**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

<table>
<thead>
<tr>
<th>Research group</th>
<th>Baseline</th>
<th>Intervention</th>
<th>Post-intervention</th>
<th>Follow up</th>
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</thead>
<tbody>
<tr>
<td>WHQOL-BREF: Quality of life</td>
<td>Health educational booklet based on the ILRP</td>
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<tr>
<td>PHQ-9: depressive symptoms</td>
<td>Assessments</td>
<td>Assessments</td>
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**Participants**

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

**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."
- "I enjoyed making new friends."
- "It bothered me that some people didn’t share during the group discussions."
- "Hearing about other people’s problems, and feeling a part of the group was the best part for me."
- "We (women in the group) will continue to be in touch."
- "I had to take 2 buses to get to the meeting, that made it a little hard."

**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.
