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## Promoting Engagement of Male Individuals with Alzheimer's in a Memory Day Care

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# Promoting Engagement of Male Individuals with Alzheimer's in a Memory Day Care

**Tara Brophy, OTDS**

Faculty Mentor: Dr. Joy Crawford

Site: Alice's Clubhouse

Medical University of South Carolina, College of Health Professions



# Background and Significance

## Alzheimer's and Related Dementias:

Increased prevalence of the disease, impacting the lives of both those diagnosed and their caregivers.

## Day Cares:

Offer therapeutic services through activities that can create a safe and cognitively stimulating environment for members, as well as provide temporary relief to caregivers.

## Physical Activities:

Improvements in sleep, physical function, cognitive function and involvement in daily activities, and physical function (Smallfield & Heckenlaible, 2017; Bae et al., 2020).

## Cognitive Activities:

Improvements in communication, socialization, quality of life, mood, behavior cognitive performance, and brain volume (Woods et al., 2023; Bae et al., 2020).

## Sensory Activities:

Improvements in mood, communication, alertness, and behaviors (Baker et al., 2001).

## Social Activities:

Positive impact on cognitive function (Bae et al., 2020).

## Nature Activities:

Increased quality of life through feelings of pleasure, relaxation, being fit, freedom, and usefulness (Hendriks et al., 2016).

# The Gap

## Research

Disconnect between activities facilities offer, and the actual interest level and meaningfulness of those activities to the members (Strandenæs et al., 2019).

Gender-specific activities for males with dementia

## Site's Male-Tailored Activity Toolbox

Adaptable, tailored, male-focused activity program

75% of staff reported not having enough male oriented resources

## Caregiver Resources

85% of caregivers reported interest in receiving leisure activities that they can perform at home

# Project Purpose and Aims

## Project Purpose:

To create a more stimulating, cognitively enhancing, social, and physically engaging environment for male members through activities to increase their engagement levels both at home and in the day center

