

THE ENIGMA OF AGED CARE

Grace O'Sullivan

Quality in aged care

- ① Pain management
- ① Risk management
- ① Falls prevention
- ① Infection control

The challenge

- Where does quality of life fit?
 - Models of care
 - Goal-oriented restorative approach
 - Palliative care

The puzzle

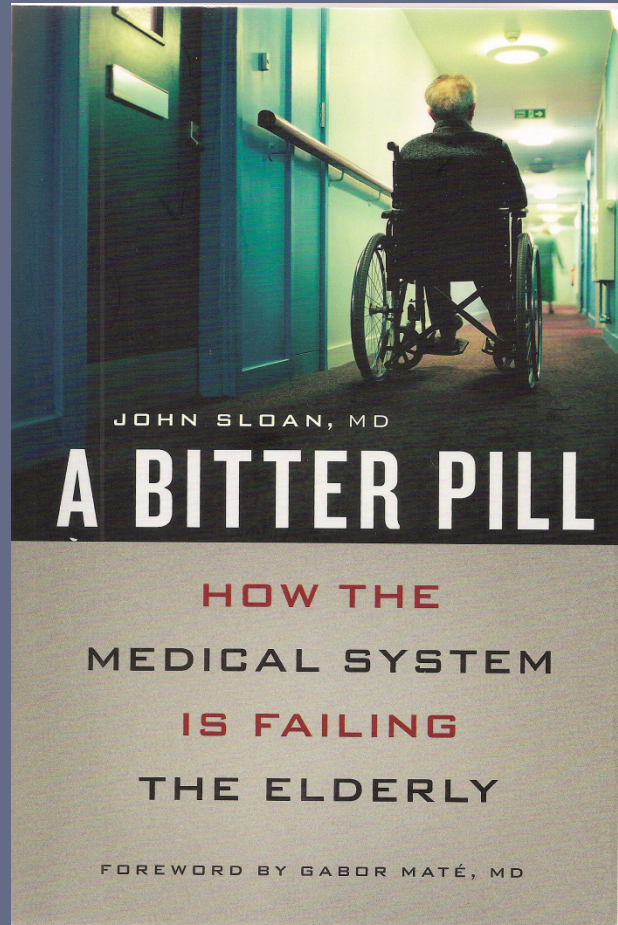
◎ Quality of life

- Physical function and/or dysfunction
- Life experience - a subjective concept
- Medical, non-medical, and individual factors

Quality of life

“A broad ranging concept affected in a complex way by the person’s physical health, psychological state, personal beliefs, social relationships and their relationship to the environment” (WHO, 1997).

Dr John Sloan



The mystery

- ① How to determine quality of life
- ① Quality of life not featured in the sector standards

The problem

- ① Unrealistic expectations
- ① Limited knowledge
- ① Diverse opinions

A life worth living

- ⦿ Engage in life within ability
- ⦿ A positive attitude and feelings of well-being

Research

- ⦿ Evidence reveals the link between being actively engaged, and health
- ⦿ Inactivity = Excess disability
- ⦿ Use it or lose it

Occupational therapy

- ⦿ Enabling the use of abilities
- ⦿ Finding the right challenge

Using skills



- Insight
- Attention
- Register and process info
- Memory

Using skills

- Pleasure in doing
- Sense of achievement



World Health Organisation

“Health is created and lived by people
within the settings of their everyday
life”

(1986, p. 3)

Choice

Know the persons interests, hobbies, values, beliefs, and aspirations as well as their medical history

