Fostering Social Participation: Promoting Health and Well-being in the Elderly

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SCHOOL OF MEDICINE

Model of Successful Aging
Rowe and Kahn, 1998

Minimize Risk of Disease and Disability

Continue Engagement with Life

Maintain Physical and Cognitive Function
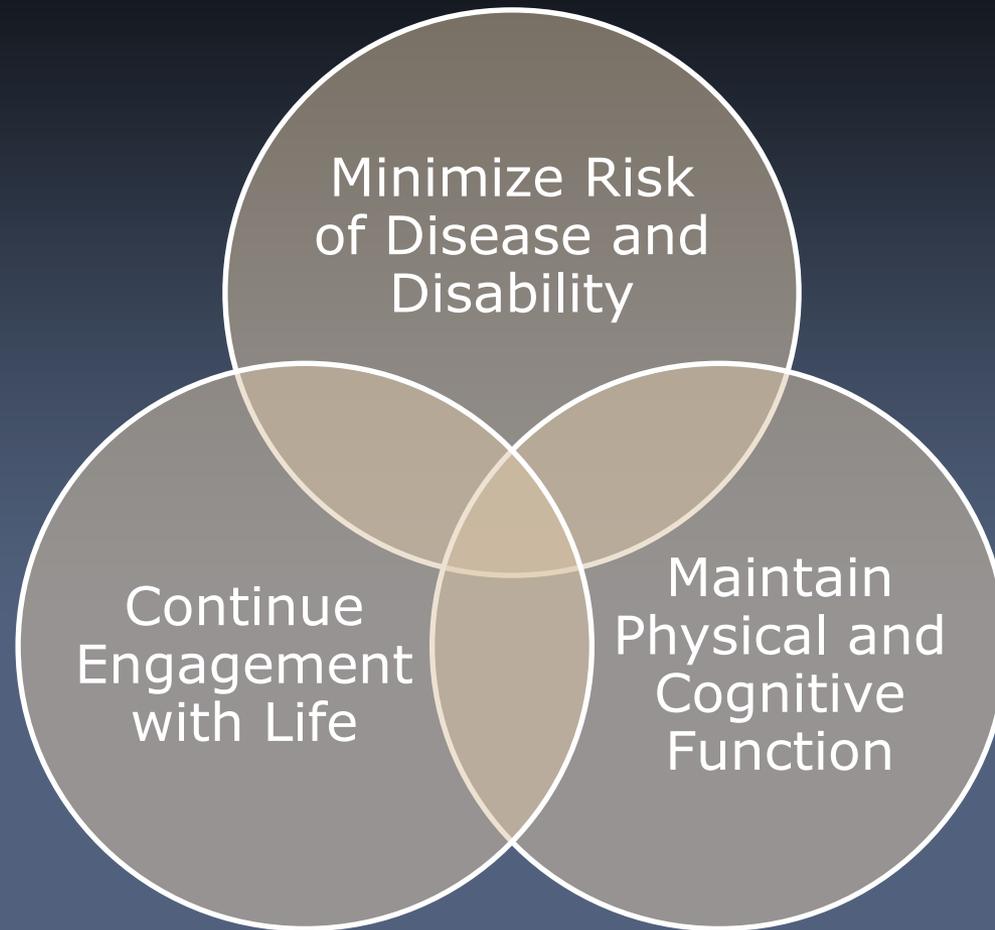
The ACS: A Valid and Reliable Assessment of Activity Participation

(Baum, 1993; Baum and Edwards, 2001; 2008)

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Validated in 8 Countries

- Hong Kong
- Singapore
- Korea
- Australia
- Israel
- The Netherlands
- Puerto Rico
- United States

Shopping for Groceries

Comprar los Alimentos
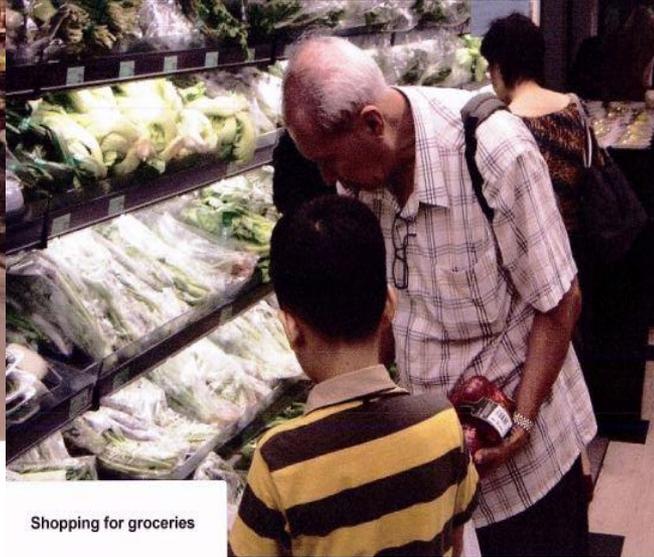
Shopping for groceries

BOODSCHAPPEN DOEN

Shopping for Groceries

在雜貨店購物 (街市)

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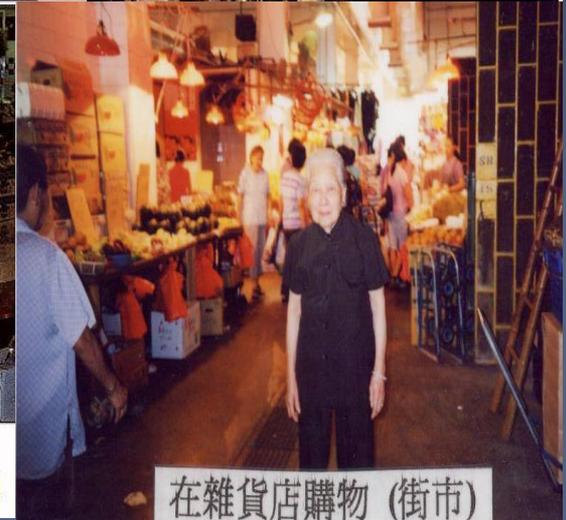
Laundry

Laundry

ACS
4

Laundry

Lavar la Ropa

04

DE WAS DOEN

洗衣服

Reading Newspaper

Reading newspaper, magazines and books
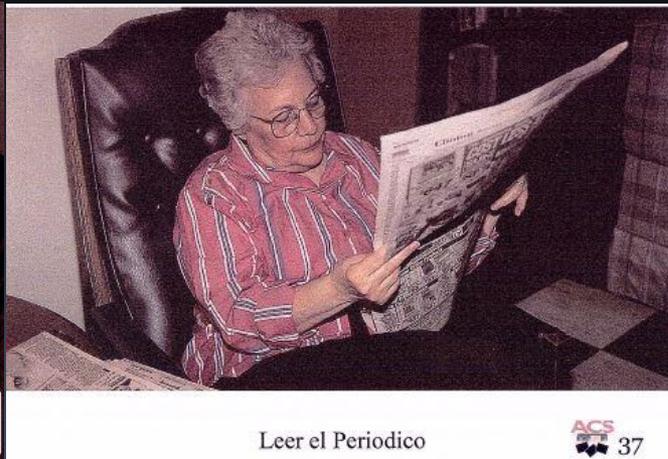
Leer el Periodico

