

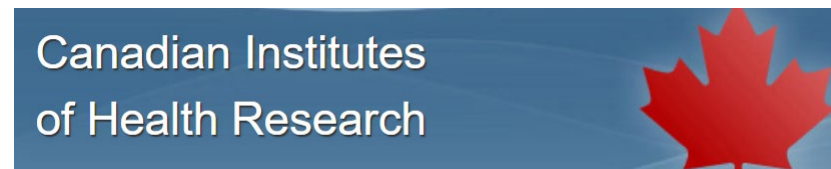
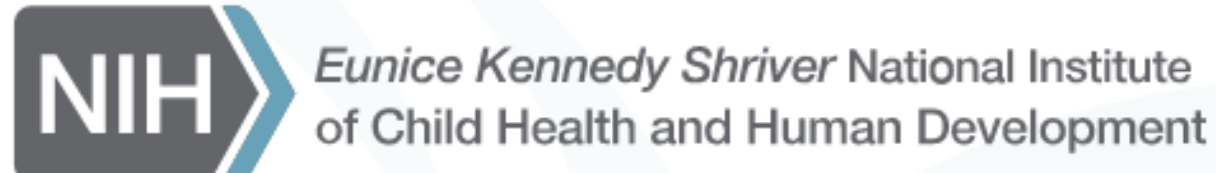
Wellness through Engagement in Meaningful Activities

Elizabeth R. Skidmore, PhD, OTR/L



Professor, Department of Occupational Therapy
Associate Dean for Research, School of Health and Rehabilitation Sciences

Research funding provided by:

