The use of ergotherapy in the retirement home

St. Elizabeth University of health and social work, Bratislava, Institute of bl. M.D. Trčku, Michalovce, Slovakia

vansač.p@gmail.com

Introduction

The word therapy comes from the Greek word (therapeia), meaning to heal, nurse, educate, exercise, help, care. Therapy is just a tool to restore human physical, mental functions and social integration. One of the important therapies is ergotherapy. [1] According to the World Federation of Occupational Therapists (2004), “occupational therapy is a profession that aims to promote the health and wellbeing of a client through activities. The primary purpose of ergotherapy is to enable clients to participate in everyday activities. Occupational therapists achieve this goal by trying to help people carry out activities that increase their ability to integrate into everyday life. The goal of ergotherapy, according to the Council of Occupational Therapists for the European Countries (2000), is to “promote the health and wellbeing of the client through meaningful employment. Occupational therapists believe that health can be affected by human activity. Occupational therapy is the treatment of persons with physical or mental illness or disability, using specifically selected activities to enable them to achieve maximum functional standards and independence in all aspects of life. Occupational therapy is a profession that draws on medical and social sciences. It focuses on the nature, balance, forms and context of being busy in an individual’s life. [2] It is interested in how the disease or disability affects a person’s ability to perform a activity and how to strike a balance between a person’s ability, the demands of activities and environmental factors. Occupational therapy is based on the belief that people are active beings who are constantly evolving through their relationship with the physical, social, cultural and spiritual environment. The philosophy of ergotherapy is based on a holistic view of a person and assumes that each person is a unique being able to improve his/her health, functional abilities and thus achieve a better quality of life. The quality of life concerns the physical, psychological state, but also the area of social relations and the economic and financial situation. [3] Therapists, define these goals in their Concept of the Department of Occupational (2007):
- Promote a person’s health and well-being through meaningful activity.
- Help improve the ability a person needs to manage their daily activities.
- Allow a person to fulfill their social role.
- Help to fully involve a person in the activities of their social environment and community.
- Apply client-targeted therapy.
- Empower the person in maintaining, restoring or acquiring the abilities needed to carry out their daily activities.
- Seek to maintain the opportunity for everyone to participate in everyday activities, regardless of their disability.

The areas covered by ergotherapy are broad categories of human activities that form part of his daily life. There are three basic categories:
- Everyday activities. We divide them into personnel daily activities (e.g. eating, dressing, personal hygiene, walking, etc.) and instrumental daily activities (e.g. telephoning, using public transport, shopping, preparing meals, housework, etc.).
- Work or producing activities. This includes education and "keeping them busy" activities.
- Leisure activities that are adequate to the age of the individual. [4]

According to Maliková (2011), the activity of occupational therapy in a retirement home should be deliberately designed in such a way that as many stimuli, methods and activities can be intertwined in it. Therefore, during the selected activity, e.g. ergotherapist releases favorite music or sounds from music therapy during hand work, and clients use the aroma lamp to inhale fragrant oil. To maintain concentration and interest of clients, activity alternates with some element of relaxation. [6]

According to Maleshko, I Mironyuk, Slabý, Brych social workers within the multidisciplinary team should work particularly closely with the physician in drawing conclusions in the context of social therapy. [5]
The aim of the research was to point out the importance of social therapy, which is carried out in retirement homes. Based on the main goal, we have set the following partial goals:

- See if clients are participating in social therapy
- To find out whether the length of stay in a retirement home has an impact on the use of the type of social therapy,
- Identify the relationship to social therapy and whether it helps them to manage their daily activities.

Data and methodology

We conducted research in three retirement homes. 107 respondents participated in the research, of which 44 men and 63 women. There are 19 women more than men in the research, representing 30,15%. This has been influenced by several factors, the most important being that there are more women than men in the retirement homes surveyed. We used statistical method chi-square test for testing individual hypotheses.