קריאת עיתונים

KRANT LEZEN

閱讀報紙

Reading Newspaper

Instrumental Activities- 20

	Instrumental Activity	Home	Community
1	Shopping in a Store		X
2	Shopping for Groceries		X
3	Dishes	X	
4	Laundry	X	
5	Yard Maintenance	X	
6	Taking Out the Trash	X	
7	Cooking Dinner	X	
8	Household Maintenance	X	
9	Fixing Things Around the House	X	
10	Driving		X
11	Getting Gas		X
12	Car Maintenance		X
13	Going to Doctor or Therapy		X
14	Taking Care of a Pet	X	
15	Paying Bills	X	
16	Managing Investments	X	X
17	Resting	X	
18	Beauty/Barber Shop		X
19	Child Care	X	
20	Work		X

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	Low Demand Leisure Activity	Home	Community
21	Spectator Sports		x
22	Recreational Shopping		x
23	Cooking as a Hobby	x	x
24	Sewing (Clothing or Household including mending)	x	
25	Needle Crafts (Knitting, needle point, quilting)	x	x
26	Hand Crafts	x	
27	Table Games (checkers)	x	
28	Flower Arranging	x	
29	Computer (e-mail and shopping)	x	
30	Computer Games	x	
31	Collecting		x
32	Playing Cards (solitaire, poker, bridge)	x	
33	Putting Together Puzzles	x	
34	Crossword or Sudoku Puzzles	x	
35	Photography		x
36	Drawing/Painting	x	
37	Interior Decorating		x
38	Playing a Musical Instrument	x	x
39	Reading Magazines/Books	x	
40	Reading Newspaper	x	
41	Reading the Bible/Religious Materials	x	
42	Singing in Choir or Group		x
43	Creative Writing/Journal	x	
44	Letter Writing	x	
45	Bird Watching	x	x
46	Going to the Museum		x
47	Going to Garden or Park		x
48	Attending Concerts		x
49	Going to Casino		x
50	Bingo/Lottery		x
51	Going to the Theater		x
52	Watching Movies	x	
53	Watching Television	x	
54	Listening to Music	x	
55	Listening to Radio	x	
56	Sitting and Thinking	x	

Physically Demanding Activities - 17

	High Demand Leisure	Home	Community
57	Swimming	X	X
58	Playing Team Sport		X
59	Woodworking	X	
60	Bowling		X
61	Golfing		X
62	Walking		X
63	Running		X
64	Exercising	X	X
65	Yoga/Pilates/Tai Chi	X	X
66	Playing Tennis or Other Racquet Sports		X
67	Hiking		X
68	Bicycling		X
69	Yard Games	X	
70	Camping		X
71	Canoeing/Boating/Sailing		X
72	Fishing		X
73	Gardening/Growing Flowers	X	X

Social Activities- 17

	Social	Home	Community
74	Studying for Personal Advancement		X
75	Traveling Local/Regional		X
76	Traveling National/International		X
77	Parties/Picnics		X
78	Family Gatherings	X	
79	Talking on the Telephone	X	
80	Visiting with Family/Friends Who Are Ill		X
81	Visiting with Friends	X	X
82	Eating at a Restaurant		X
83	Dancing		X
84	Going to Place of Worship		X
85	Volunteer Work		X
86	Going to Children's or Grandchildren's Activities		X
87	Storytelling with Children	X	
88	Being with Spouse or Partner	X	
89	Dating/Spending Time with Friends		X
90	Entertaining At Home or Club	X	X

Can Be Used as a Clinical Tool or to Classify Barriers If the Person Does Less or Has Given Up

	Go to Church	Play Bridge													
I have no opportunity															
I get tired															
I am afraid of falling															
I get frustrated															
I have no transportation															
I don't have enough money															
I don't have anyone to do it with me															
Other _____															

Measures

Construct	Measure
Feeling Blue (Depression Proxy)	SF-36
Perceived Global Health	SF- 36
Cognition	Short Blessed
Health Conditions	Self-Report
Activity Participation	Activity Card Sort
Education	Self-Report
Lives Alone	Self-Report

Demographics
N= 460

Gender	Female	284 (63.8 %)
	Male	159 (35.7%)
Age	54- 64	52 (11.7%)
	65-74	161(36.2%)
	75-84	170(38.2%)
	> 85	62(13.9%)
Race	Caucasian	380 (85.4%)
	Black	64 (14.4%)
Education	No college	210 (45.7%)
	College	174 (37.8%)
	Post Grad.	69 (15.0%)
Health	Excellent	40 (09%)
	Very Good	89 (30%)
	Good	176 (39.6%)
	Fair	105 (23.6%)
	Poor	21 (04.7%)
Health Condition	Arthritis	217 (47.4%)
	Diabetes	86 (18.2%)
	Hypertension	290(64.0%)

Activity Scores Across Study Groups

N= 153   N=259   N = 48
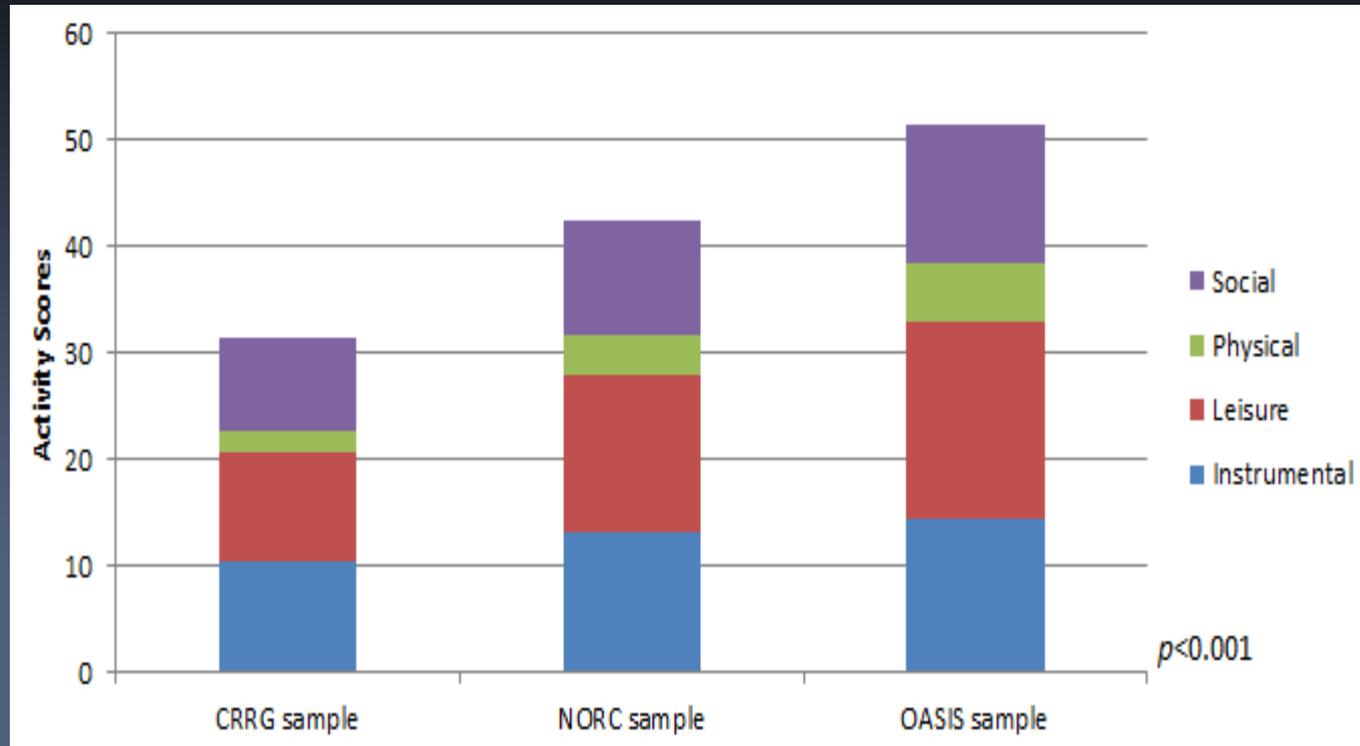
F- 29.895 TO 70.659 all significant at p < .0001