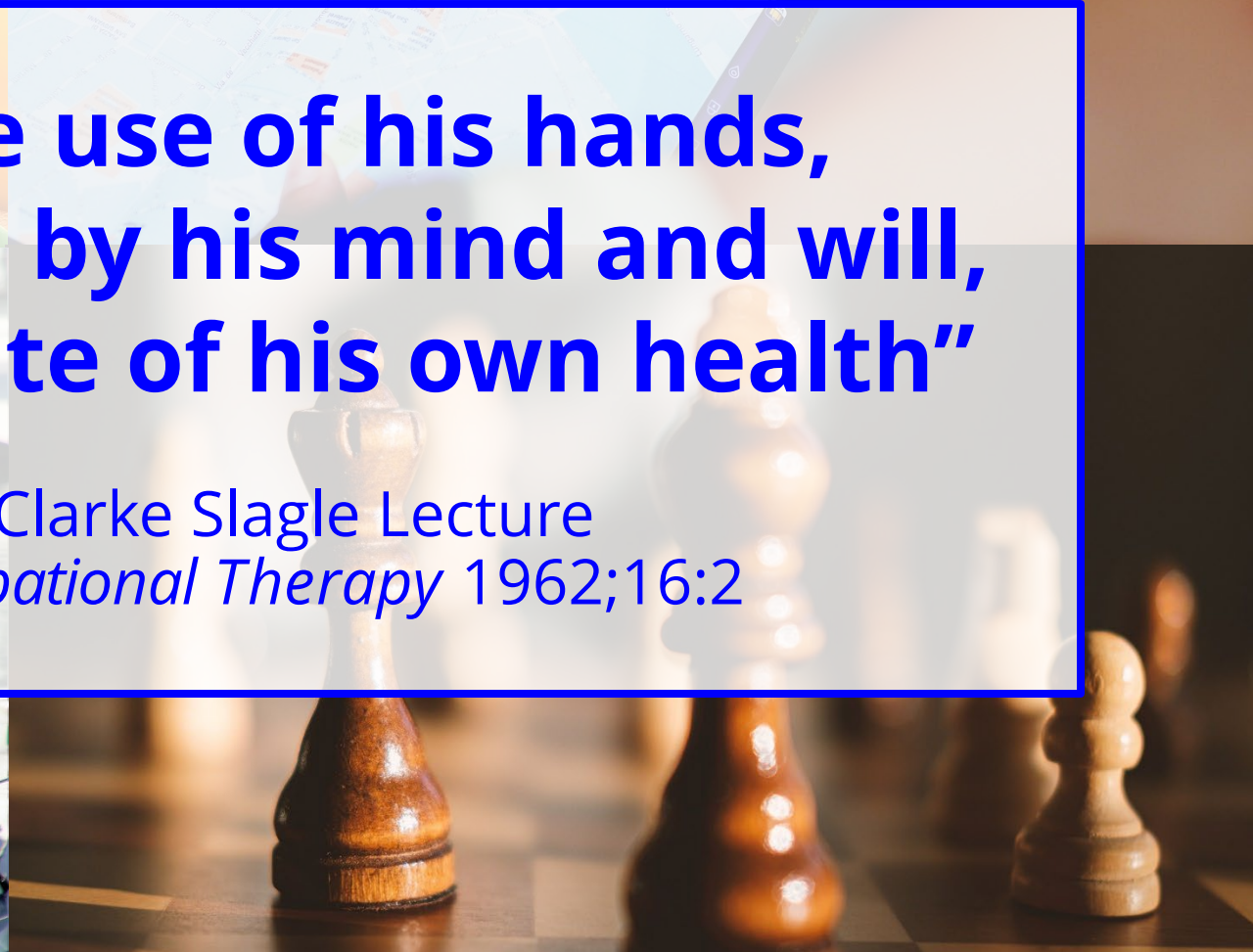




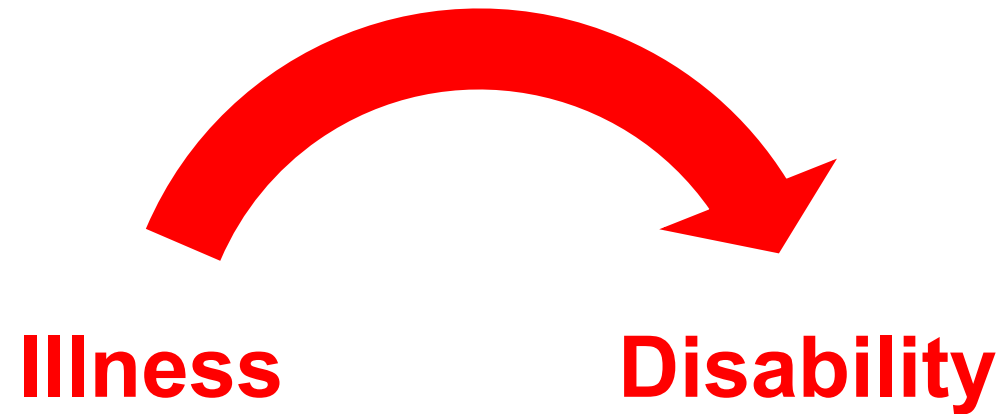


**“Man, through the use of his hands,
as they are energized by his mind and will,
can influence the state of his own health”**

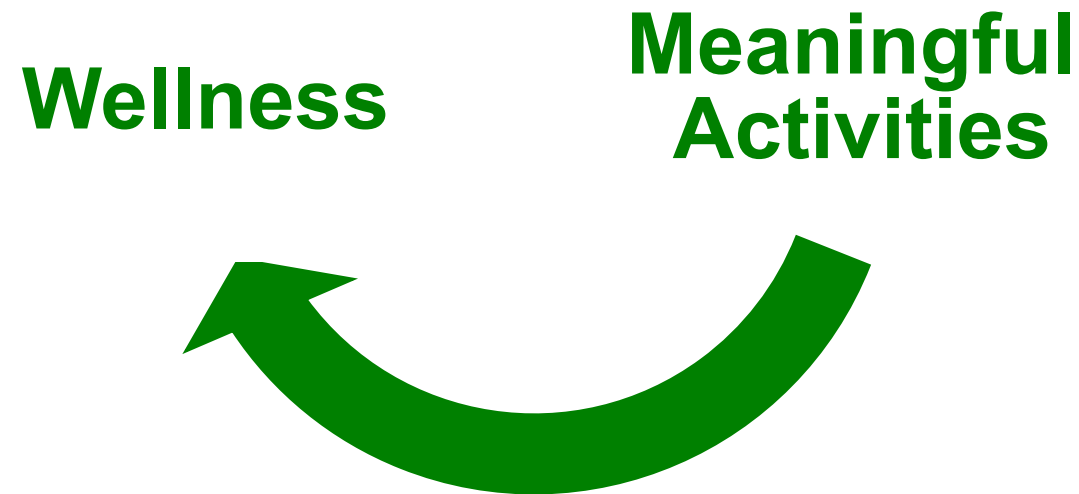
Mary Reilly, Eleanor Clarke Slagle Lecture
American Journal of Occupational Therapy 1962;16:2



Most biomedical research examines causal links between illness and disability



There is also causal link between engagement in meaningful activities and wellness



Weekly engagement in meaningful activities is associated with current depressive symptoms

Depressive symptoms measured with CES-D 8 (n=19,134)

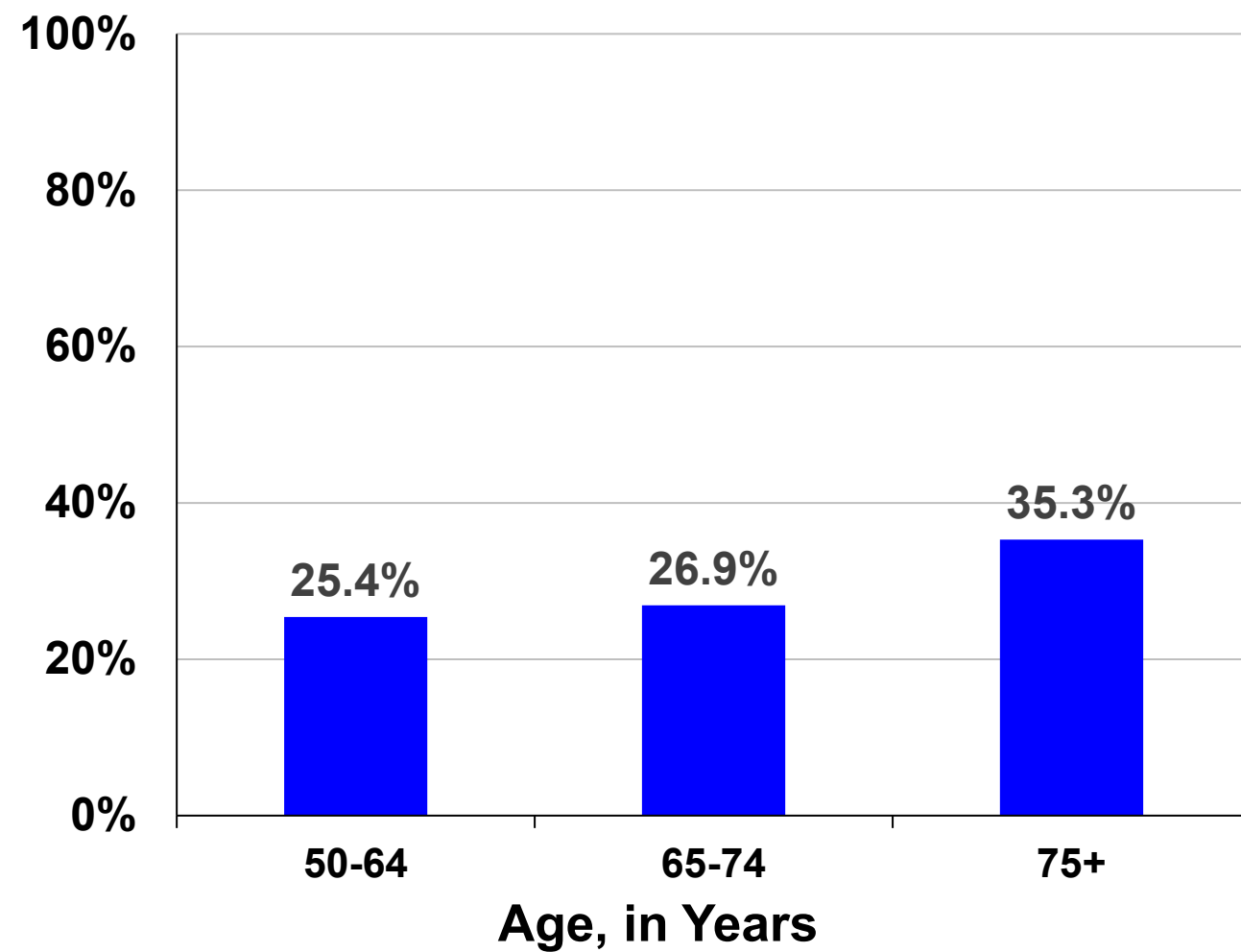
Reading	Baking/Cooking	
Writing	Hobby/Projects	OR=0.81 [0.73,0.89]
Sewing	Club Activities	OR=0.78 [0.69,0.88]
	Volunteer/Service	