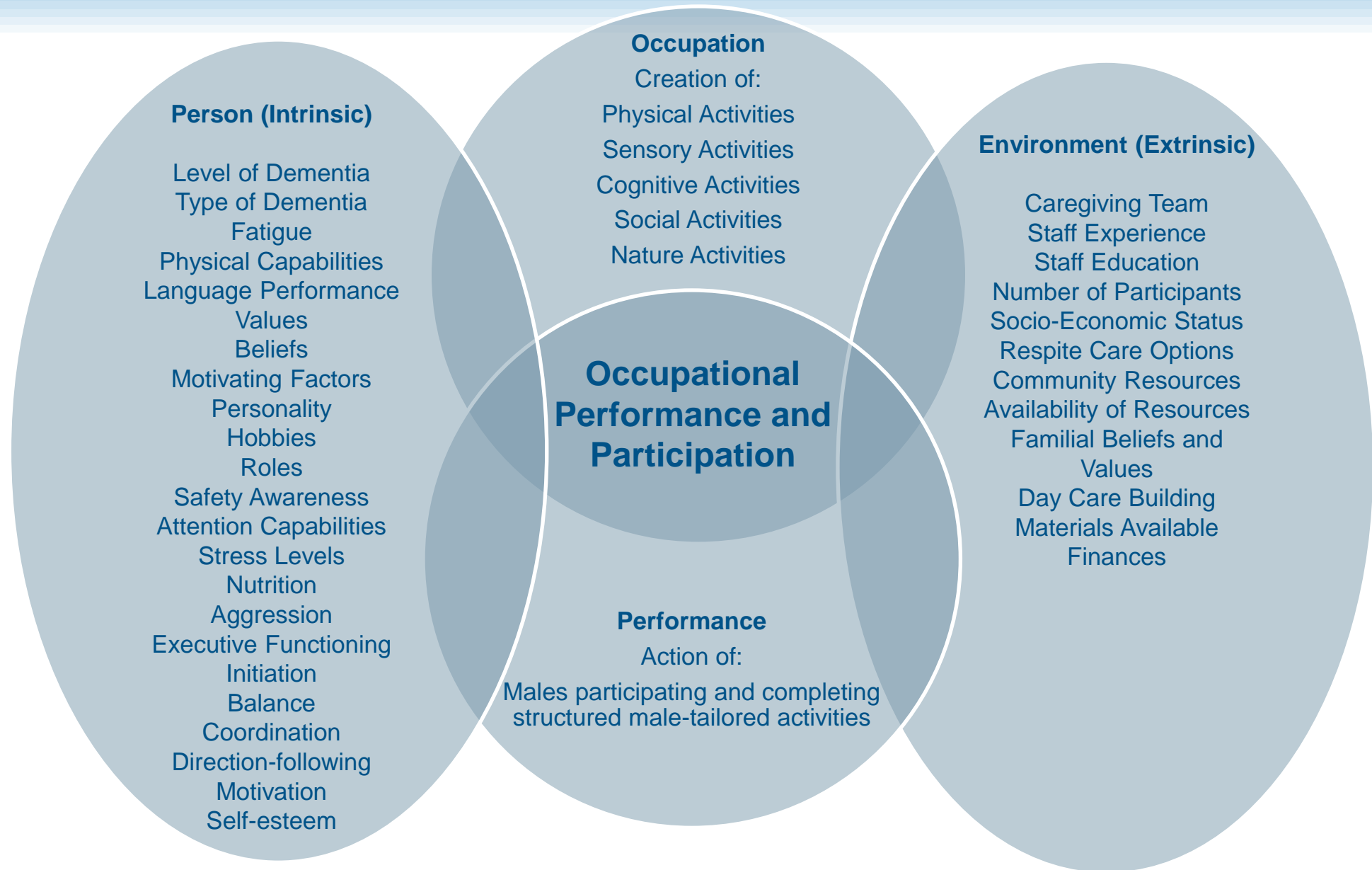
## Aim #1:

Develop an activity program and resource tailored to males with dementia in an adult memory day center setting to increase male member engagement in structured activities