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Activity Scores by Gender

N= 284   N= 159
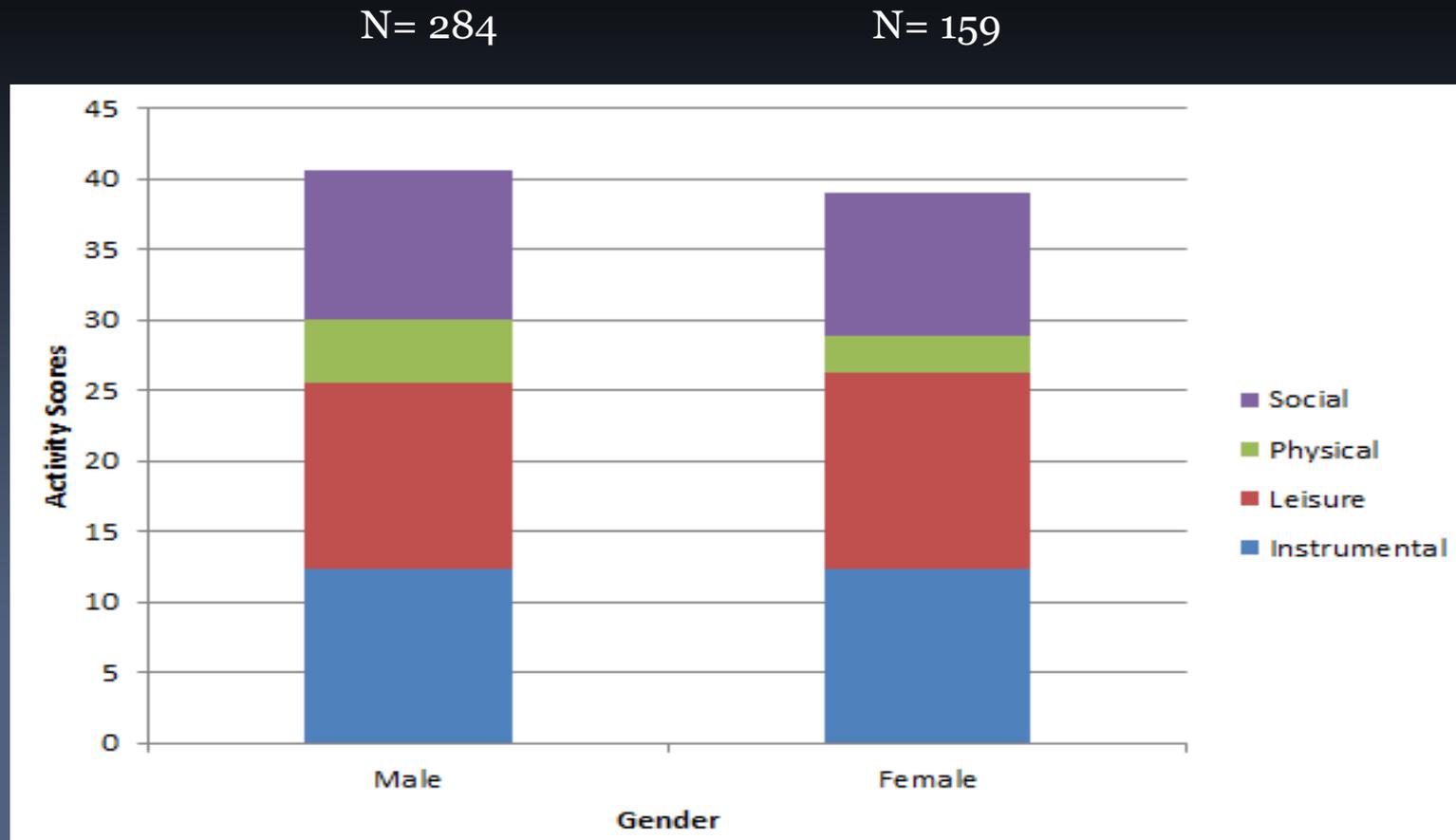
Activity differences not significantly different *except Physical t=5.908 (p< .001)*

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Activity Scores Across Age Groups
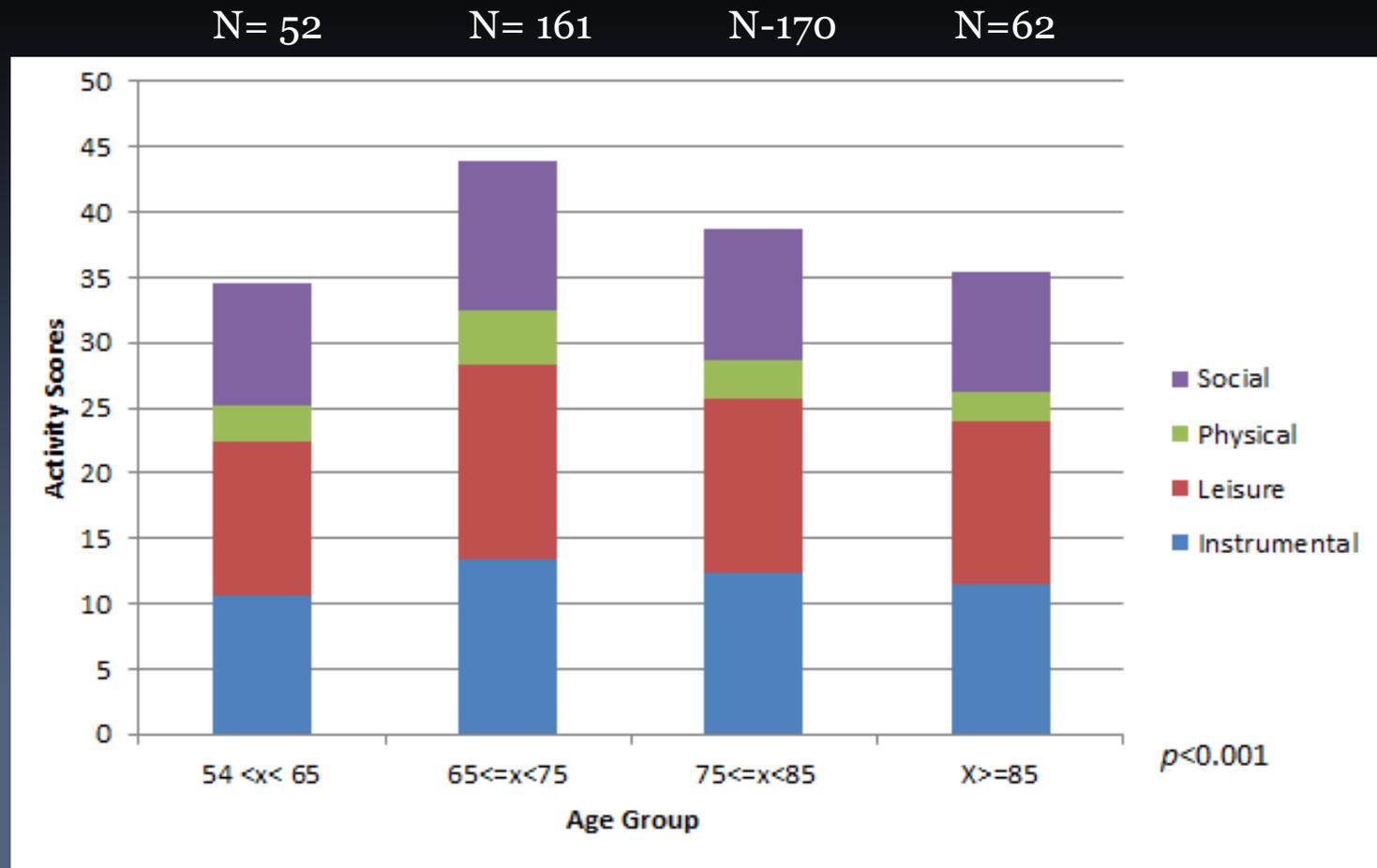
All activities are significantly different across age groups.
F scores range from 6.693 to 12.173 p=<. 001

