

# Beyond basket weaving: the evolution & effectiveness of Day Therapy Centres



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# AN ENTERPRISE

that promotes  
self-determination and  
enables people to live  
the best life possible as  
they age

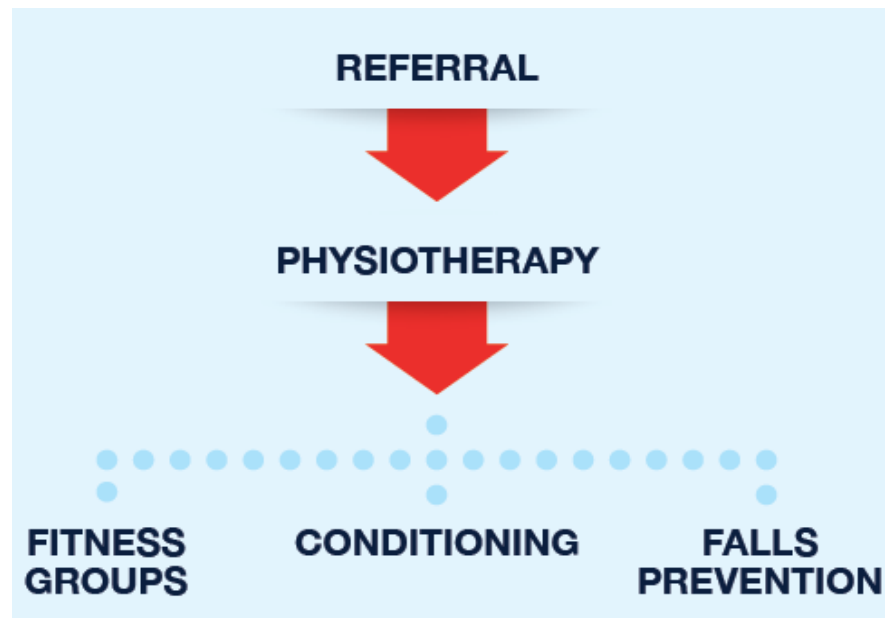
- Independent living units
- Home services
- Social programs
- **Wellness centres**







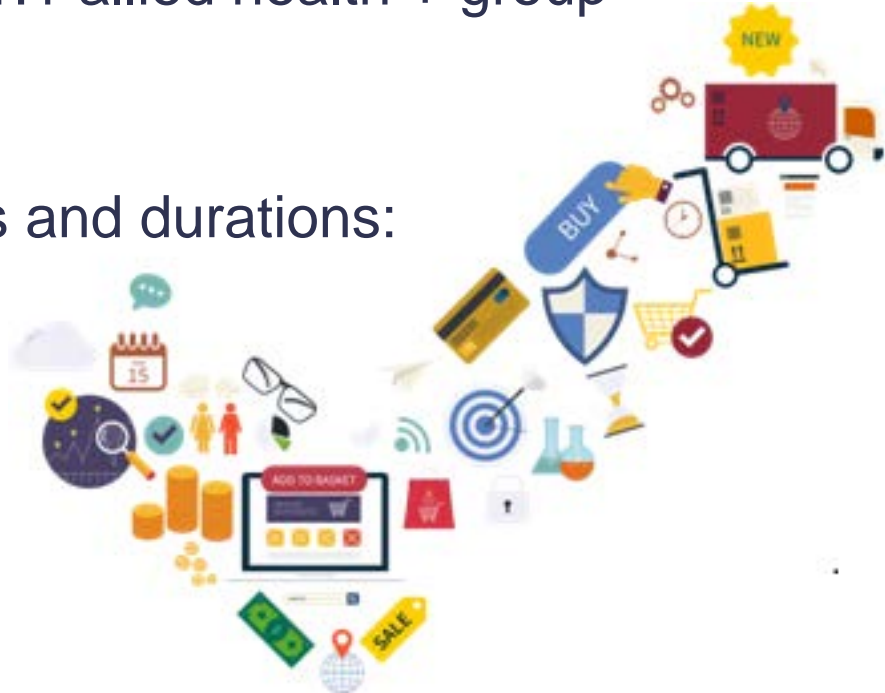
# WHAT'S THE DIFFERENCE?



