

Efficacy of the Israeli Lifestyle Redesign® Program among older adults in Israel

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Introduction

Age-related declines can be delayed by interventions that promote engagement in a healthier lifestyle such as lifestyle redesign® (Clark et al, 2012). Recently, the intervention has been translated and adapted to the Israeli culture by a committee of expert occupational therapists over a 2 year period and accompanied by research (Zilbershlag et al.,2018).

Objective

- To examine the feasibility and efficacy of the Israeli Lifestyle Redesign Program (ILRP).
- To evaluate the preservation of study outcomes three months post intervention.

Methodology

Design A matched case control trial

	Baseline	Intervention	Post intervention	Follow up
Research group	Assessments: COPM- occupational performance	ILRP: 15 weekly sessions and three one-on-one sessions lead by an occupational therapist	Assessments Satisfaction questionnaire feedback interview	Three month follow up assessment
Control group	WHOQOL-BREF- Quality of life PHQ-9- depressive symptoms	Health educational booklet based on the ILRP	Assessments	

Participants Inclusion criteria: age ≥ 60; living in the community; independent in ADLs. Exclusion criteria: MoCA<19

Demographic variables	Research group (N=9, women)	Control group (N=9, women)
Age [Median (IQR)]	72 (67- 79)	74 (67.5-80.5)
Cognitive status (MOCA) [Median (IQR)]	24 (21.5-28)	25 (21.5-28)
Living with partner or family member	44.4%	44.4%
High school education	100% (33.3% of whom with higher education)	100% (22.2% of whom with higher education)

Results

Feasibility *for Research group only

Recruitment: 24 participants showed interest, 13 chose not to participate, mainly due to scheduling conflicts.

Compliance (completed intervention): 100%

Attendance rate: Median 13/15 group meetings (IQR: 10-14), 3/3 individual meetings for all participants

Completion of post intervention assessments: 81%

Participant satisfaction: Median 4.5/5 (IQR 4.25-4.81)

Feedback interview

"The topics we discussed were interesting"

"Hearing about other people's problems, and feeling a part of the group was the best part for me"

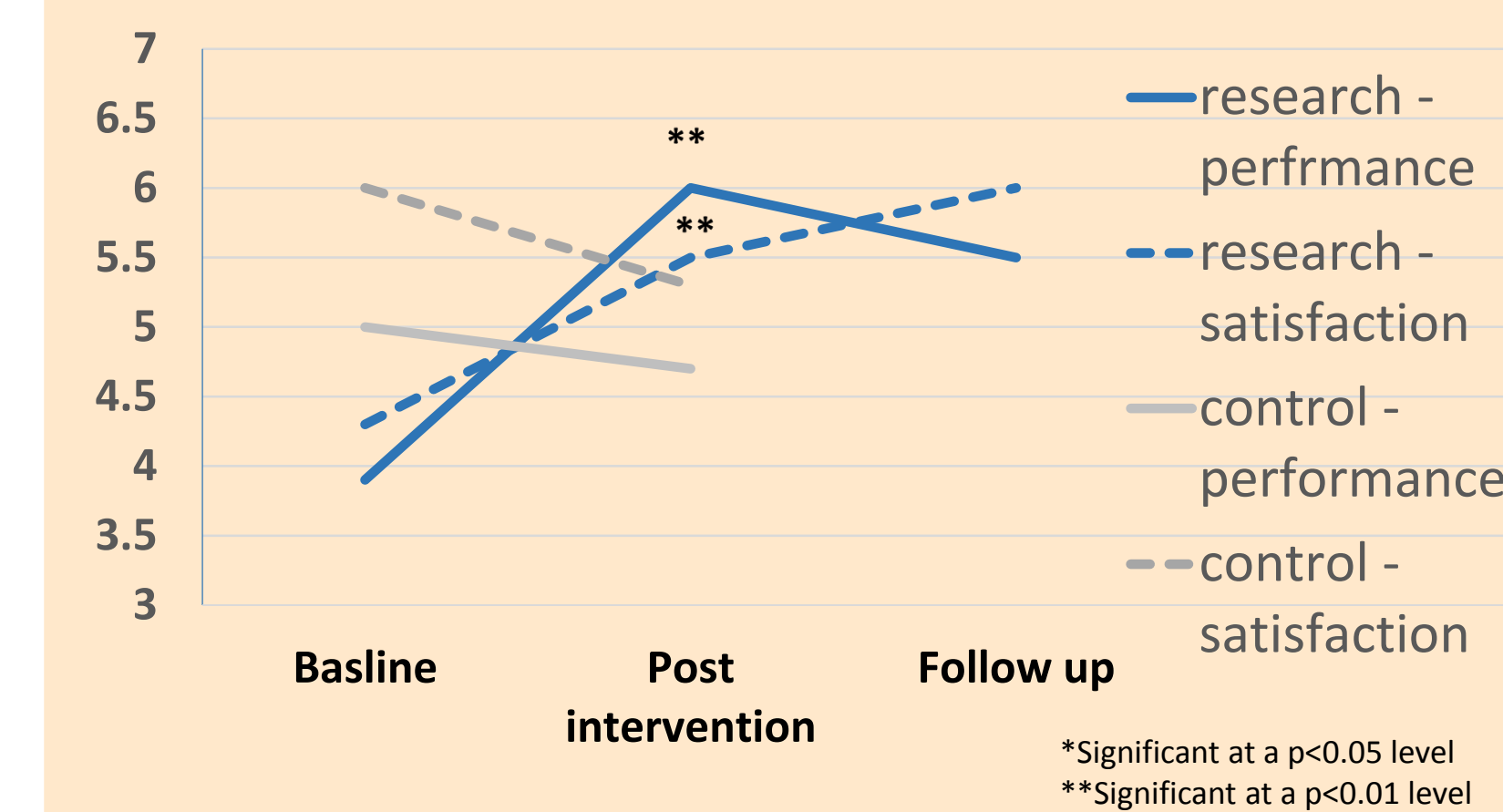
"I enjoyed making new friends"

