

# Leisure and Social Occupational Choice within Nursing Home Facilities in Ireland: Residents' Perspectives



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## Background

National standards for nursing homes in Ireland require that residents are offered a choice of recreational and stimulating activities to meet their needs and preferences.

Despite this, nursing home residents are **at risk of occupational deprivation** due to restricted choices resulting from limited resources, safety regulations and/or physical limitations.

**Literature Gaps:** There are a lack of studies on occupational choice from the residents' perspective. Due to the subjective nature of occupational choice, it is difficult to conclude if choice is facilitated in these care settings.

## Research Question

From the residents' perspective, do nursing homes in Ireland enable residents leisure and social occupational choices?

## Research Design



**Methodology:** Qualitative descriptive study

**Recruitment:** 6 nursing home residents (3 male, 3 female, aged 65-94) - purposive sampling

**Data Generations:** Each participant completed 2 semi-structured interviews via Google Meet/over the telephone

**Data Analysis:** Thematic analysis, resulting in 2 themes and 6 sub-themes

**Trustworthiness:** Member checking, audit trail, reflexivity

## Cultural



"She only hears what she wants to hear... if you got her in a good mood she might listen."  
 (Eddie, 65)



## Social

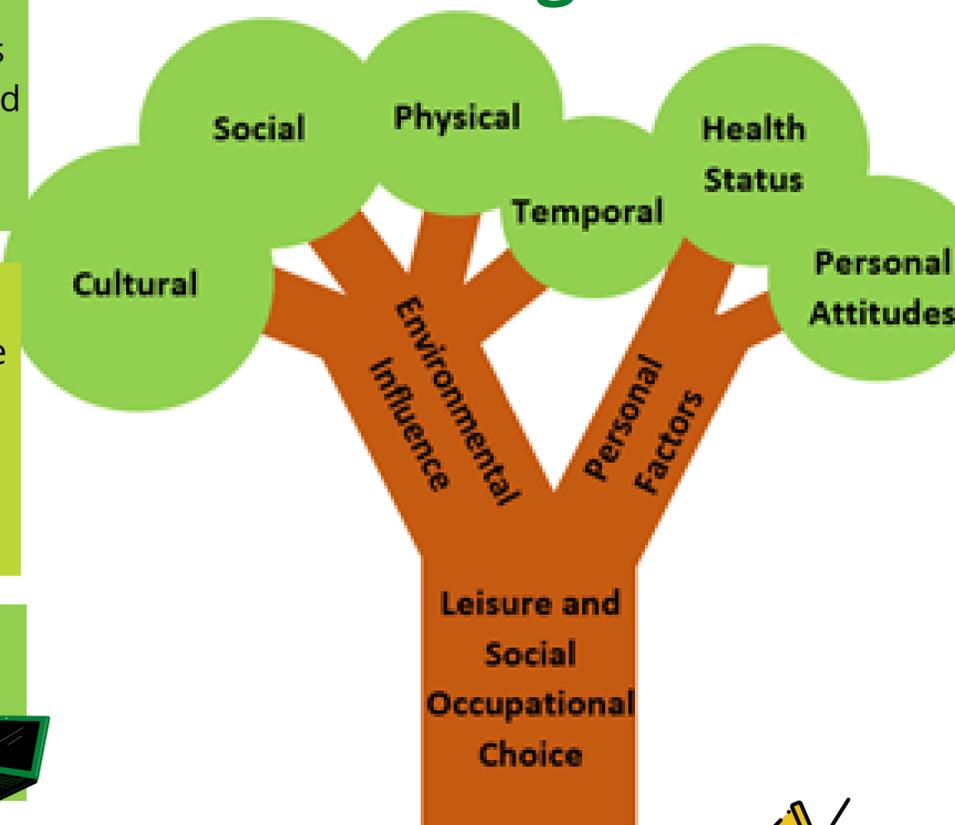
"I could go on day trips because my sister come, my brother come... and then I could go away out with them for the day."  
 (Jerry, 84)

## Physical

"I have a laptop here, I travel the world on that."  
 (Pat, 83)



## Findings



## Temporal



"I would not have had as much time to read at home. I had too much to do but now I have nothing to do."  
 (Mary, 85)

## Health Status



"Mentally, as well as physically, a lot of them are not able to join in with a lot of things."  
 (Anne, 94)

## Personal Attitudes

"I don't be afraid to join in and chat away."  
 (Jerry, 84)



## Discussion

- Cultural environment had the most significant influence.
- Need to adopt a **person-centred care** approach in nursing homes to promote residents' occupational choice and prevent occupational deprivation.
- Importance of **accessible shared spaces** for social interaction and opportunities for engagement in group leisure occupations.
- **Technology** increases opportunities for leisure and social engagement but is not available to all nursing home residents.



## Implications for OT

Promote person-centred care and meaningful occupational engagement through:

- Developing residents' skills
- Adapting activities and the environment
- Educating nursing home staff and policy makers
- Expanding research



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