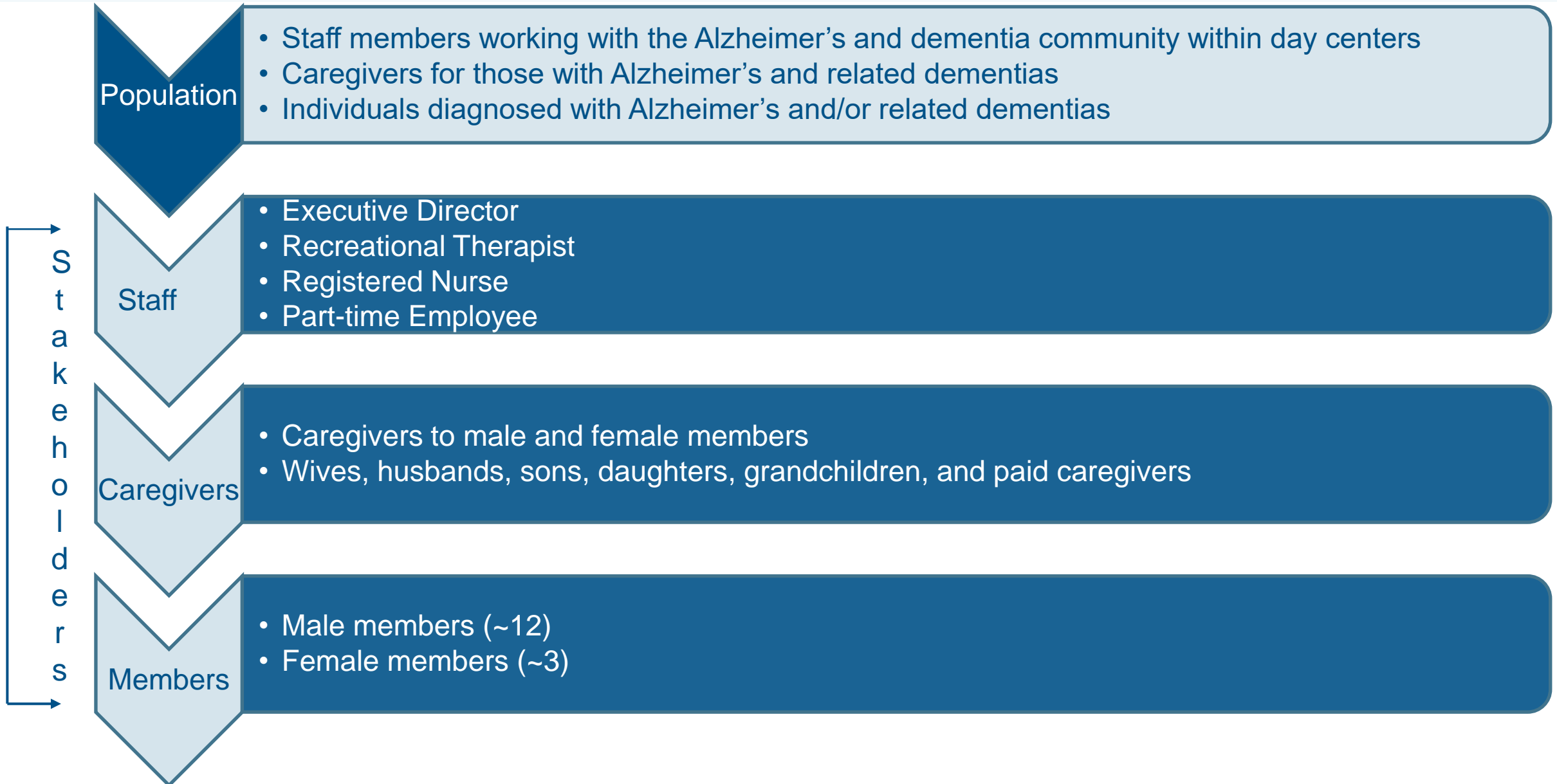
## Aim #2:

Provide a resource to caregivers to increase engagement in leisure activities at home and increase caregiver education

# Supporting Framework: PEOP-Model



# Population and Stakeholders



# Methods

## Quality Improvement

### Design

Descriptive Study

### Implementation

Weekly Male-Tailored Activities

#### Data Collection

**Staff**(n=4): Activity Survey and Deliverable Survey

**Caregivers**(n=9): Deliverable Survey

**Researcher:** Activity Observation Checklist

#### Data

Mixed Methods

Thematic Data Analysis

Surveys Utilized Single Answer Multiple Choice, Likert Scale, Yes/No, and Text Box Questions