"We (women in the group) will continue to be in touch"

"It bothered me that some people didn't share during the group discussions"

"I had to take 2 buses to get to the meeting, that made it a little hard"

Change in occupational performance by group (COPM)



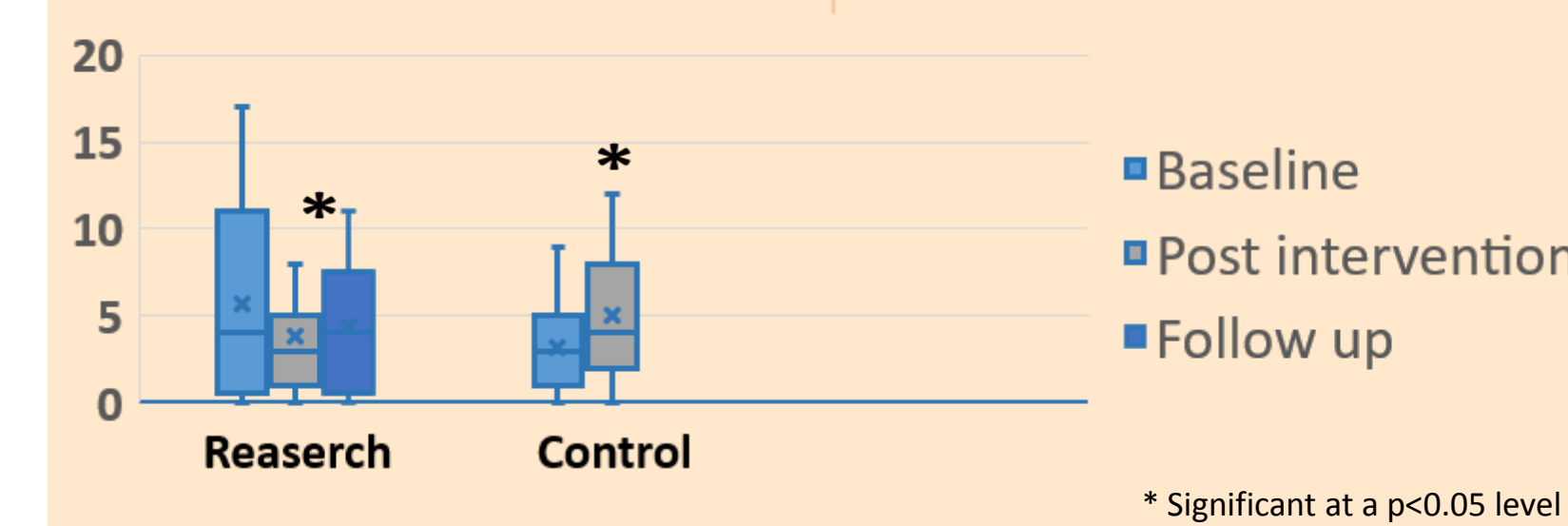
Research group

- Most goals were in the realm of IADL, leisure and social participation.
- Significant improvement on performance and satisfaction scales.
- Clinically significant changes (≥2 points) on 56.7% of the goals.
- 77.8% of participants clinically improved at least on one goal.
- Improvement was maintained at follow up.

Control group

- No significant change over time.