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Activity Scores Living Situation

N=147   N= 260
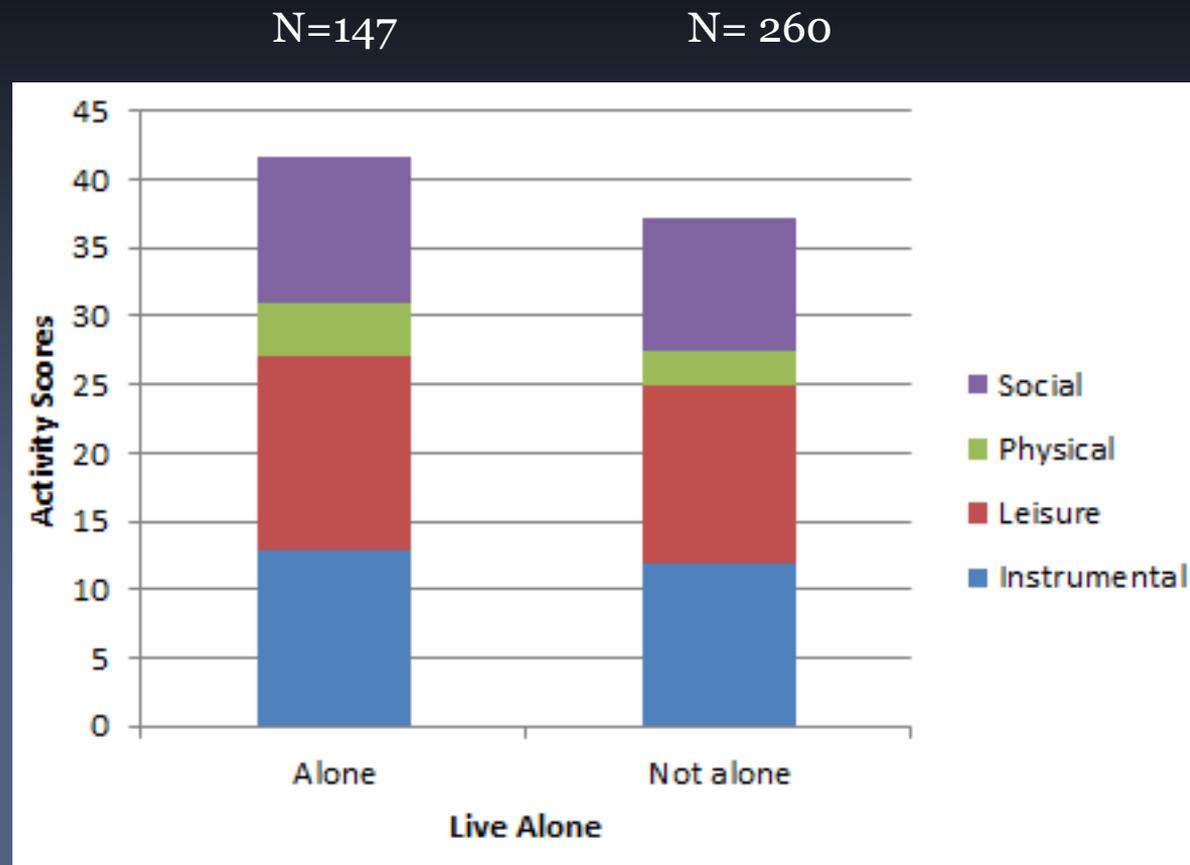
Significantly different at all levels

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Activity Scores Across Level of Education
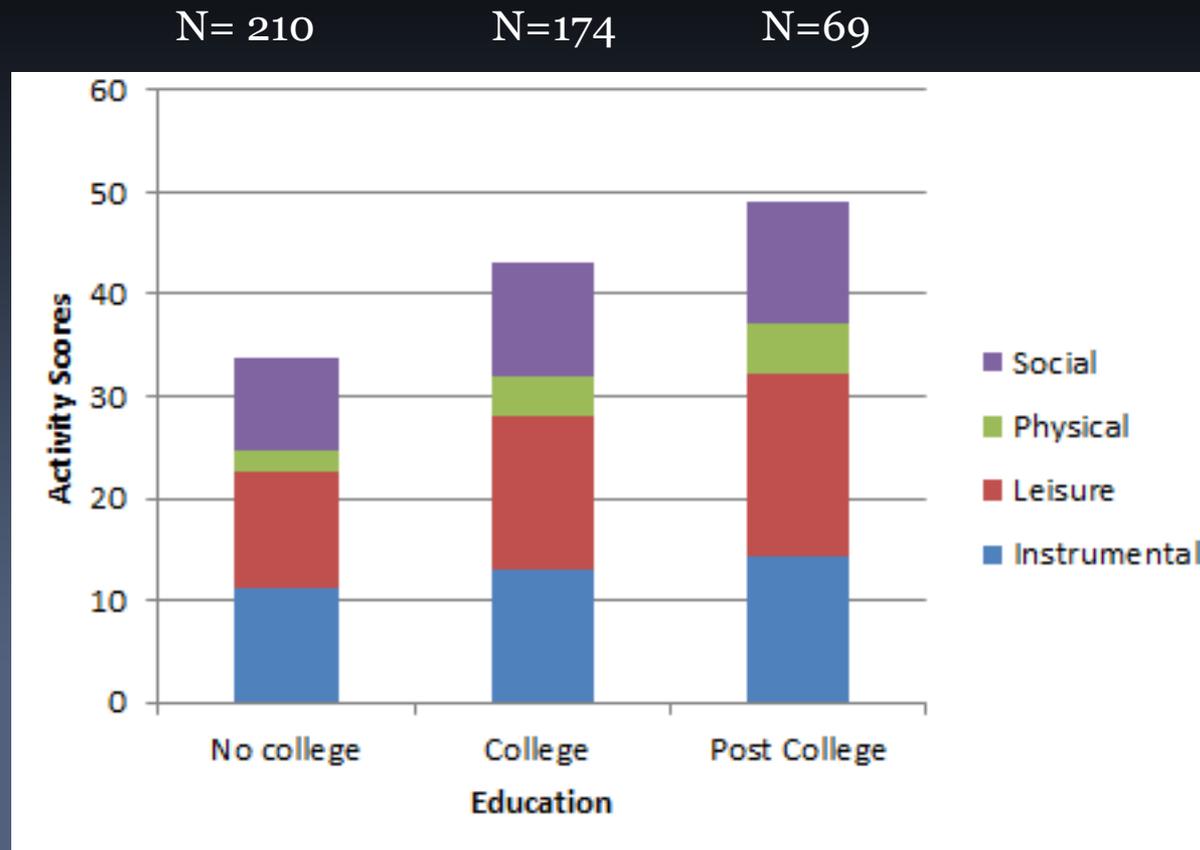
Significantly difference at all levels
F ranges from 21.251to 58.262 p= <.0001)