Weekly engagement in meaningful activities is associated with future depressive symptoms

Depressive symptoms measured with CES-D 8 (n=19,134)

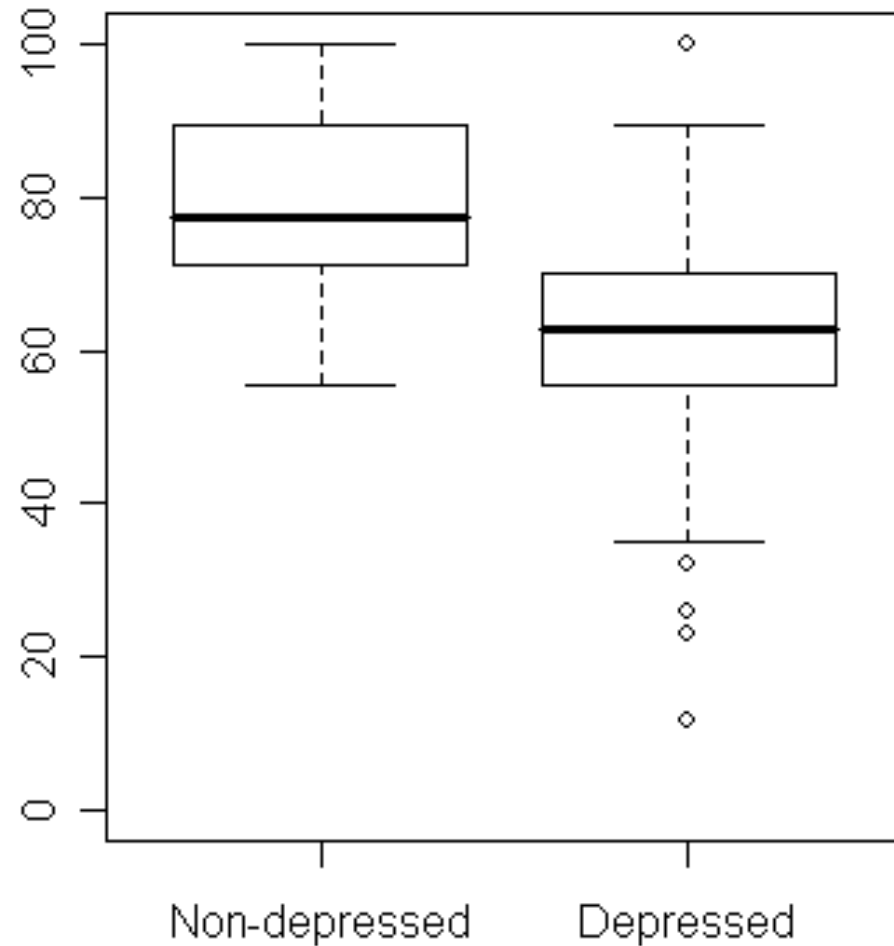
Reading	Baking/Cooking	OR=0.85 [0.75,0.95]
Writing	Hobby/Projects	OR=0.81 [0.71,0.92]
Sewing	Club Activities	OR=0.82 [0.71,0.94]
	Volunteer/Service	OR=0.86 [0.75,0.99]
Monthly engagement		