Research results

In order to obtain the most important knowledge and objectives of the research, we present the following hypotheses:

Hypothesis 1: Length of stay in a retirement home is related to respondents’ social therapy.

Hypothesis 2: Subjective perception of therapy in coping with respondents’ daily activities.

Table 1. Observed and expected frequencies of length of stay in a retirement home and the use of social therapy

<table>
<thead>
<tr>
<th>Observed frequencies</th>
<th>0-5 years</th>
<th>6 or more years</th>
<th>total</th>
</tr>
</thead>
<tbody>
<tr>
<td>ergotherapy</td>
<td>5</td>
<td>9</td>
<td>14</td>
</tr>
<tr>
<td>music therapy</td>
<td>22</td>
<td>5</td>
<td>27</td>
</tr>
<tr>
<td>bibliotherapy</td>
<td>10</td>
<td>6</td>
<td>16</td>
</tr>
<tr>
<td>occupational therapy</td>
<td>10</td>
<td>16</td>
<td>26</td>
</tr>
<tr>
<td>other</td>
<td>5</td>
<td>6</td>
<td>11</td>
</tr>
<tr>
<td>total</td>
<td>52</td>
<td>42</td>
<td>94</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expected frequencies</th>
<th>0-5 years</th>
<th>6 or more years</th>
<th>total</th>
</tr>
</thead>
<tbody>
<tr>
<td>ergotherapy</td>
<td>7,74468</td>
<td>6,25532</td>
<td>14</td>
</tr>
<tr>
<td>music therapy</td>
<td>14,9362</td>
<td>12,0638</td>
<td>27</td>
</tr>
<tr>
<td>bibliotherapy</td>
<td>8,85106</td>
<td>7,14894</td>
<td>16</td>
</tr>
<tr>
<td>occupational therapy</td>
<td>14,383</td>
<td>11,617</td>
<td>26</td>
</tr>
<tr>
<td>other</td>
<td>6,08511</td>
<td>4,91489</td>
<td>11</td>
</tr>
<tr>
<td>total</td>
<td>52</td>
<td>42</td>
<td>94</td>
</tr>
</tbody>
</table>

| chi test             | 13,41002128 |
| p value              | 0,009436786 |

Given the calculated chi square of 13.41, we found in Hypothesis 1 a link between the length of stay in a retirement home and the use of social therapy. The chi square value is higher than the tabular value for the 4 df degree of freedom, which indicates the dependence between variables. Also, a p value of 0.009436786, which is less than a significance level of 0.05, suggests that there is a link between the items. Based on the results of testing, we can reject the null hypothesis and accept the alternative hypothesis, ie the length of stay in the retirement home affects the social therapy of the respondents they use. It is clear from Table 1 that the longer the respondents have been in a retirement home, the more often they use ergotherapy. In all facilities, 13 clients do not like any therapy, which is 12.4%.

Conclusion: Hypothesis 1 was confirmed.

Hypothesis 2: Subjective perception of therapy in managing everyday activities.

When analyzing the relationship between the length of stay in a retirement home and the subjective perception of assistance in managing everyday activities, a statistically significant difference was found at a significance level of 5% chi square = 10.11502965, df = 3, p = 0.017613227. Based on the results of testing, we can reject the null hypothesis and accept the alternative hypothesis, there is a statistically significant relationship between the length of stay in a retirement home and the subjective perception of respondent therapy in managing everyday activities.

Conclusion: Hypothesis 2 was confirmed.

