



## PROBLEM AND SETTING

Older people with experiences of homelessness have increased rates of physical and mental ill-health, associated with high service use in primary and secondary care.

This study's setting is a 68-bed permanent supportive housing building for older people with experiences of homelessness, offering harm reduction (HR) services. In October 2019, this integrated health and housing model added a recreation therapist and two recreation support workers with mental health training to enhance resident wellness through leisure activities.

## OBJECTIVE

To determine the impact of recreation on residents' self-reported health status and quality of life (QoL).

## RECREATION ACTIVITIES

Physical	Exercises Walk club Drumming Virtual sports Table bowling
Emotional	Music Story telling Pet visits
Cognitive	Card games Science experiment Trivia
Social	Socials Bonfire Pen pal project
Spiritual	Meditation Smudging



86% of residents join recreation activities

## DATA COLLECTION TOOL – DESIGN WITH

Quantitative survey Nov 2019 (baseline, time 1) and in March 2021 (time 2). This study was part of a community-based action research project. The survey tool was developed with residents, who selected final questions. Survey instruments included: 5 questions on health status based on EuroQoL-5 Dimension 3-level questionnaire (EQ-5D-3L) and EuroQoL Visual Analogue Scale (EQ-VAS) 16 questions on QoL, from the World Health Organization Quality of Life Assessment-AGE (WHOQOL-AGE)

## PARTICIPANTS

Patient Characteristic	Pre Intervention N=34 (50%)	Post Intervention N=45 (66%)
Age (years) Mean (sd)	67.0 (5.5)	68.0 (5.7)
Gender (n,%)		
Male	25 (73.5)	32 (71.1)
Female	9 (26.5)	13 (28.9)



### In 2021:

- 47 smokers, 21 drink alcohol regularly, 9 take marijuana, and 5 residents respectively use Meth, Crack and Opioids.
- 10 residents on managed tobacco program; 6 residents on managed alcohol program.
- 27 residents have schizophrenia, 22 have depression and anxiety, 8 have cognitive disorder, 7 bipolar disorder, 12 have mental health problems secondary to alcohol and 3 from substance use disorder.
- 3 deaths in 2021, all associated with history of alcohol use.