#### Strengths

Staff investment

Male member participation

Hands on implementation

#### Weaknesses:

Small participant size

14-week timeframe

Fluctuating member attendance



# Data Collected via RedCap

Measures Utilized to Assess Effectiveness

## Activity Observation Checklist

Daily

Affect

Attention

Energy Level

Engagement

Communication

## Activity Surveys

Weekly

Effectiveness in promoting engagement

Staff comfort in leading this activity

Likelihood of future implementation

Adaptability of activity

Disruptive behaviors and redirection needed during activity

## Deliverable Staff Survey

Week 6-7

Review of current activities

Review of male engagement

Comfort in implementation of activities

Clarity of information

Likelihood of website use in future

Satisfaction and applicability to members

## Deliverable Caregiver Survey

Week 7-12

Ease of navigation and clarity of information

Likelihood of future use

Satisfaction with activities and educational resources

Applicability to their loved one

# Activity Observation Checklist

Daily

Affect

Attention

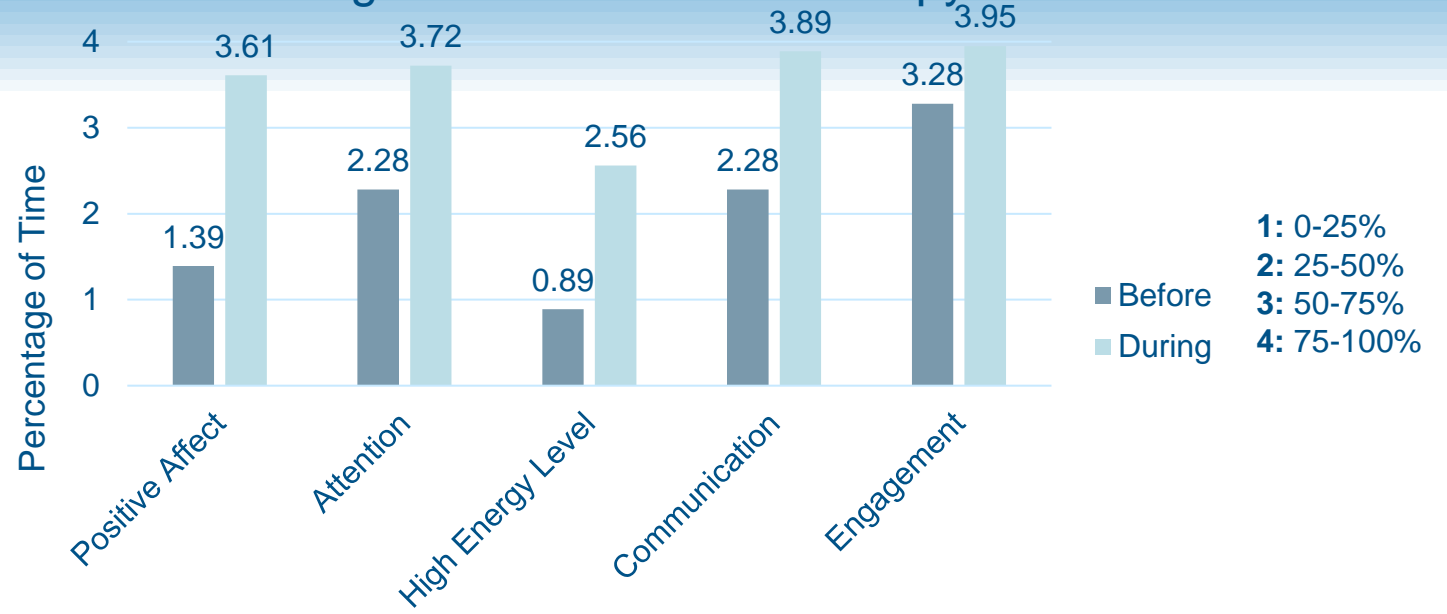
Energy Level

Engagement

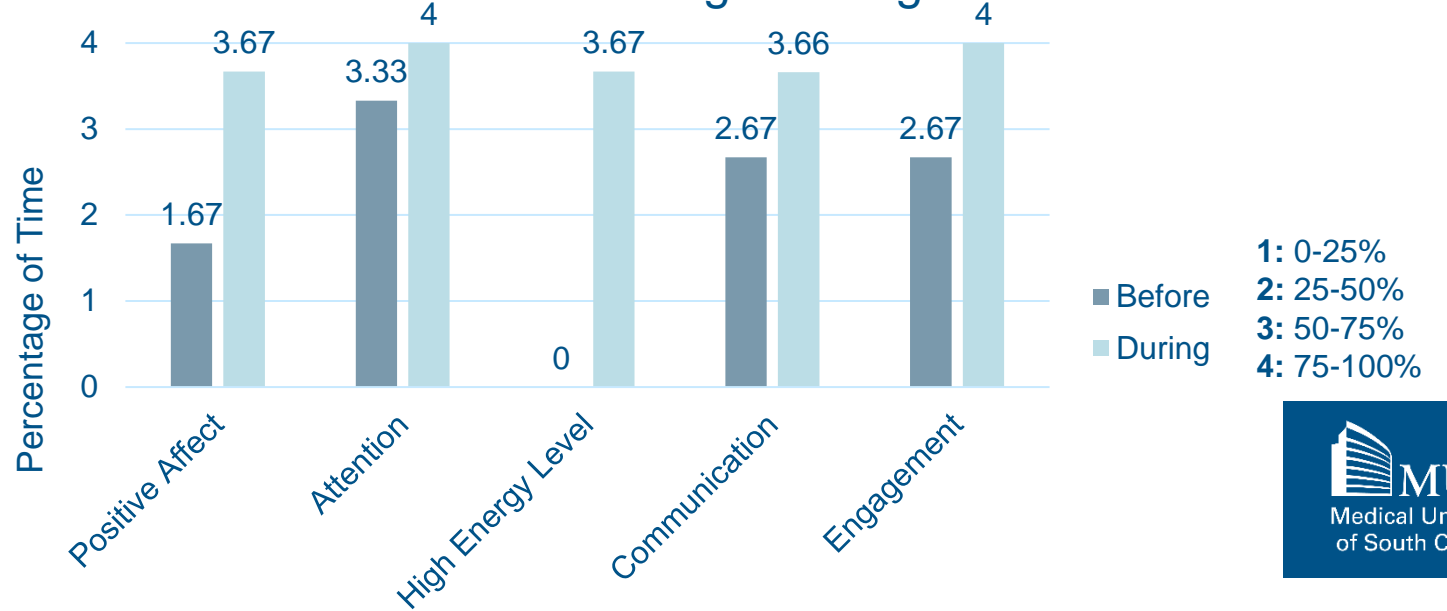
Communication

- Completed for:
- Birdhouse
  - Jenga
  - Blackjack
  - Putting Green
  - Darts
  - Air Hockey
  - Shuffleboard
  - Boxing
  - Archery
  - Nerf Guns
  - No-Bakes
  - Disk Golf

### Jenga + Reminiscence Therapy



### Birdhouse Sanding/Painting



# Activity Surveys

Weekly

Effectiveness in promoting engagement

Staff comfort in leading this activity

Likelihood of future implementation

Adaptability of activity

Disruptive behaviors

Redirection needed

100% Response Rate

Topic Addressed Regarding Male Members	Staff Answers (For 100% of implemented Activities)
