Creating Social Participation Opportunities for Community-Dwelling Older Adults at Leah Rose Residence

Alexis Dawson, OTD/S
Faculty Mentor: Elena Wong Espiritu, OTD, OTR/L, BCPR
Expert Mentor: Mary Lord, Executive Director

Outcomes

- Outcomes of this Experiential Component (EC) included:
  - Implementation of consistent daytime social events
  - Creation of activity groups with focus on leadership to support continuation following EC cessation
  - Presentations and volunteers from community agencies
  - Creation of Leah Rose activities binder
  - The residents following responses were obtained from the social participation post-survey:

  "Sharing time, names and faces makes me feel like I belong"

  "The social events awaken the minds and spirit of many of the residents. Most of them no longer have vehicles and do not drive due to health reasons. The events provided activities where they did not have to leave their home to participate."

  "I’ve discovered things about people that showed me they were nicer, more knowledgeable, more interesting, etc., that help gave me a fuller understanding of someone."

  "Frequent interactions helps me learn names and helps my aging memory put names with faces. Social activities and events help us feel like we live in a community of neighbors."

  "Alexis has responded to residents interests and Leah Rose has become a much livelier place and generated many friendships to support residents."

- The below bar graphs are results from Likert scale questions (scale 1-5) on the social participation pre and post-survey.
- The residents expressed an increase in their enjoyment and perceived level of importance in regards to social participation.

I enjoy participating in social events with other residents at Leah Rose Residence.

I feel that it is important to participate in social events at Leah Rose Residence.

I am satisfied with the current variety of daytime social events held at Leah Rose Residence.

Acknowledgments

- Dr. Espiritu [Thank you for your guidance throughout my EC].
- Mary Lord, Amy Doane and Leah Rose residents [It has been an honor to serve and work alongside each of you during my EC].

***References available upon request***