Activity Scores Across Perception of Health
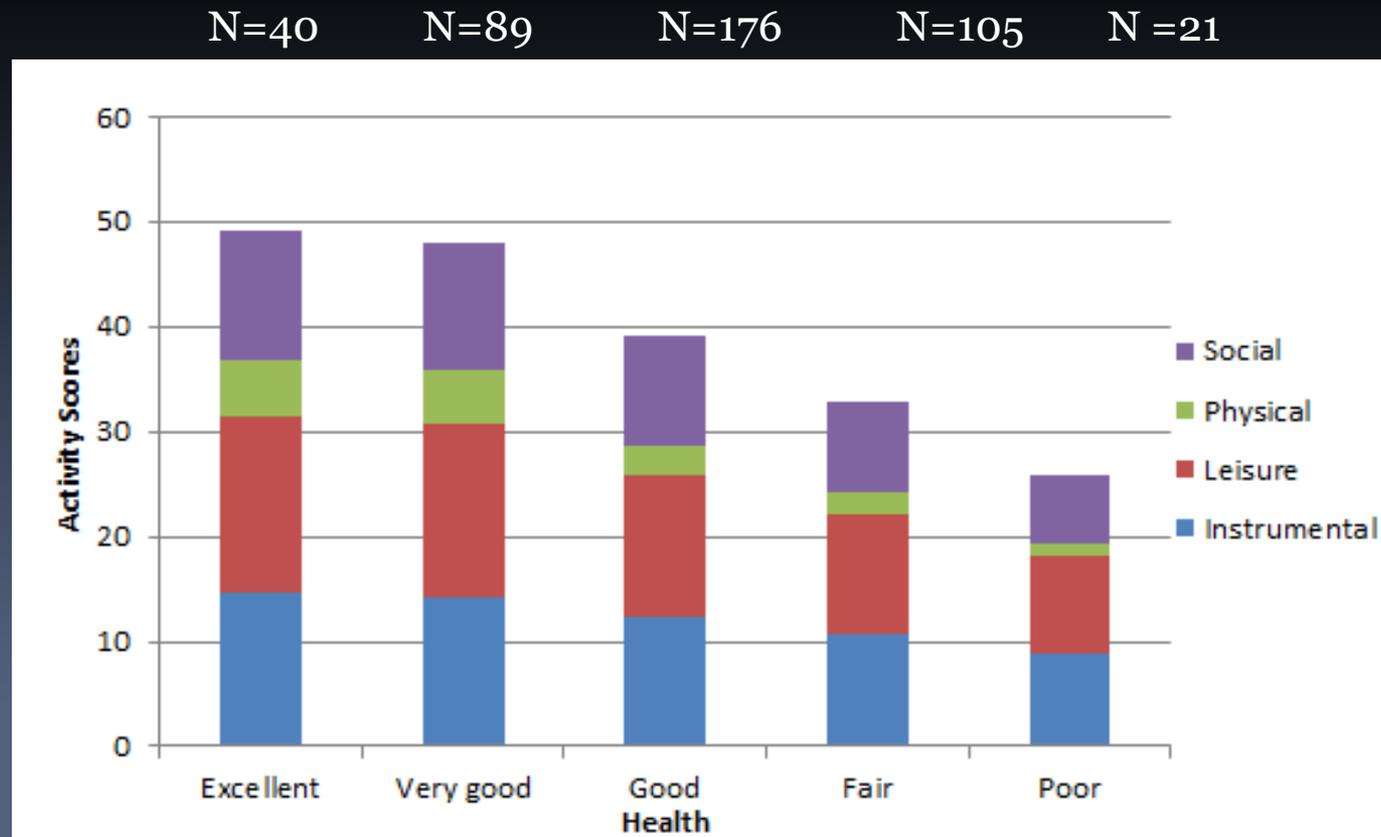
Activity is significantly different across all levels of person reported perception of health
F ranges from 20.501 to 36.450 p>.0001

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Activity Scores: Cognition
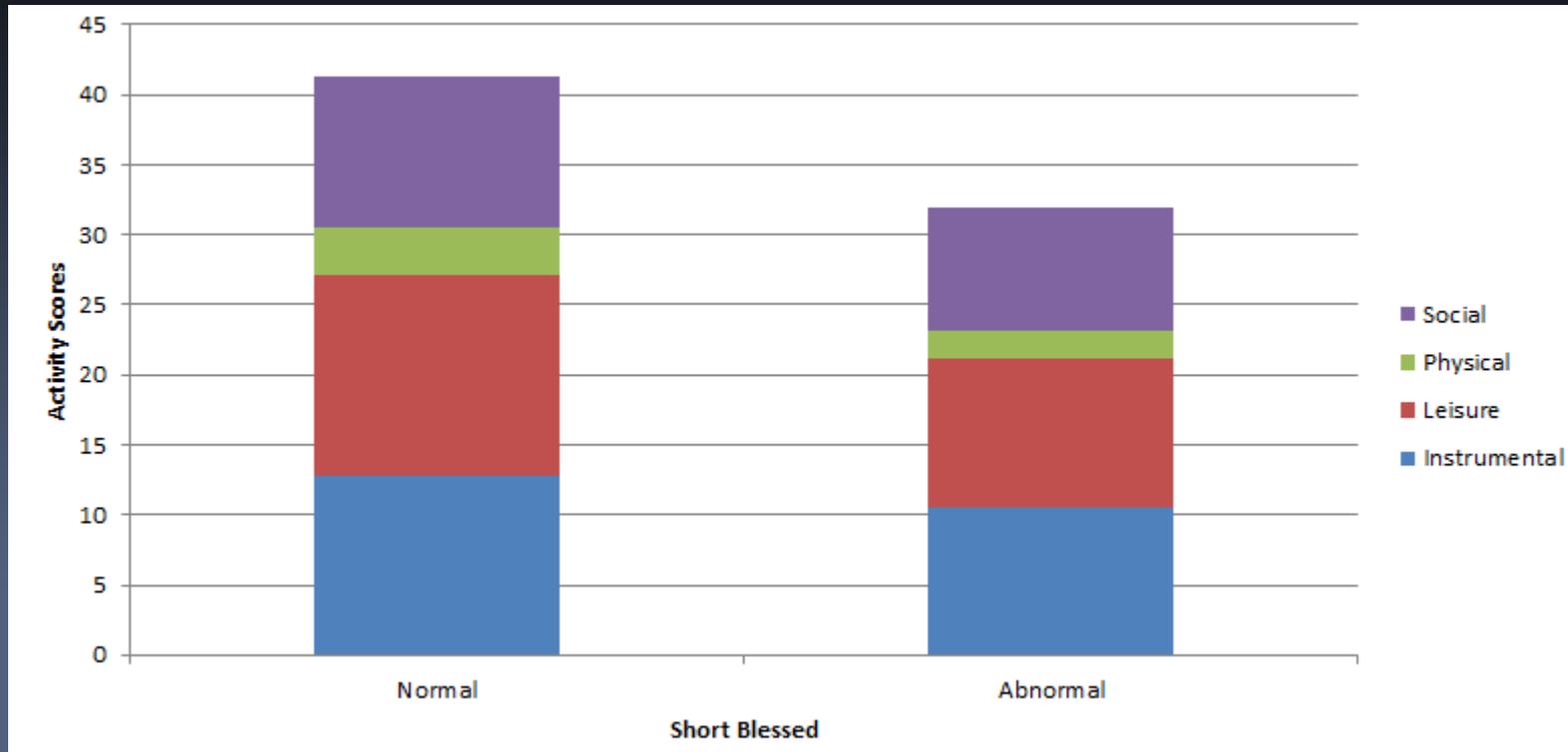
All activities are significantly different (p.< 01) except physical (.08)