Prevalence of Inactivity among Older Adults

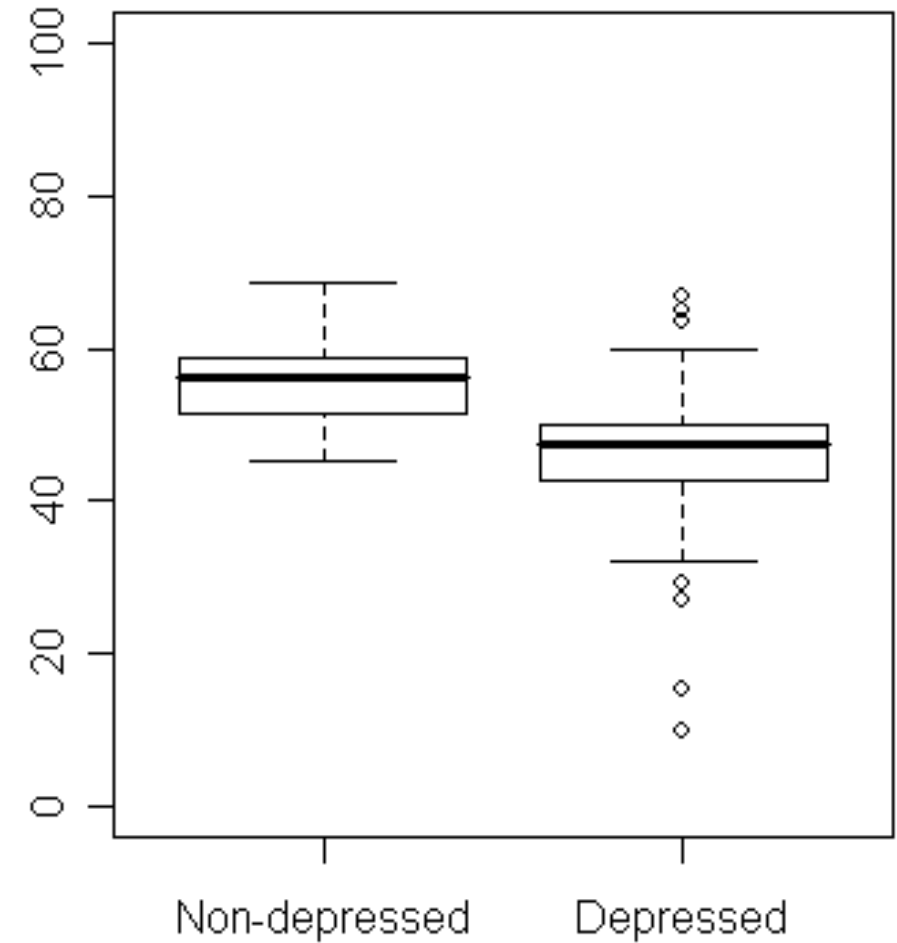


Watson et al., *MMWR Morb Mortal Wkly Rep*, 2016;65:954–8

"Can Do" (Scaled)



"Does Do" (Scaled)



How do we support older adults to engage in meaningful activities?

Essential Intervention Elements

1. **Select Personally Meaningful Activities**
2. **Activate New Weekly, Monthly Routines**
3. **Solve Problems (when needed)**

Select Personally Meaningful Activities



Volunteering

Please select your response from options listed to the right of the pictures.



Taking care of plants

Please select your response from options listed to the right of the pictures.



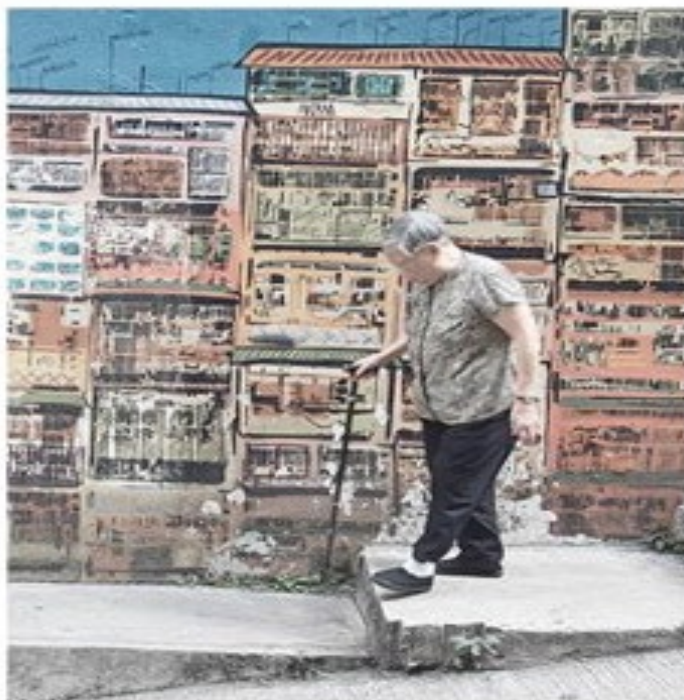
Handcrafts

Please select your response from options listed to the right of the pictures.



Walking

Please select your response from options listed to the right of the pictures.



Family gatherings

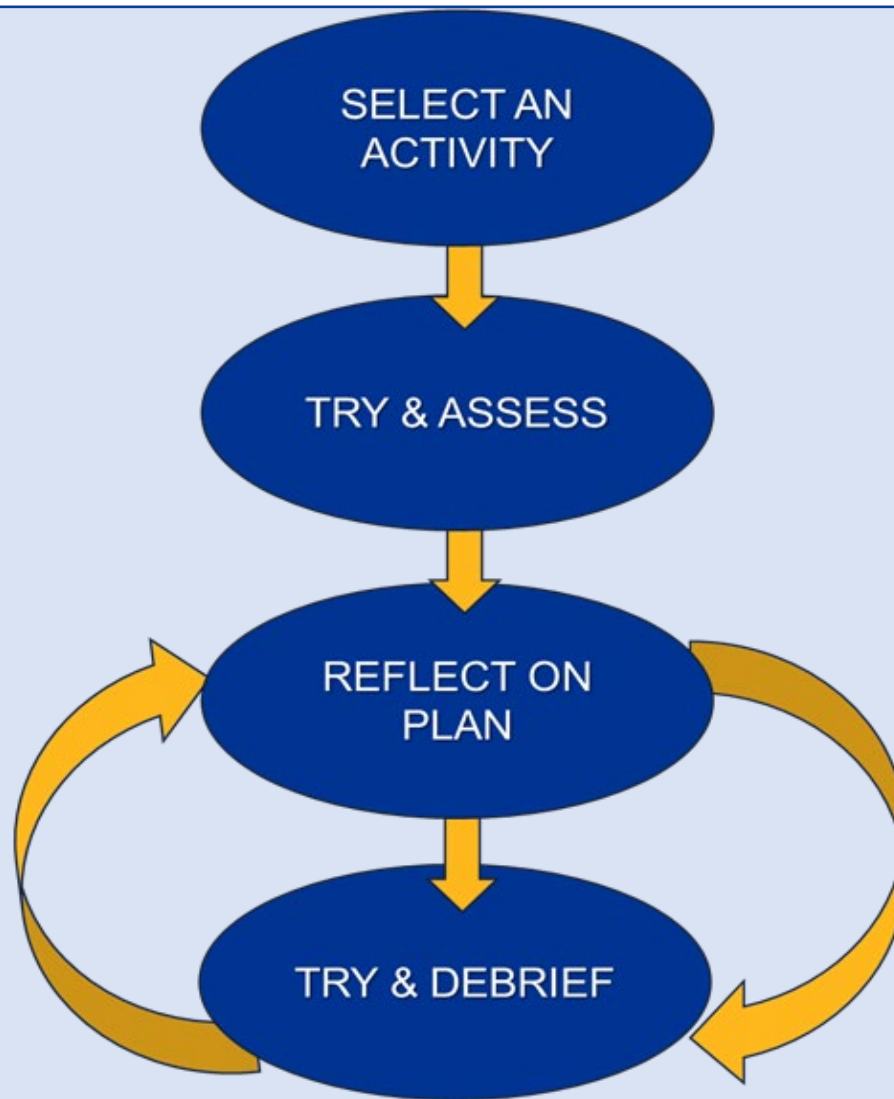
Please select your response from options listed to the right of the pictures.