A change process

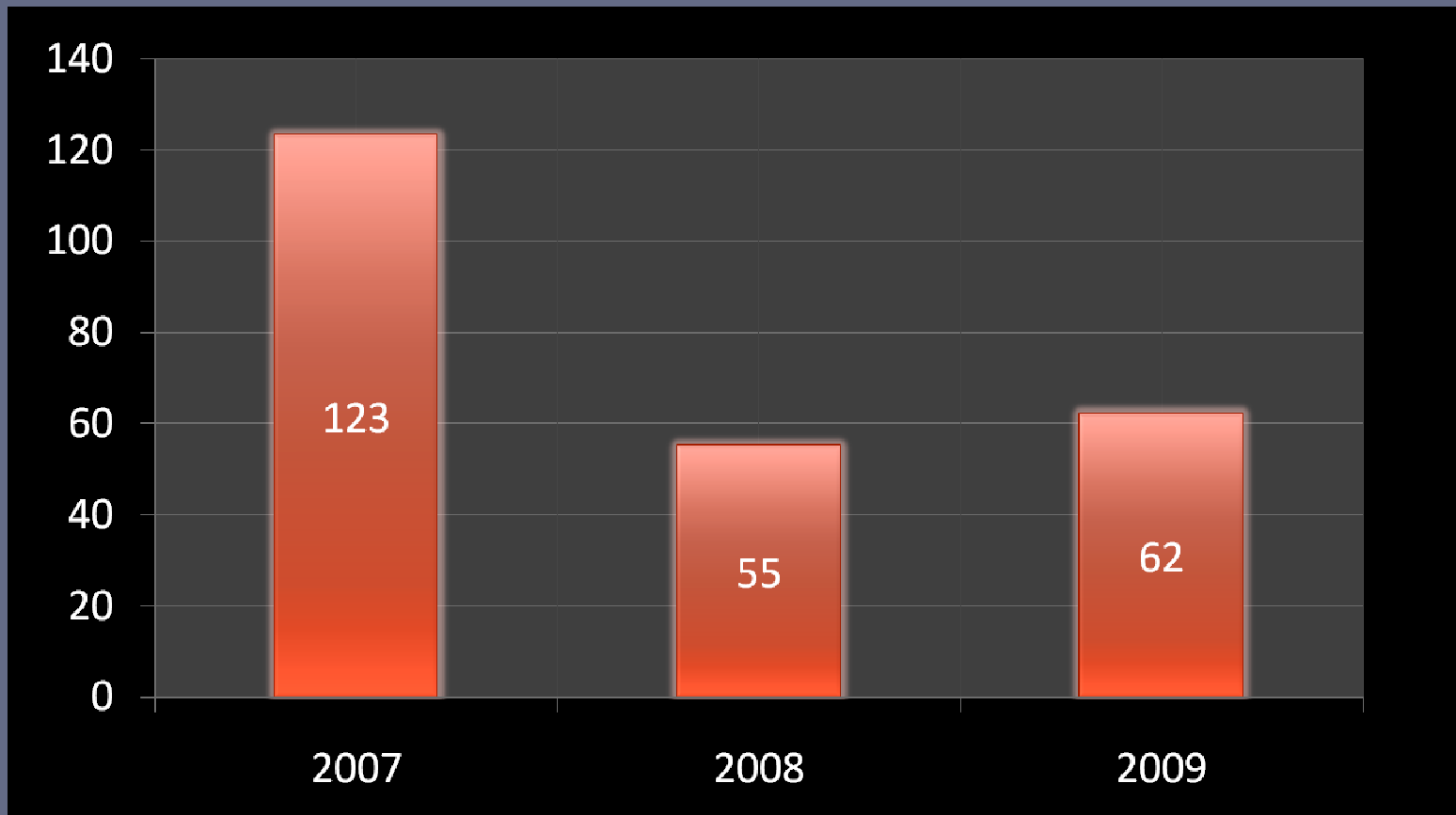
- ① Staff training
- ① Increased options for activity
- ① Modification of the environment