Table 2. Observed and expected frequencies of length of stay in a retirement home and perception of assistance in managing everyday activities

<table>
<thead>
<tr>
<th>Observed frequencies</th>
<th>0-5 years</th>
<th>6 or more years</th>
<th>total</th>
</tr>
</thead>
<tbody>
<tr>
<td>I forget about everyday problems in therapy</td>
<td>23</td>
<td>6</td>
<td>29</td>
</tr>
<tr>
<td>interview with therapist</td>
<td>7</td>
<td>7</td>
<td>14</td>
</tr>
<tr>
<td>the activity itself</td>
<td>14</td>
<td>20</td>
<td>34</td>
</tr>
<tr>
<td>the community we create - therapist and clients</td>
<td>6</td>
<td>7</td>
<td>13</td>
</tr>
<tr>
<td>total</td>
<td>50</td>
<td>40</td>
<td>90</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expected frequencies</th>
<th>0-5 years</th>
<th>6 or more years</th>
<th>total</th>
</tr>
</thead>
<tbody>
<tr>
<td>I forget about everyday problems in therapy</td>
<td>16,1111</td>
<td>12,8889</td>
<td>29</td>
</tr>
<tr>
<td>interview with therapist</td>
<td>7,77778</td>
<td>6,22222</td>
<td>14</td>
</tr>
<tr>
<td>the activity itself</td>
<td>18,8889</td>
<td>15,1111</td>
<td>34</td>
</tr>
<tr>
<td>the community we create - therapist and clients</td>
<td>7,22222</td>
<td>5,77778</td>
<td>13</td>
</tr>
<tr>
<td>total</td>
<td>50</td>
<td>40</td>
<td>90</td>
</tr>
</tbody>
</table>

| chi test | 10,11502965 |
| p value | 0,017613227 |
Discussion

Old age is a challenge for every individual and society. The maturity of society also depends on how old people and their experience are embraced by society and how they take care of their seniors. Nowadays, seniors in society are often perceived as a burden on the family. [6] Older people live their lives in different ways. The home environment is ideal for the elderly and is also an environment where he/she should live his/her senior age. However, circumstances often force an older person to leave his home and live in a retirement home. We usually realize the quality of life when it is reduced. Life itself is influenced by several factors. The most important factor is the health condition that determines the self-sufficiency of seniors. The research was focused on the use of social therapy in selected retirement homes and based on the answers of the respondents we gained knowledge about the use of a therapy. Research shows that therapy in retirement homes is very beneficial, about 80% of seniors enjoy therapy and use it for the benefit of their health. Although we find that social therapy is popular in up to 80% of clients, we cannot express full satisfaction, because the remaining 20% of clients are reasons to improve the delivery of therapy itself and therefore we propose these recommendations for practice:

- Social workers should target clients who do not participate in either individual or group therapy. From our survey, we found that it’s 14 clients.
- For all the retirement homes surveyed, we recommend regular training for social workers or those providing therapies.
- For social workers providing therapies, we recommend training from professional literature by self-study and participation in conferences on this topic.

Conclusions

Old age cannot be seen only as a change for the worse. It is a period of life with its own qualities. Older people have the right to a dignified old age. Therefore John Paul II. He stressed the need to build a culture of old age, where elderly people would be provided with social assistance, either at home or in elderly facilities. The elderly is not able to live in stress, it is not allowed by his/her physical and psychological abilities and therefore he/she needs a human approach from relatives, carers, social workers.

In view of this, the psychological impact of therapeutic activities on seniors is beyond doubt. It helps seniors to accept themselves because they still feel capable of performing a useful activity.

References


Дата надходження рукопису до редакції: 02.03.2020 р.
Cooperatively significant relationship between the length of stay in a retirement home and their subjective perception of therapy in managing everyday activities.

Conclusions. The psychological impact of therapeutic activities on seniors is undeniable. It helps seniors to accept themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Conclusions. The psychological impact of therapeutic activities on seniors is undeniable. It helps seniors to accept themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Social rehabilitation is an individual and group practice for making new, the identification of social skills and skills of people. One of the main methods of healthcare is rehabilitation. Method of rehabilitation was a demonstration of the importance of social therapy, which is to develop projects for people of old age. Materials and methods. To check the hypothesis we used statistical instruments of inductive statistics, test Chi-square. We performed the calculation of the relationship between the length of stay in a nursing home and their subjective perception of therapy in themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.