Activate New Weekly, Monthly Routines

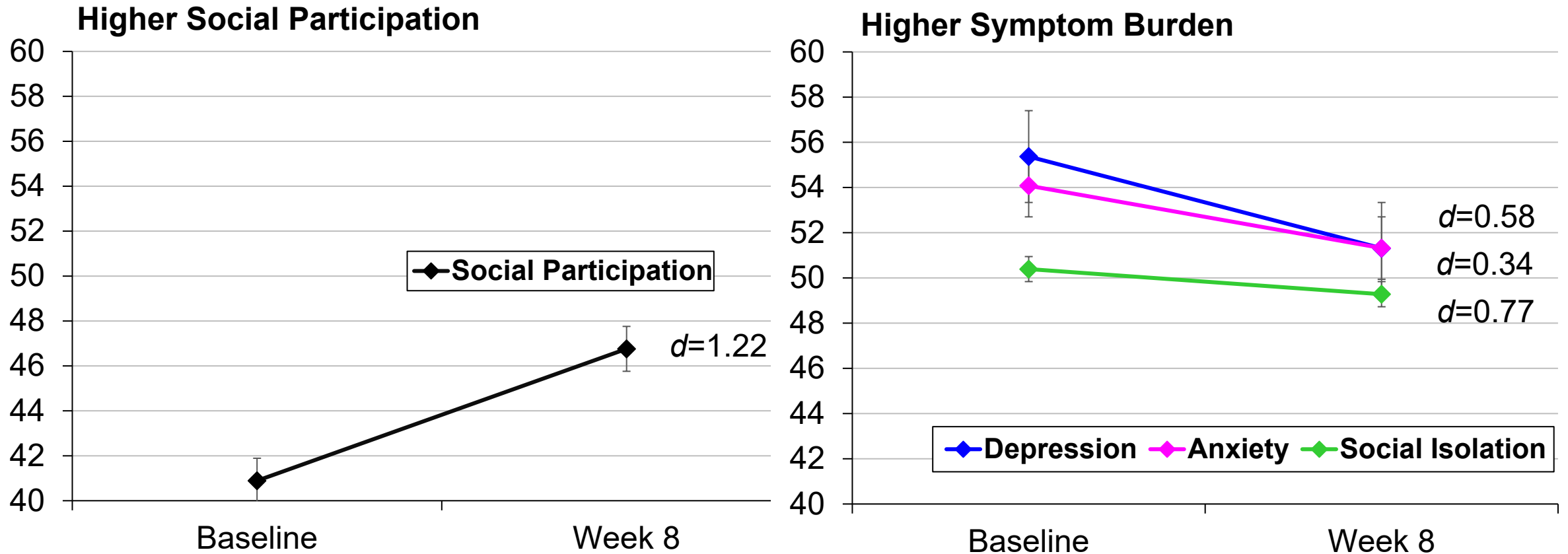


**S
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Older adults practice this strategy iteratively to support change to weekly, monthly routines