A positive difference

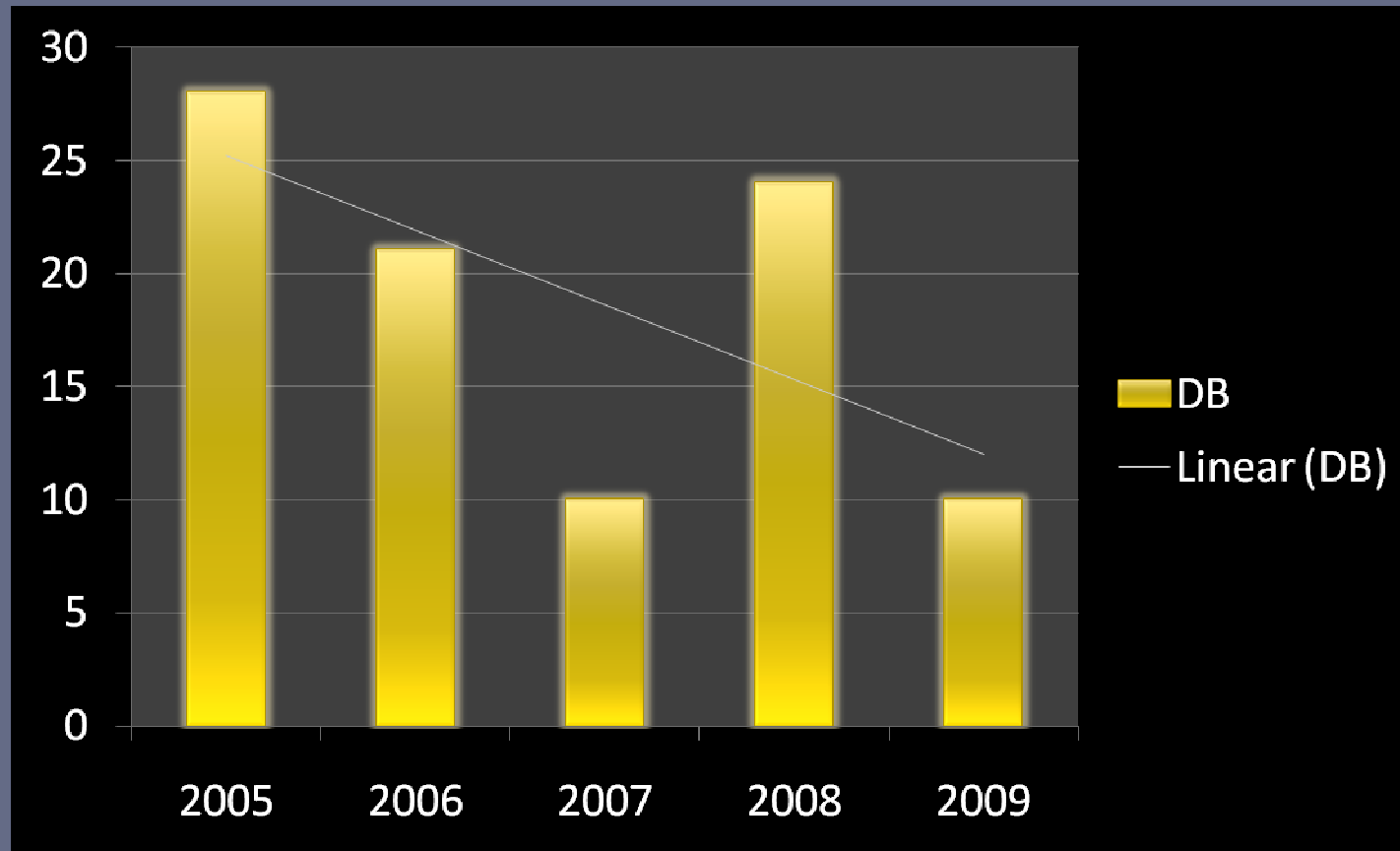
- Residents alert and aware
- Cooperative
- Connected



Number of falls



Disruptive behaviour



-----Original Message-----

From:

Sent: Sunday June 14, 2009

3:54 pm

To: 'Grace O'Sullivan'

Subject: Your care of my mum

An opinion

- Many behavioural issues stem from frustration and a sense of uselessness and/or incompetence
- Opportunities for engagement in activities, are a cost effective alternative to medications

Knowledge vs. imagination

“Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution” (Einstein, 1929) .

Responding to the challenge



○ Collaborate

- Be encouraged
- Be optimistic
- Be empowered

"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change"

(Darwin, 1809-1882).

What is the greatest thing in
the world?

It is people!

It is people!

It is people!