# Activity Scores: Feeling Blue

N=334   N=109
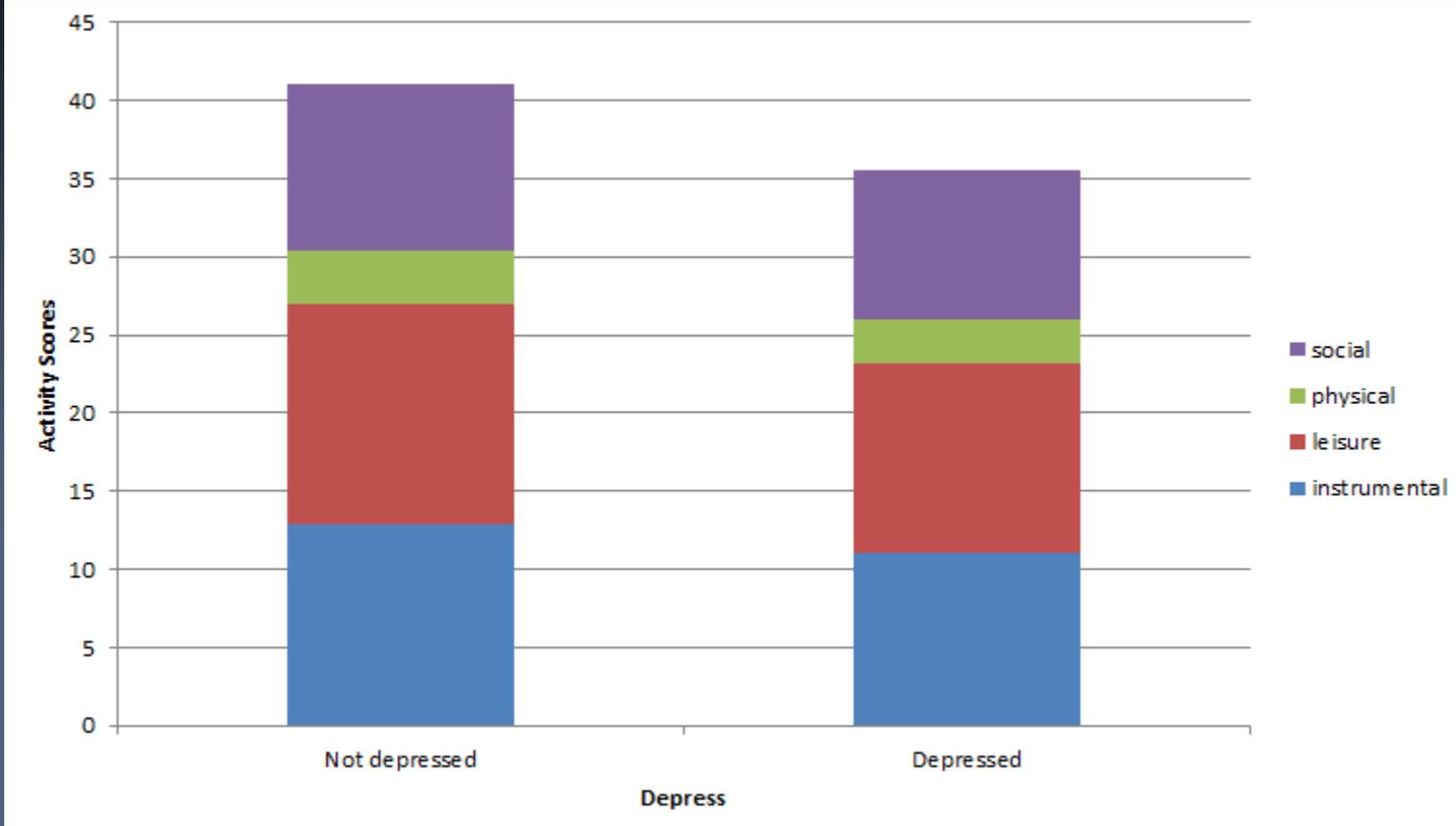
All activities are significantly different except physical activities.

Activity Scores: Diabetes
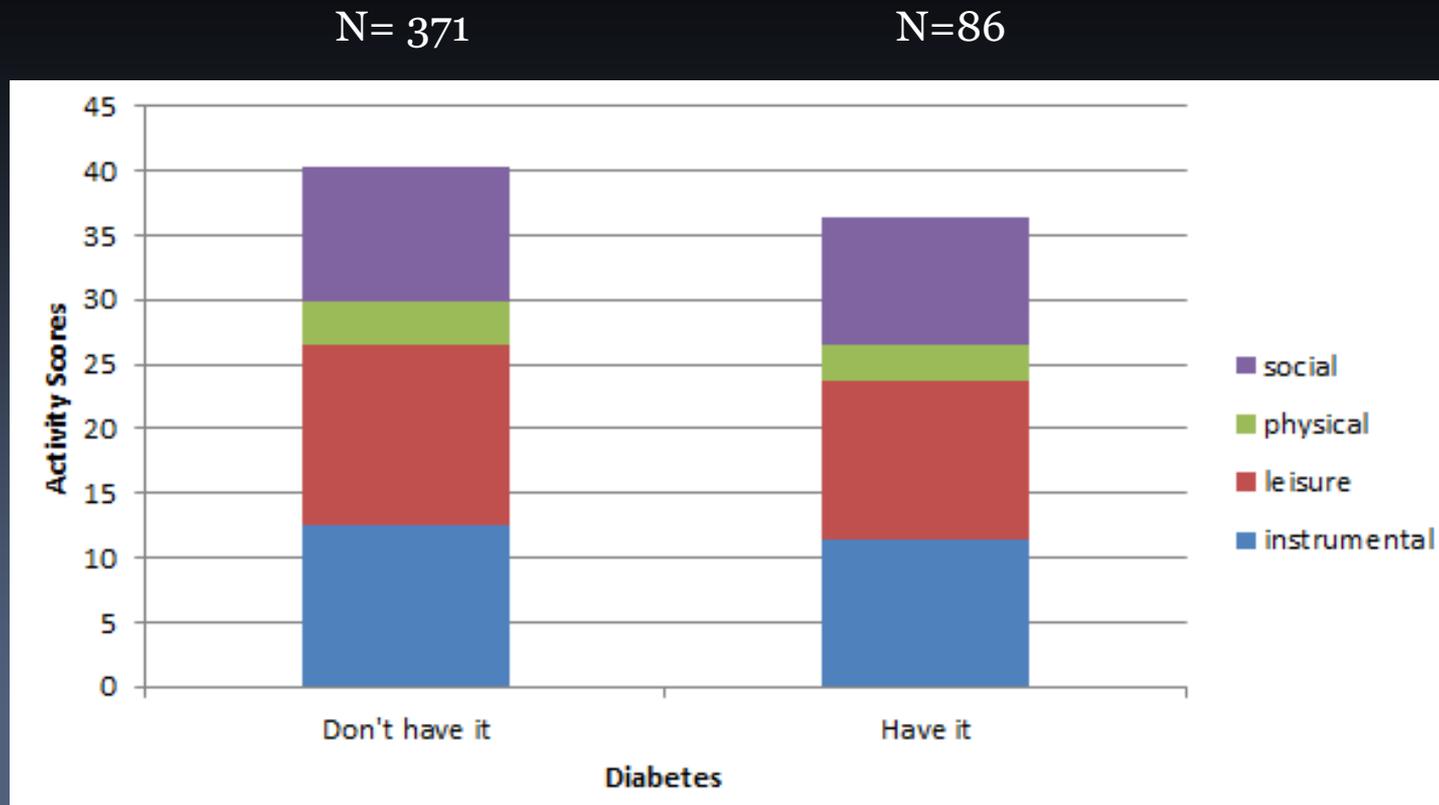
Social, physical and total activity scores are significantly different, no differences in leisure or instrumental activities.