PROMIS Measure T Scores

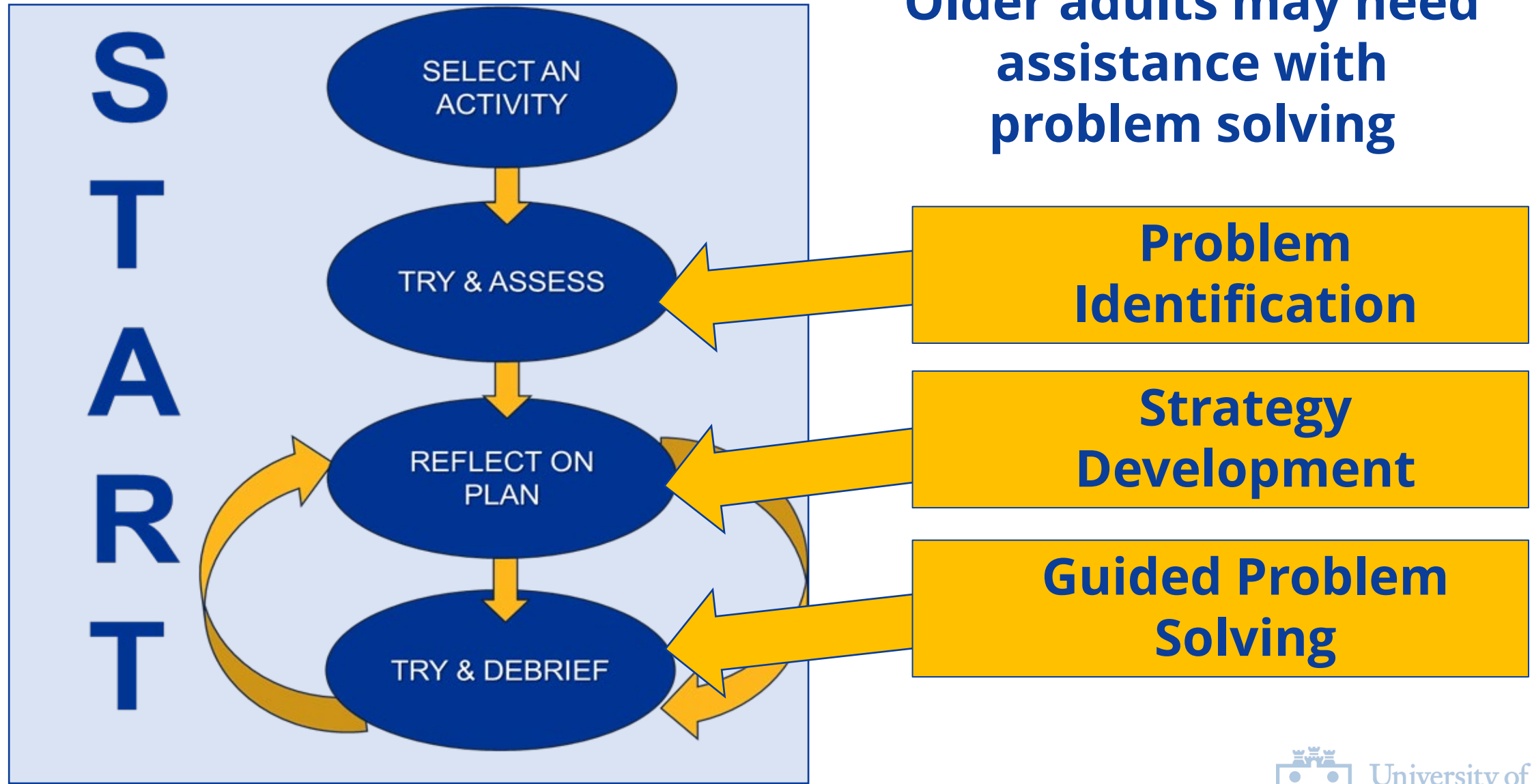


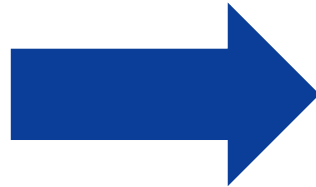
Kersey et al., *Arch Phys Med Rehabil*, in press
Skidmore, Baum, Hammel, et al., under review

Solve Problems (when needed)

