

2% with community members in general



# Rating Enjoyment in the day



On average, participants spent

**15 hrs doing something they liked a lot**

**5 hrs doing something they liked a little**

**3 hrs they neither liked nor disliked**

**1.3hrs doing something they disliked a little**

**10 mins doing something they disliked a lot**

# The Feasibility of the Yesterday Interview





# What does it mean?





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# Questions & Discussion



**What questions do these findings raise for you?**

**What implications do these findings have for your aged care setting?**

**How are, or how might, elders in aged care be enabled to engage in their one treasured pursuit?**

**What features of the aged care environment open up or close down opportunities to engage in preferred and treasured activities?**