Activity Scores: Hypertension

N= 167   N=281
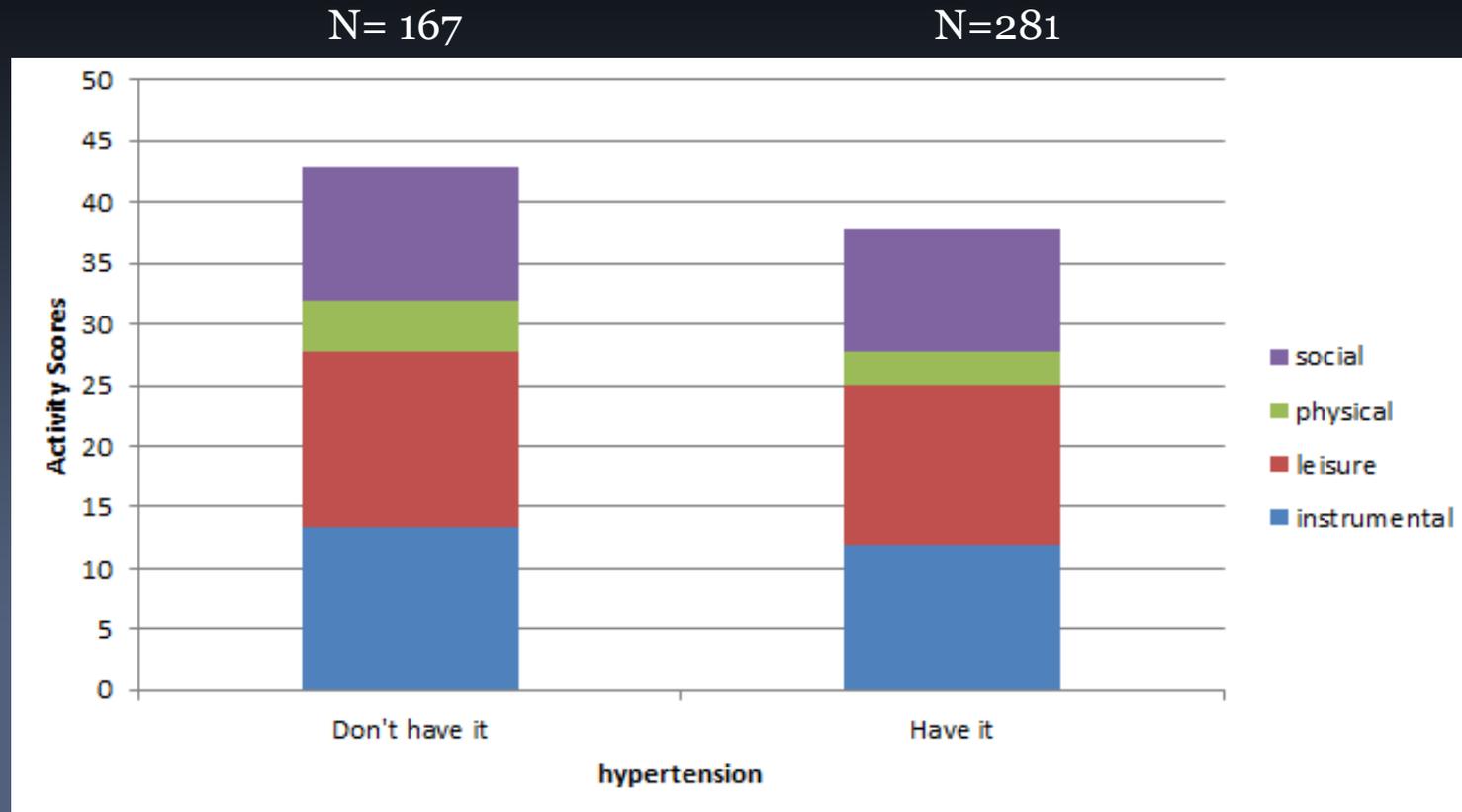
All activities are significantly different between those who do and do not have hypertension.

Activity Scores: Arthritis
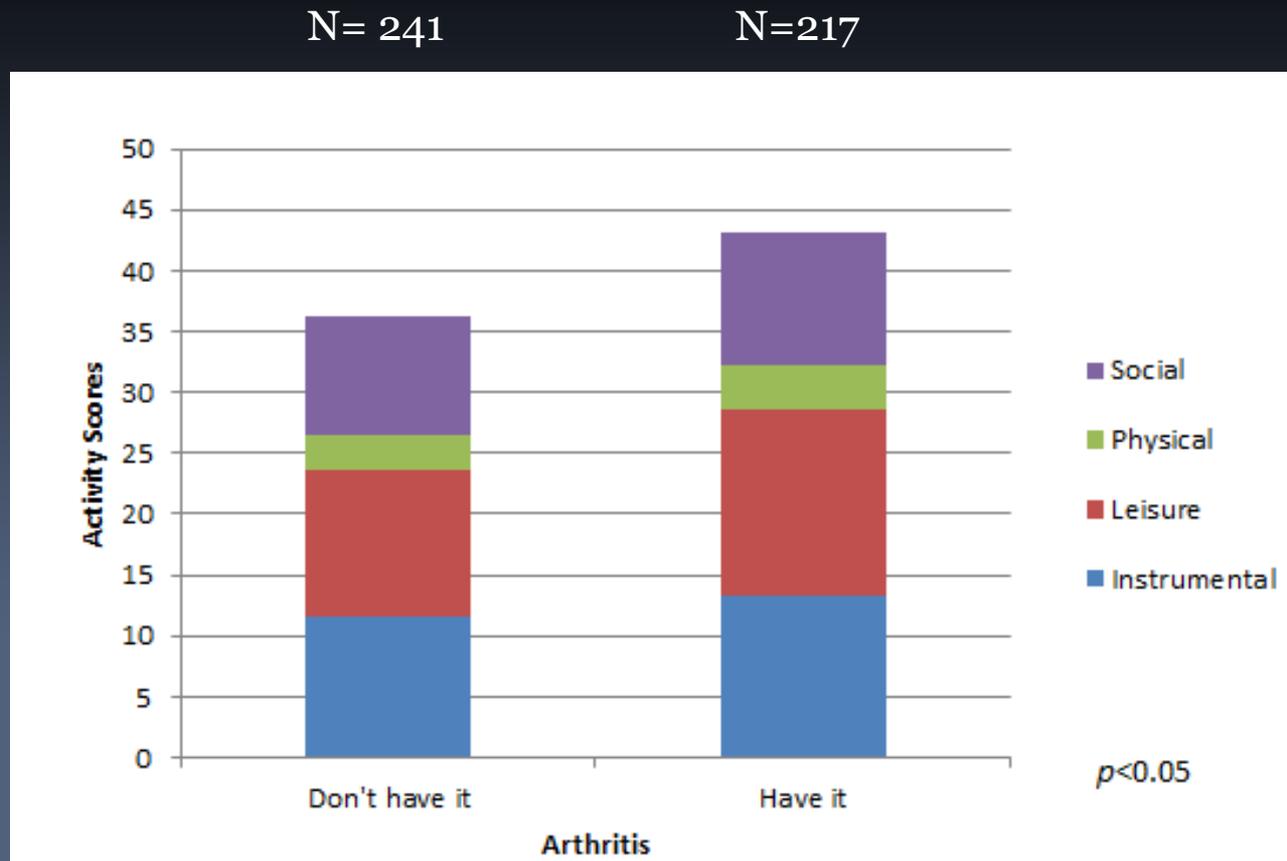
Activities are significantly different between those who do and do not have arthritis