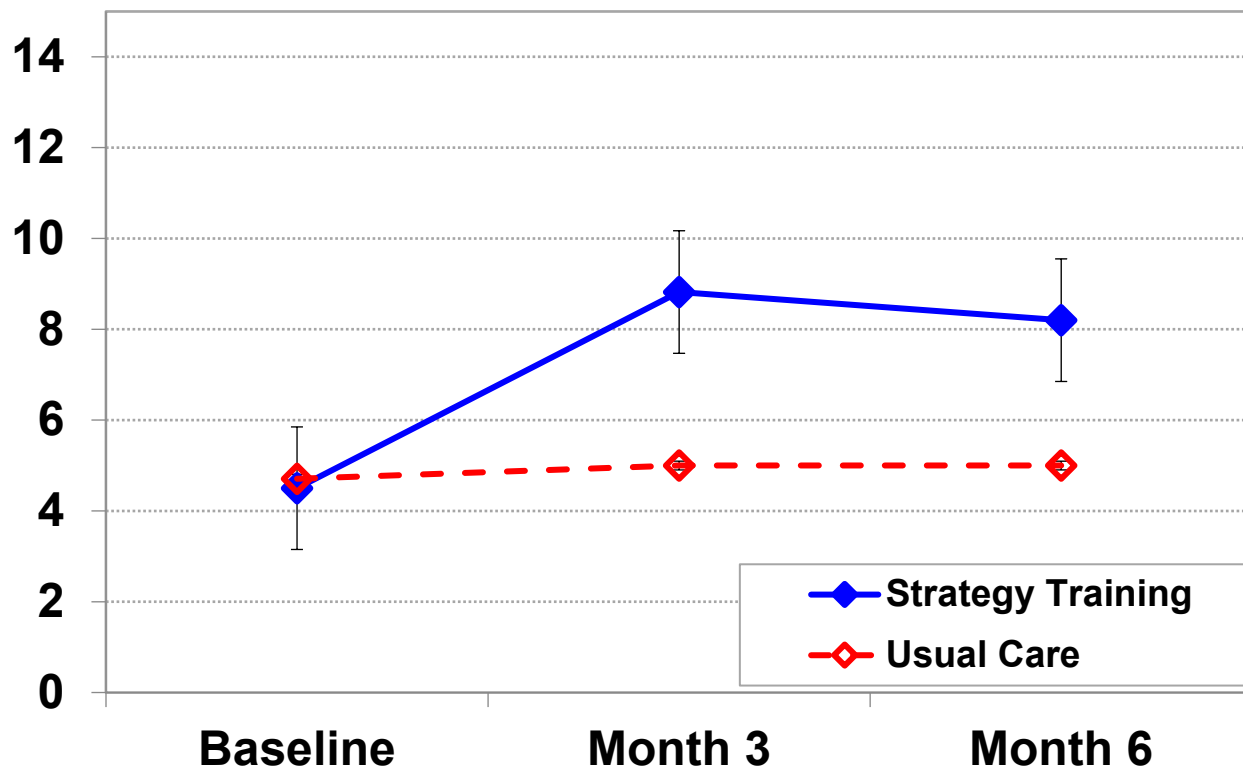


**Older adults may need
assistance with
problem solving**

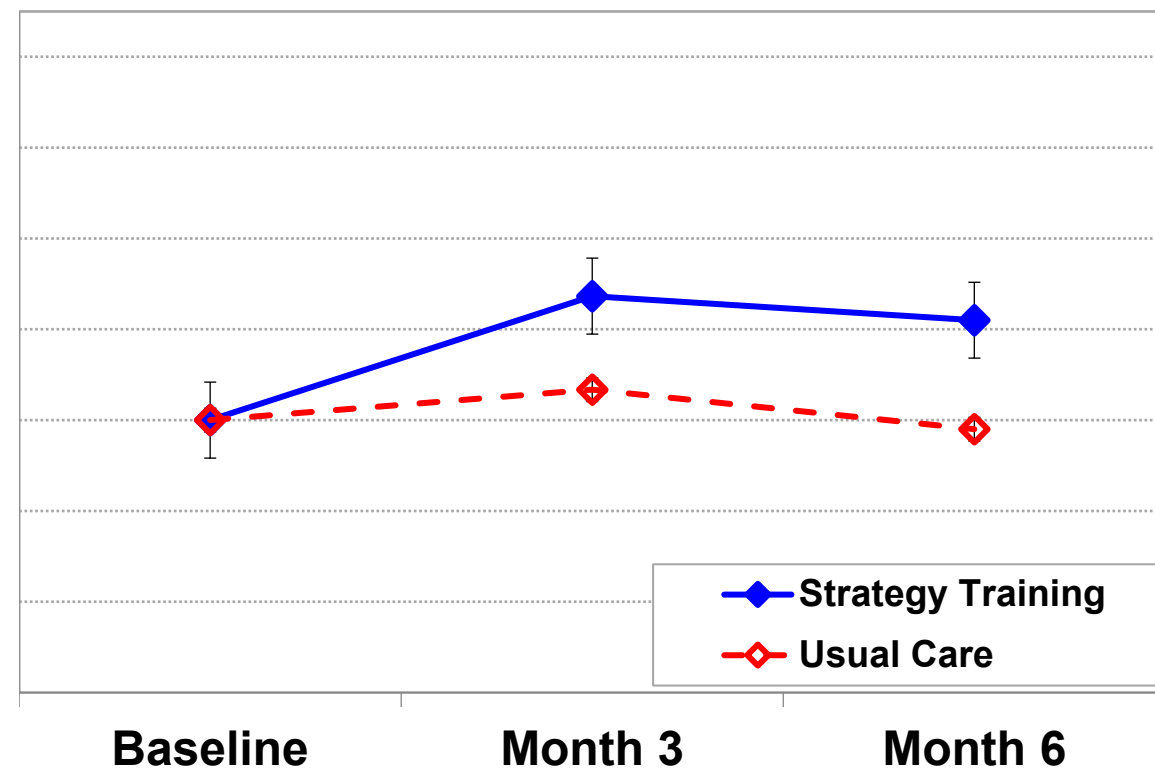




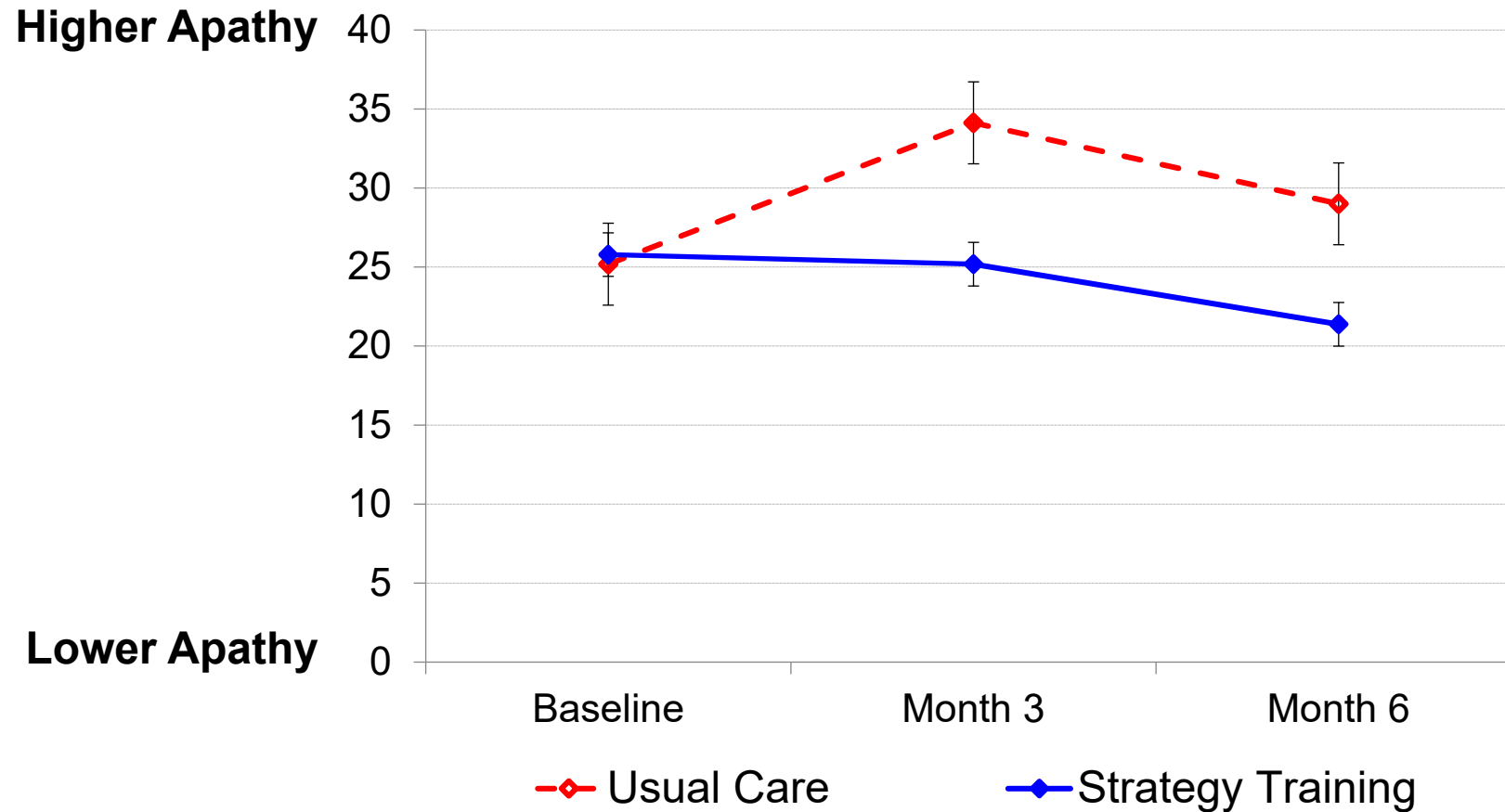
Delis Kaplan Executive Function Cognitive Flexibility Scaled Score