Effectiveness in promoting engagement	Very Effective
Comfort in leading activity in the future	Very Comfortable
Likelihood to implement in future	Very Likely
Is the activity adaptable for differing dementia levels	Yes
Percent of disruptive/inappropriate behaviors during activity	0-25%
Percent of redirection needed	0-25%
Enjoyment in the activity	75-100%

**Completed for: Birdhouse sanding/painting, Jenga+ Reminiscence Therapy, Blackjack, Putting Green, Darts, Air Hockey, Shuffleboard, Ladder Ball, and Archery/Nerf Shooting**

# Deliverable Staff Survey

Week 6-7

Review of current activities

Review of male engagement

Comfort in implementation of activities

Clarity of information

Likelihood of website use in future

Satisfaction and applicability to members

100% Response Rate

Topic Addressed in Question	Answers (100% of Staff Responses)
Improved engagement amongst male members	Yes
Likelihood to use the resource in the future/recommend to caregiver	75-100%
Comfort in navigating the resource for activities	75-100%
Satisfied with number of activities	Yes
Level of comfort in grading and adapting activities through the information on the website	75-100%
Is the information on the website clear, caregiver friendly, and applicable to members enjoyment?	Yes
Satisfaction with educational resources on techniques and strategies, and the types/categories of activities	Very Satisfied

# Deliverable Caregiver Survey

Week 7-12

Ease of navigation and clarity of information

Likelihood of future use

Satisfaction with activities and educational resources

Applicability to their loved one

66.67% Response Rate

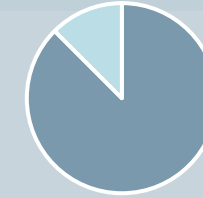
Will the website allow for you to become more comfortable and confident in initiating and completing leisure activities at home with your loved one?