# WHO, WHAT, WHERE?

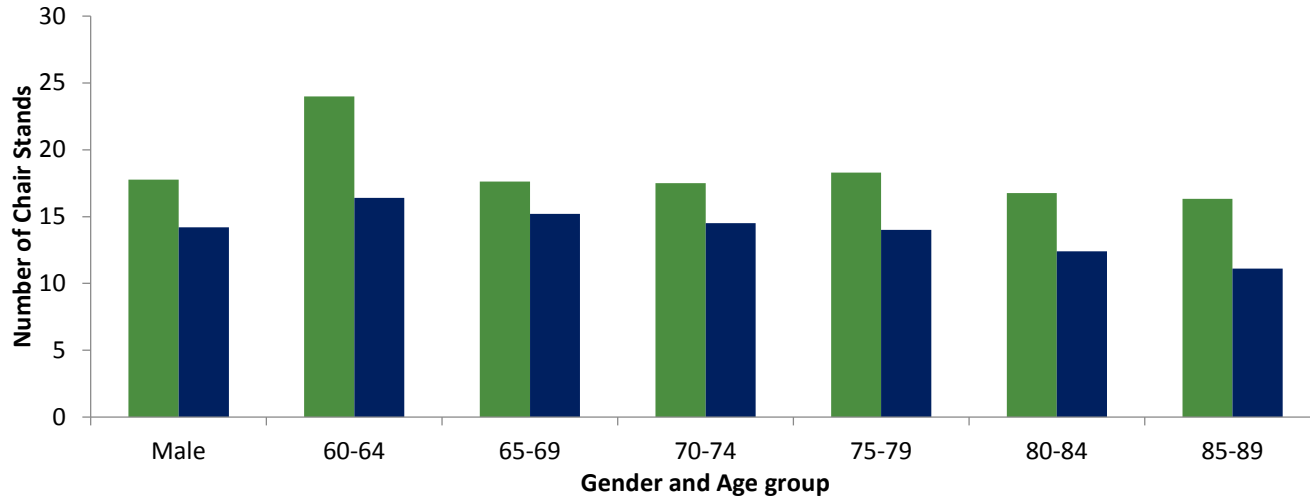


- 7,500+ people each year across 4 locations
- Extensive service range: 1:1 allied health + group classes
- Average client age: 77
- Varied attendance patterns and durations:
  - 2/week → 1/quarter
  - 6+ years → single session