Change in depressive symptoms by group (PHQ-9)



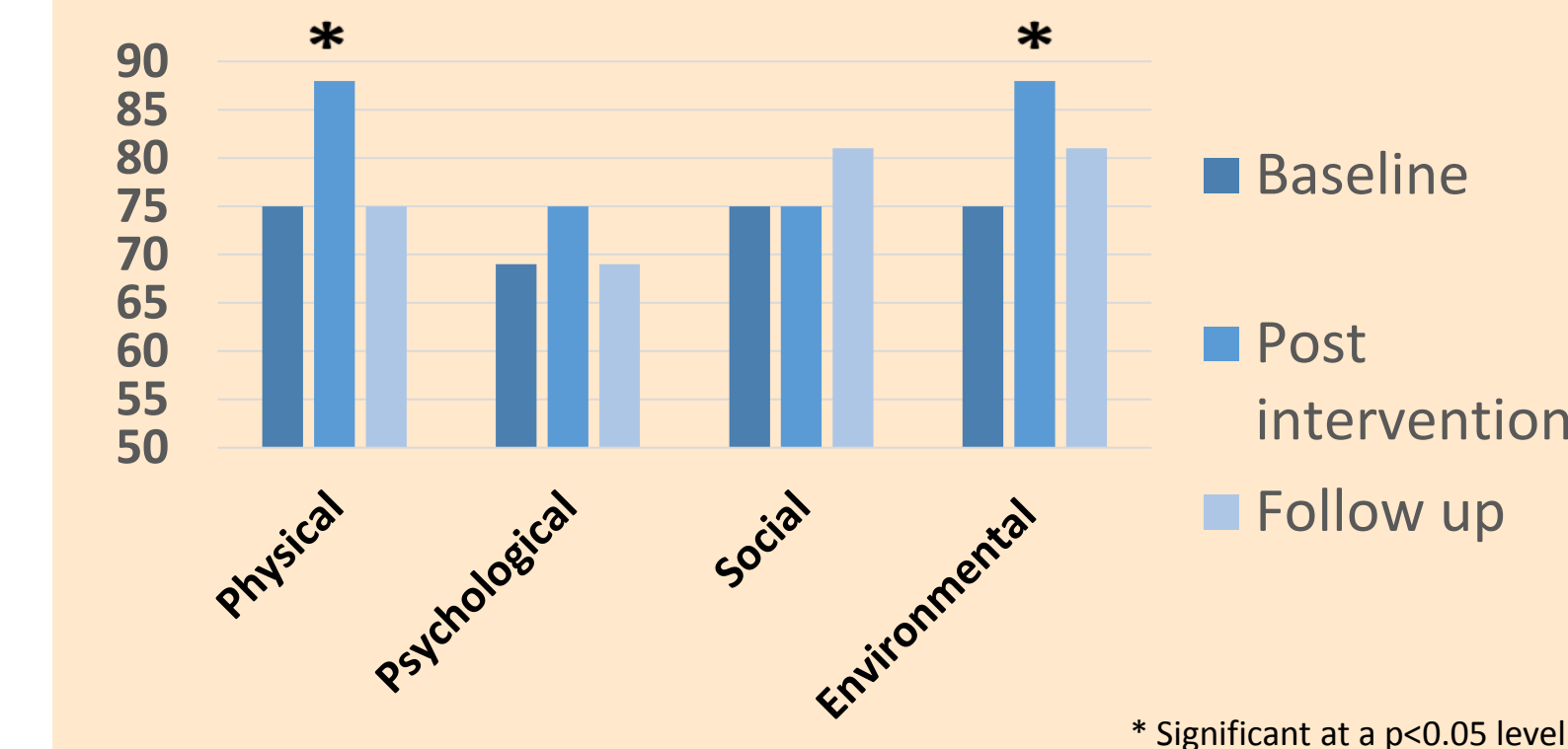
Research group

- Significant reduction in depressive symptoms post intervention.
- Non-significant increase at three month follow up.

Control group

- Significant increase in depressive symptoms after 15 weeks.

Change in Quality of Life (WHOQOL-BREF) – Research group



Research group

- Significant improvement in physical and environmental domains post intervention.
- Non-significant increase in social domain at follow up.

Control group

- No significant change over time in all domains.

Discussion

The findings support the feasibility and efficacy of the ILRP.

Opposite effect was found for control group on depressive symptoms, portraying the vulnerability even of "healthy older adults".

Positive treatment effects were maintained three months after the intervention.

This study was unique by measuring individualized goals with the COPM.

The findings highlight potential advantages of the ILRP intervention over individual psychoeducation and goal setting control conditions.