No 14%  
Yes 86%

Yes No

Do you believe the website offers activities your loved one would enjoy taking part in?



No 13%  
Yes 87%

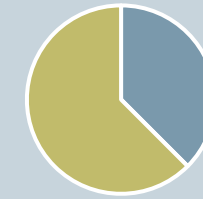
Yes No

How likely are you to use this resource (website) in the future?



0-25% 25-50% 50-75% 75-100%

How likely are you to recommend this resource to other caregivers in the future?

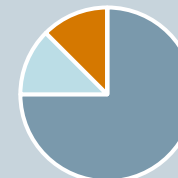


0-25% 75-100%  
37% 63%

0-25% 25-50% 50-75% 75-100%

How satisfied are you with the types of activities provided (physical, cooking, nature, cognitive, hand work, and housework) the website provides?

Very Unsatisfied 0%    Unsatisfied 0%    Satisfied 12%    Neutral 13%    Very Satisfied 75%



Very Satisfied Satisfied Neutral Unsatisfied Very Unsatisfied

# Key Findings

Activities promoted an overall increase in mood, communication, attention, and engagement for males within the day care

Staff found activities adaptable and reported a high likelihood to replicate the activity in the future

Staff reported comfort navigating with the website and a high likelihood of utilizing it in the future

Most caregivers were satisfied with the website, the activities it provided, and reported an increase in comfort and confidence in implementing activities at home

# Capstone Experience & Project Deliverable

## Website for Staff and Caregivers (Week 6-7)

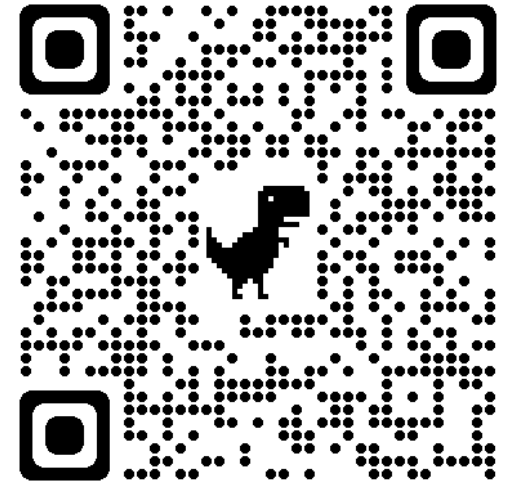
Information regarding Alzheimer's, dementia, OT, and community resources

Education on techniques and strategies (4)

- Errorless Learning
- Sensory Stimulation
- Spaced Retrieval
- Reminiscence Therapy

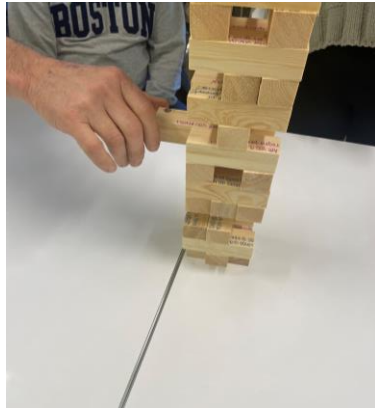
Male oriented activities (80)

- Physical activities
- Cooking activities
- Nature activities
- Handwork activities
- Cognitive Activities
- Housework Activities



<https://tmbrophy5.wixsite.com/alzheimer-s-activiti>

# Tailored male-focused activities for members (week 3-14)





# Impact of Deliverable

## Staff

Increased access to and implementation of activities that improve male engagement

Increased access to educational resources on techniques and strategies for dementia care

Increased comfort in grading and adapting activities that are provided through the website

“This will be used forever!”, “We have enough activities to do something different for like 3 months!”