Delis Kaplan Executive Function Cognitive Inhibition Scaled Score



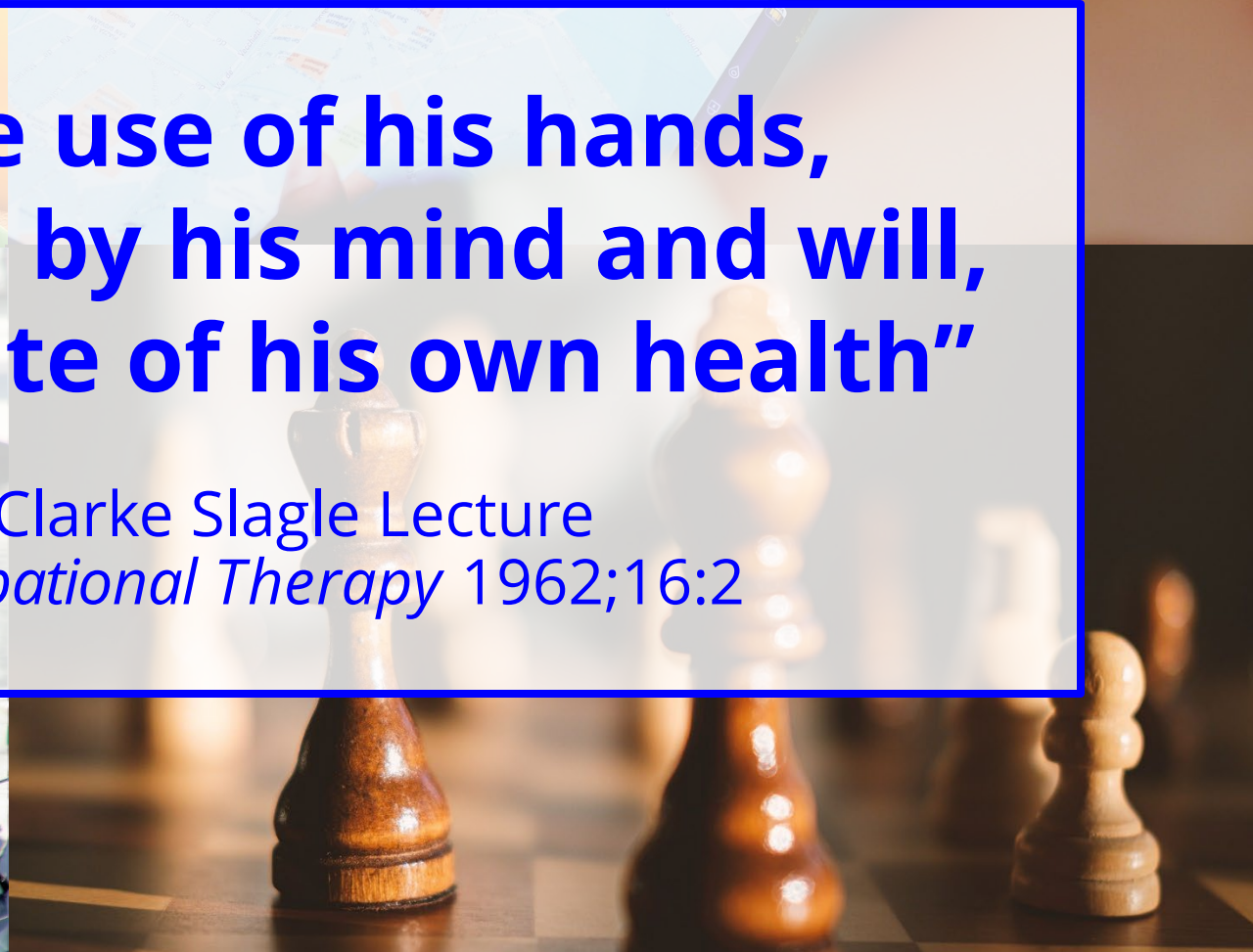
Apathy Evaluation Scale Score





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