## EQ-5D 3

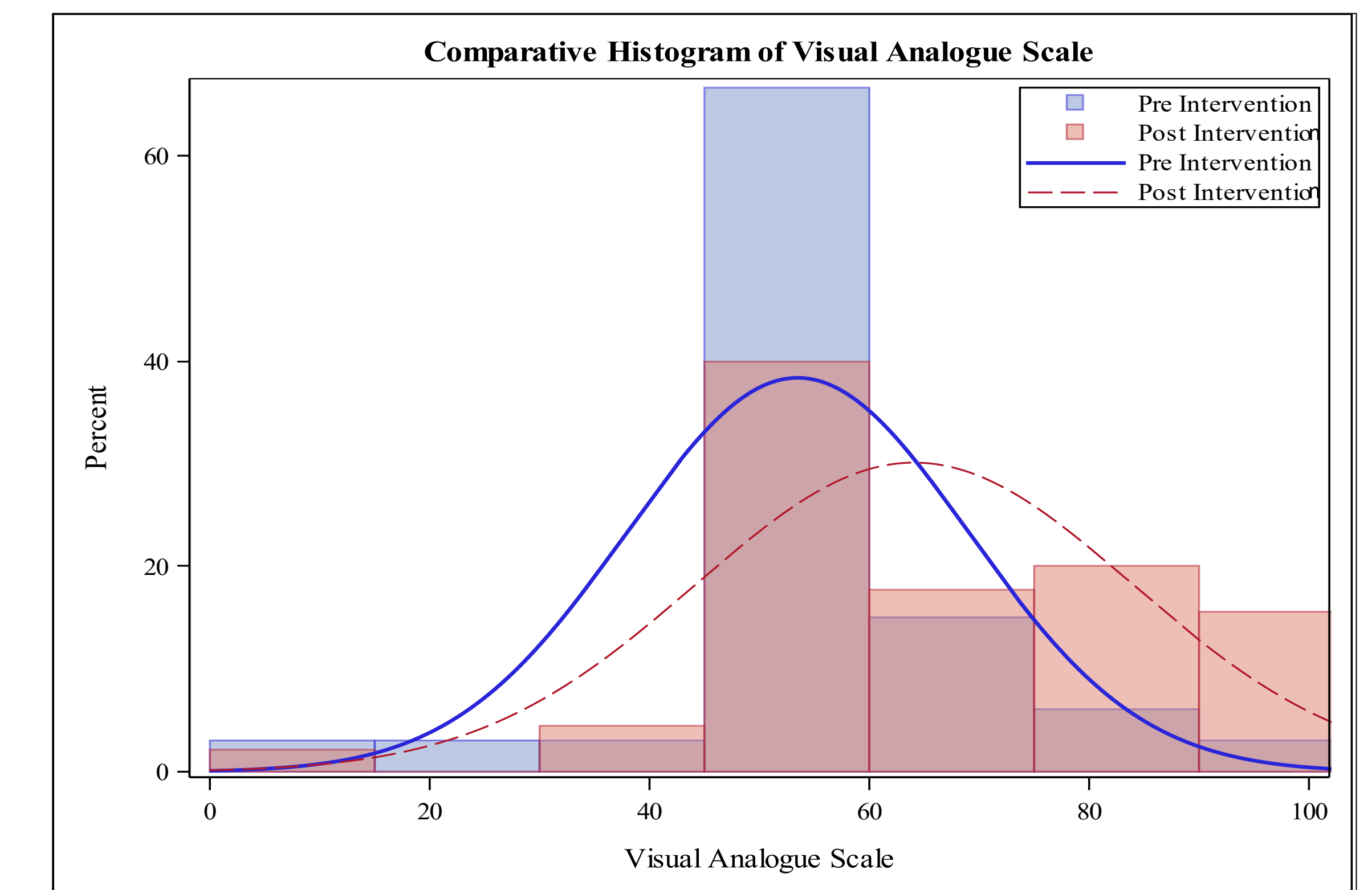
	Mobility		Self Care		Usual Activities		Pain/Discomfort		Anxiety/Depression	
	Time 1	Time 2	Time 1	Time 2	Time 1	Time 2	Time 1	Time 2	Time 1	Time 2
Level 1	9 (34.62%)	8 (30.8%)	18 (69.2%)	14 (53.9%)	22 (84.6%)	13 (50.0%)	11 (42.3%)	10 (38.5%)	16 (61.5%)	11 (42.3%)
Level 2	17 (65.4%)	18 (69.2%)	7 (26.9%)	11 (42.3%)	4 (15.4%)	11 (42.3%)	8 (30.8%)	10 (38.5%)	7 (26.9%)	10 (38.5%)
Level 3	0 (0%)	0 (0%)	1 (3.9%)	1 (3.9%)	0 (0%)	1 (3.9%)	7 (26.9%)	6 (23.1%)	3 (11.5%)	5 (19.2%)
Total <sup>a</sup>	26 (100%)	26 (100%)	26 (100%)	26 (100%)	26 (100%)	25 (96.2%)	26 (100%)	26 (100%)	26 (100%)	26 (100%)
Reporting some problems <sup>b</sup>	17 (65.4%)	18 (64.4%)	8 (30.8%)	13 (46.2%)	4 (15.4%)	12 (48.0%)	15 (57.8%)	16 (61.5%)	10 (38.5%)	15 (57.8%)
Change in numbers reporting problems	1		4		8		1		5	
% change reporting problems	5.9%		50%		31%		6.7%		19.2%	
Rank of dimensions in terms of % changes	1		5		4		2		3	

<sup>a</sup> Results are for those who responded to both the pre- and post-operative questionnaire. About 84% of respondents to the pre-operative EQ-5D also responded to the post-operative EQ-5D.