“It’s detailed and informative. It is a great resource for caregivers, as well as staff at the clubhouse”

“I haven’t had to medicate him in weeks, I used to have to do it in the afternoon”

# Impact of Deliverable

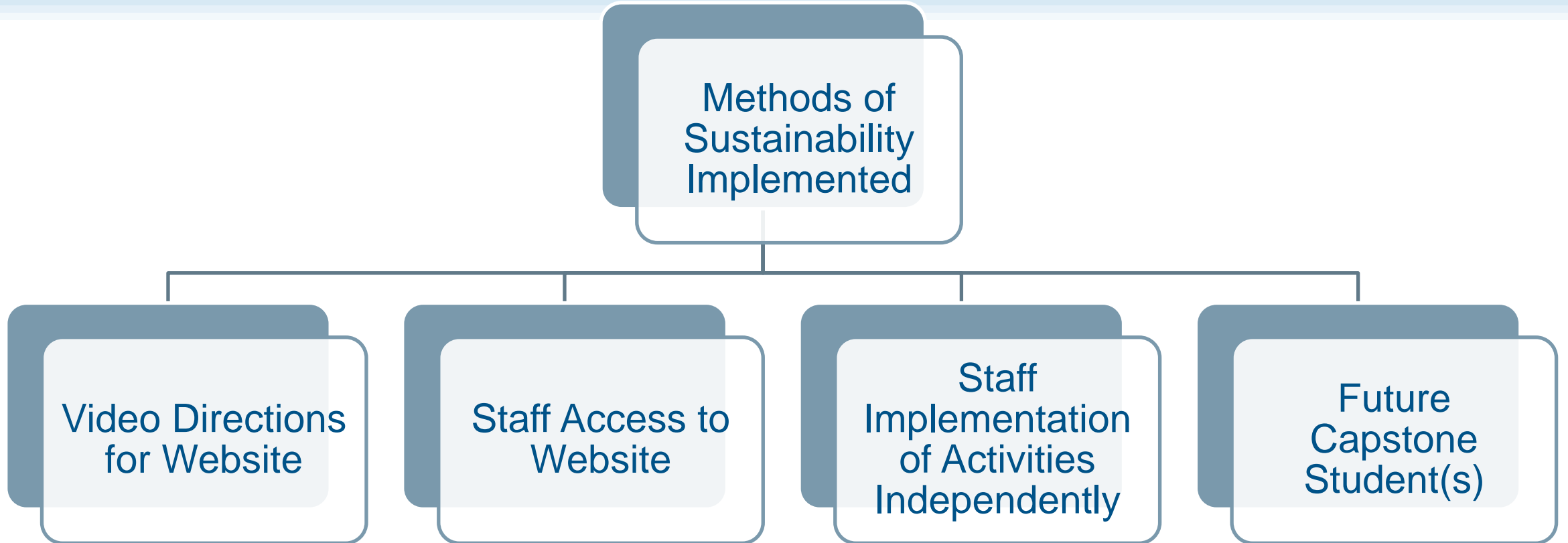
## Caregivers

- Increased access to a collection of leisure activities to complete at home
- Access to information on support groups and community events
- Access to educational resources on evidence-based dementia specific techniques
- “Has given me a bunch of ideas I hadn't thought of before. I will definitely use with other caregivers.”

## Members

- Increased levels of engagement, communication, energy level, and positive affect
- Low percentage of disruptive behaviors and required redirection
- “That was fun!”