Summary of Stepwise Regression Analysis for Variables Predicting total activity (n=459)

R= 0.594, F =42.935 , p<0.0001

Step	Model(s)	Multiple R Square	F	p
1	SF Perceived Global health	0.21	107.69	P<0.001
2	SF Perceived Global health, Education	0.31	89.86	P<0.001
3	SF Perceived Global health, Education, Cognition	0.32	64.18	P<0.01
4	SF Perceived Global health, Education, Cognition, Age	0.33	51.55	P<0.01
5	SF Perceived Global health, Education, Cognition, Age, Race	0.34	42.94	P<0.05

Summary of Stepwise Regression Analysis for Variables Predicting community activity (N=459)

R= 0.564, F =36.787 , p<0.001

Step	Model(s)	Multiple R Square	F	p
1	SF Perceived Global health	0.21	105.35	p<0.001
2	SF Perceived Global health, Education	0.28	77.90	p<0.001
3	SF Perceived Global health, Education, Age	0.29	54.93	p<0.05
4	SF Perceived Global health, Education, Age, Gender	0.30	43.83	p<0.01
5	SF Perceived Global health, Education, Age, Race	0.31	36.79	p<0.05

Summary of Stepwise Regression Analysis for Variables Predicting home activity (N=459)

R= 0.555, F =34.92 , p<0.001

| Step	Model(s)	Multiple R Square	F	p
1	SF Perceived Global health	0.18	84.92	P<0.001
2	SF Perceived Global health, Education	0.27	74.59	P<0.001
3	SF Perceived Global health , Education, Cognition	0.29	53.64	P<0.01
4	SF Perceived Global health , Education, Cognition, Age	0.30	42.18	P<0.01
5	SF Perceived Global health , Education, Cognition, Age, Race	0.31	34.92	P<0.05

51 Older Adults in a Community Housing Unit in St. Louis, Missouri

Age	*78.7*	61-93
Marital Status	*Married*	2%
	Div/Sep/Widowed	6%
		92%
Living Situation	*Single*	98%
	Alone	2%
	With Other	
Years of Education	1-8	8%
	9-12	6%
	12	22%
	13-15	33%
	16	20%
	16+	12%
Gender	Female	82%
	Male	18%
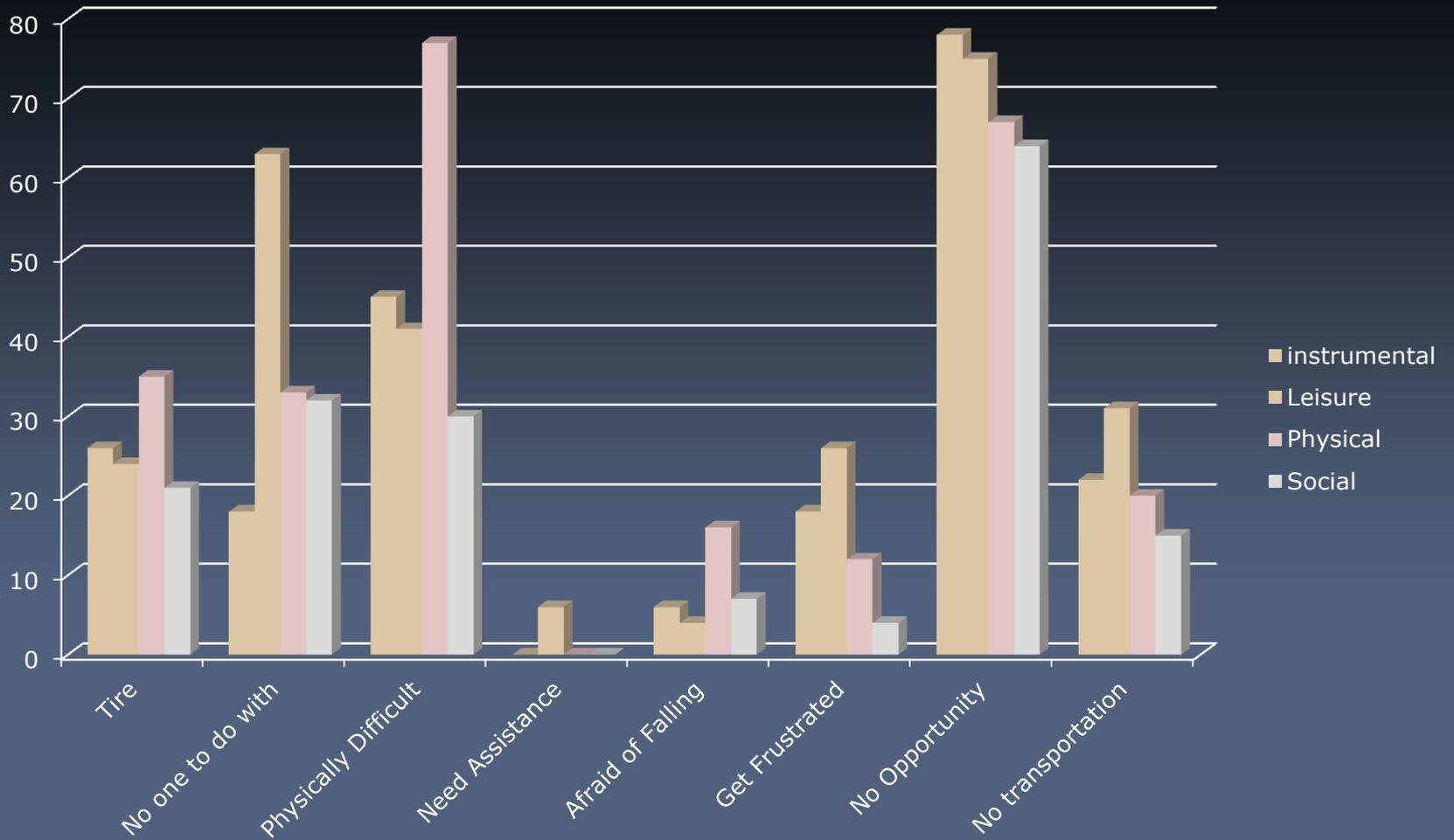
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