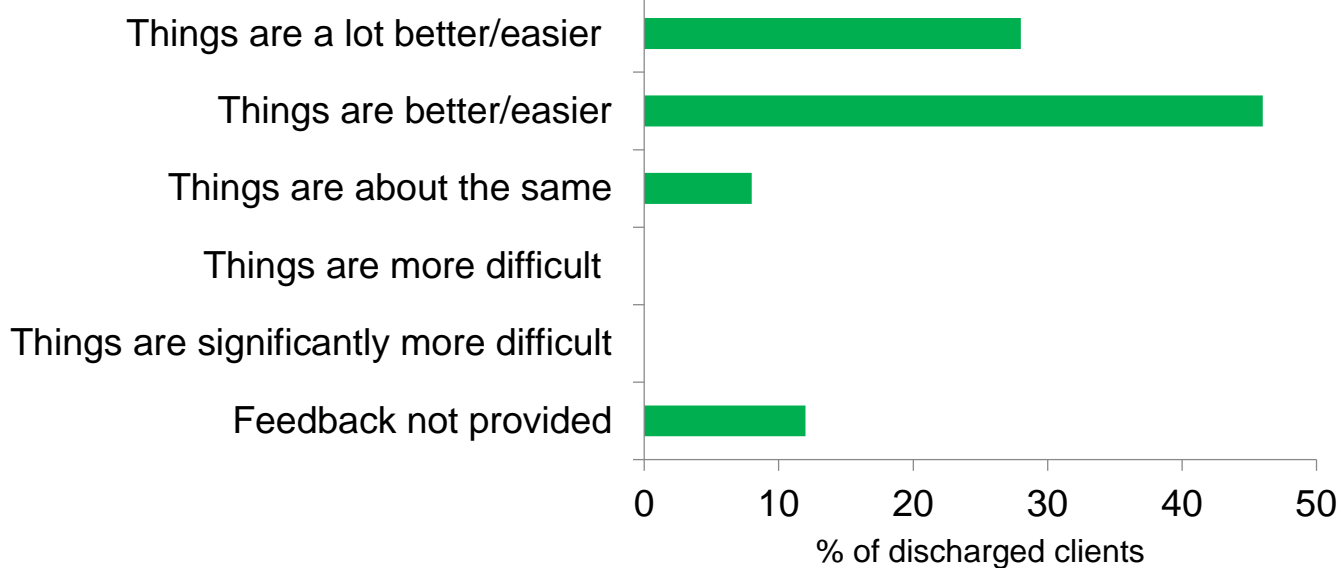
# PHYSICAL HEALTH

- **Fit & Feisty:** high-intensity aerobic and resistance circuit
- **Outcomes:** chair stands; arm curls; 6 minute walk test; 8 foot Timed Up and Go



# INTERVENTIONS

- **Occupational Therapy:** enable clients to safely and effectively participate in activities of daily living and other functional tasks
- Generalised intervention statement → generalised outcome statement → client feedback statement





# COGNITIVE HEALTH

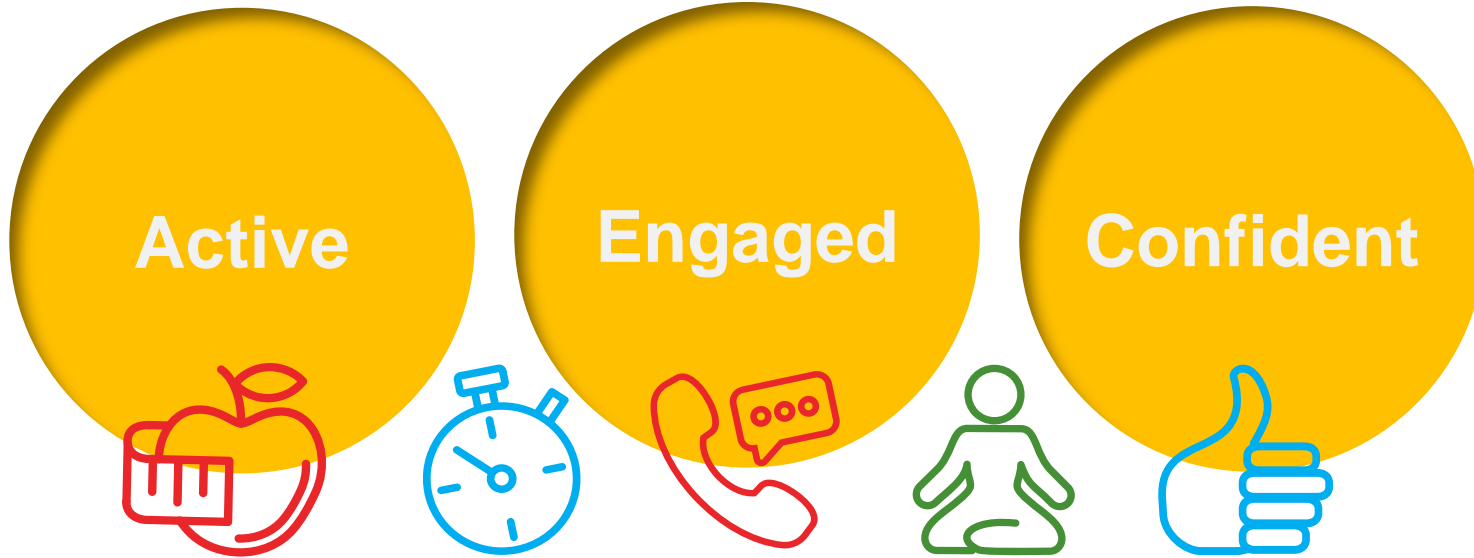
- **Healthy Minds:** 8-week group focussing on improving brain health to reduce the risk and impact of dementia
- Education, exercise, brain 'circuit training', healthy eating
- Brainy App survey (Alzheimer's Australia), client feedback

- **Outcomes:**

- Improved average score on Brainy App survey
- 75% participants incorporated activities learnt into their lifestyle
- 50% of participants reported improved memory







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