# Sustainability and Anticipated Impact



## Anticipated Impact:

- Increased engagement and positive response of male members to activities
- Increased number of daily male-tailored activities within the program
- Increased participation of members in leisure activities at home
- Increased access to resources regarding activities, strategies, and techniques within the dementia community

# Site Recommendations

1. Utilize the website to implement 1-2 male oriented activities daily

2. Review website monthly to reassess if additional activities need to be added to website

3. Provide future students and staff with the video instructions on how to use/edit the website during onboarding

4. Enhance the experience of the members by introducing new activities weekly

# Impact on the Discipline of OT

## Providing Resources to Future OT's

- Activities
- Evidence-based Techniques and Strategies
- Community Support Resources

## Education of OTs Role in Dementia Care

- Educate Caregivers
- Educate Medical Professions (staff)
- Educate OT Students and MUSC Community Members

## Awareness

- Increased awareness for the need of dementia education for future OTs

# Conclusion

Site's toolbox of male tailored activities to promote engagement and client-centered care increased.



Male participation increased, with observable signs of increased energy level, affect, attention, engagement, and communication.



Majority of caregivers reported satisfaction with activities provided, increased comfort and confidence in completing activities, and toolbox of tailored activities.



**Successful implementation of male-tailored activity program within the day care and successful distribution of resources to caregivers and staff that promote the engagement of male members in activities**

# Acknowledgments

Capstone Faculty Mentor & Coordinator:

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Capstone Site Mentor:

- Lisa Westerman, RN, Executive Director

Site Staff, Members, and Caregivers:

- Alice's Clubhouse

Peer Review Partner

- Katja Ehlers, OTDS

Special Acknowledgement:

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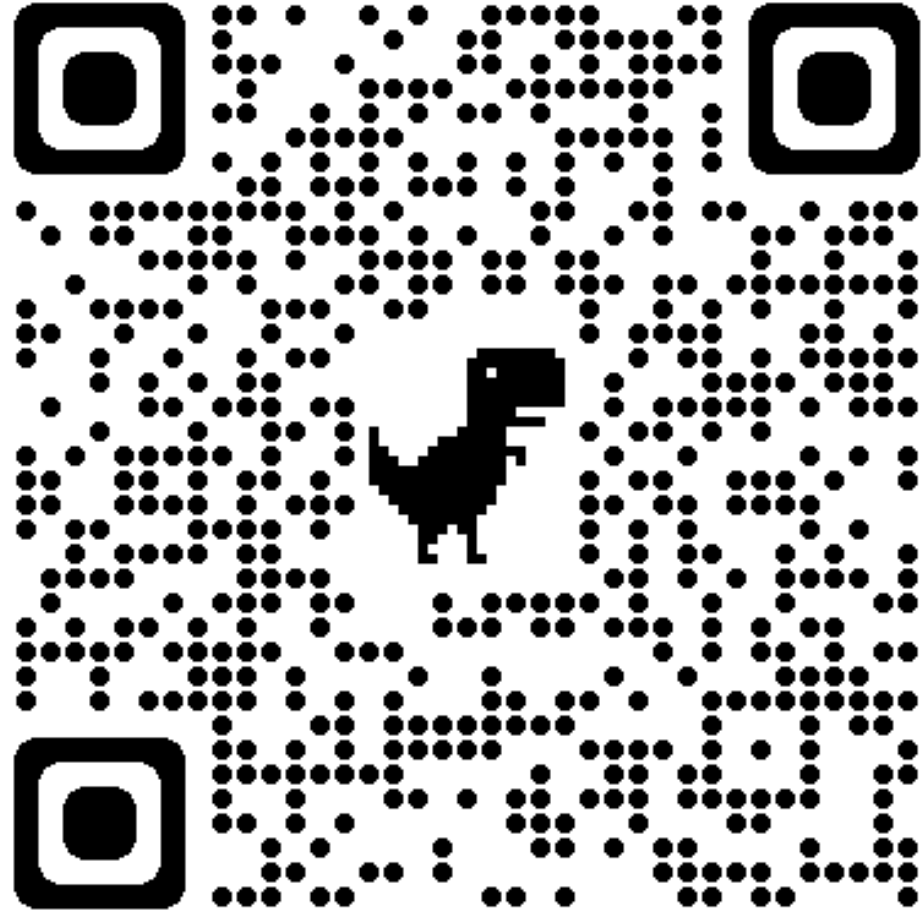
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