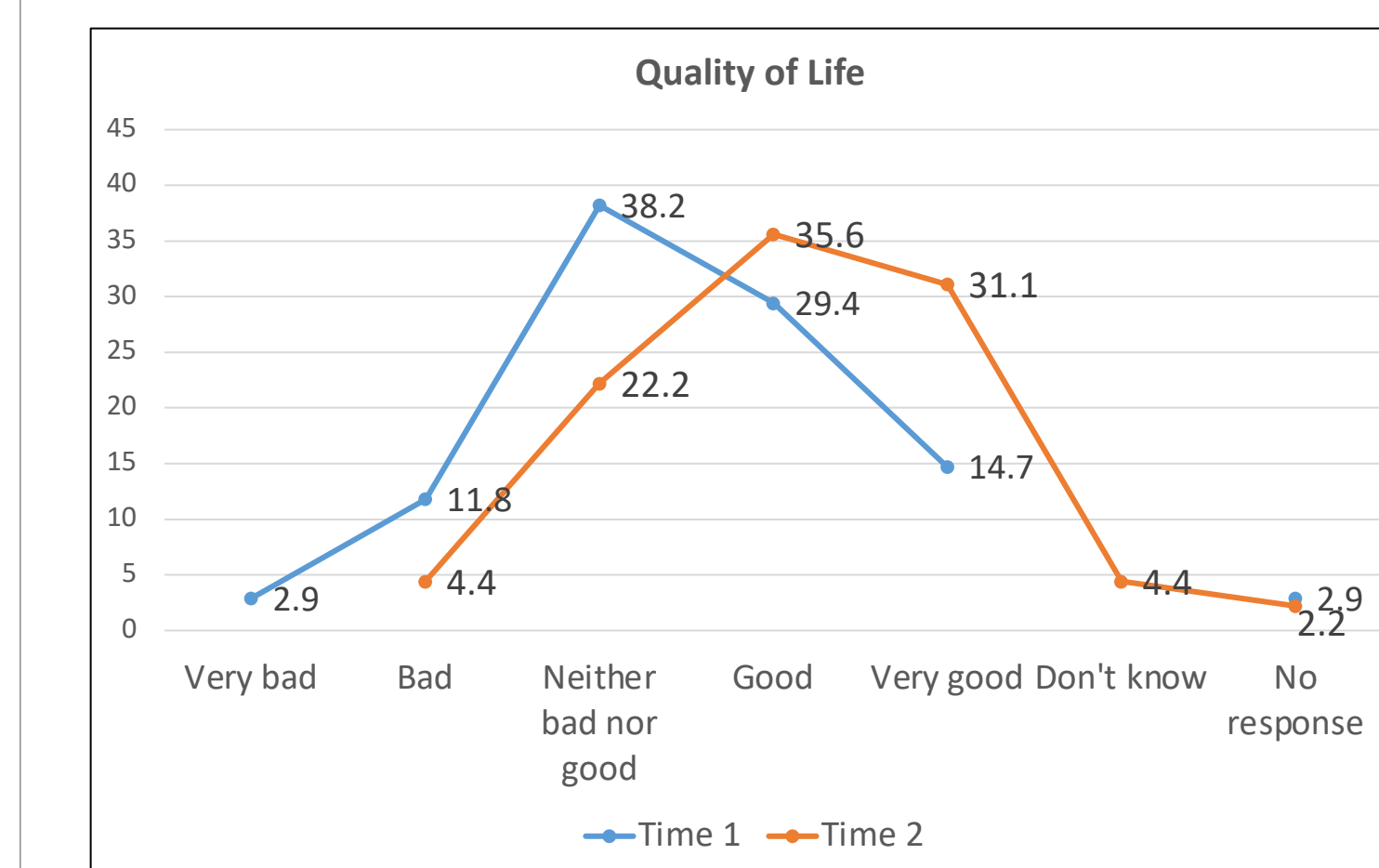
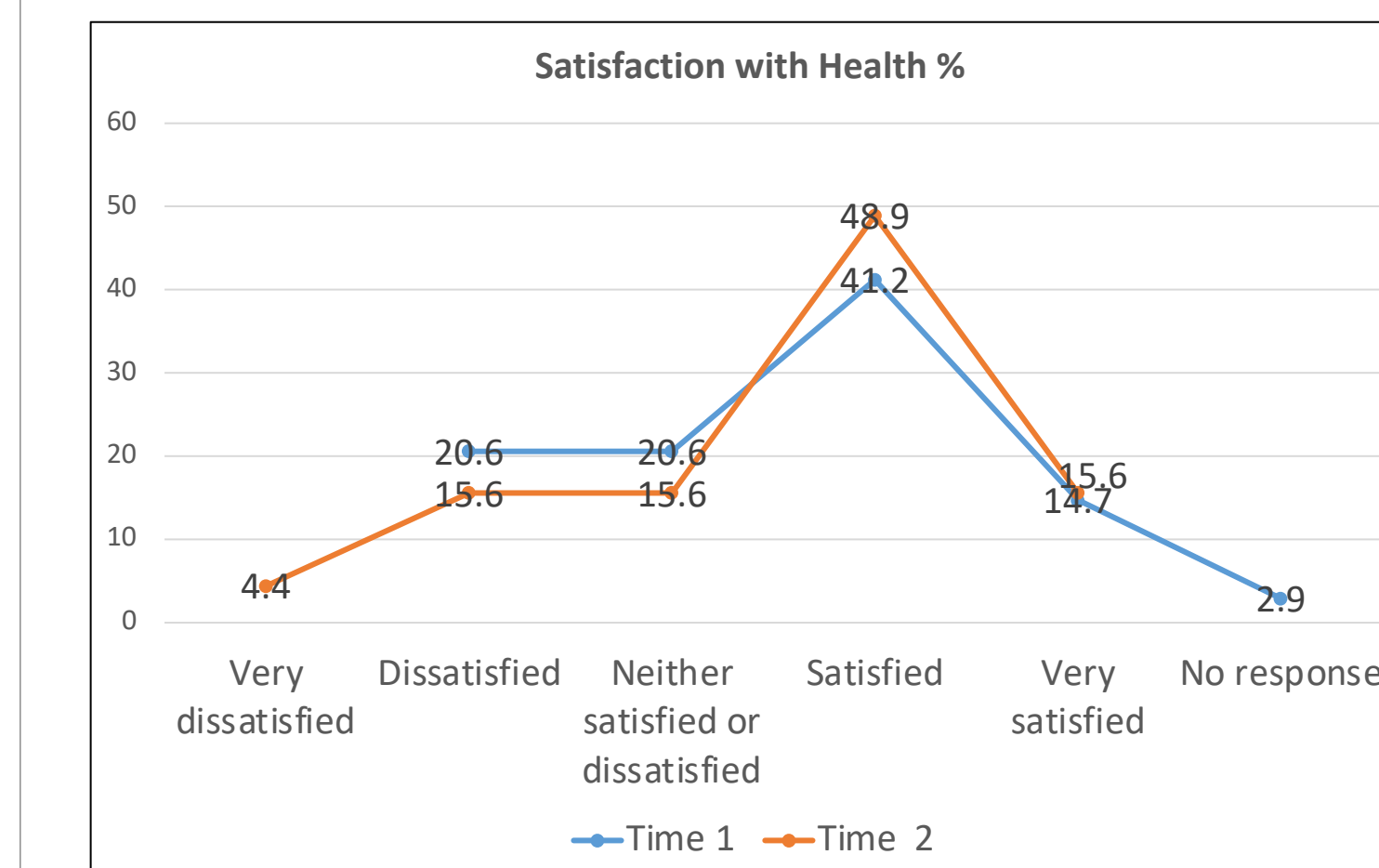
<sup>b</sup> Some problems = levels 2+3.

## VISUAL ANALOGUE SCALE

VAS median T1 =50, T2 = 60



## WHOQOL-AGE



## TAKE HOME MESSAGE

Quality of Life is a complex construct. Following introduction of recreation services, holistic self-report scores of Quality of Life improved but domain specific scores remained constant. Data should be interpreted in context of COVID-19 pandemic.

## References

- The EuroQol Group. EuroQol - a new facility for the measurement of health-related quality of life. *Health Policy*. 1990;16(3):199-208. Available from: [https://doi.org/10.1016/0168-8510\(90\)90421-9](https://doi.org/10.1016/0168-8510(90)90421-9).
- Devlin N, Parkin D, Janssen B. Methods for analysing and reporting EQ-5D data. Springer Nature; 2020.
- Caballero FF, Miret M, Power M, Chatterji S, Tobiasz-Adamczyk B, Koskinen S, et al. Validation of an instrument to evaluate quality of life in the aging population: WHOQOL-AGE. *Health Qual Life Outcomes*. 2013;11:177. Available from: <https://doi.org/10.1186/1477-7525-11-177>.

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