PRODUCTIVE AGING

2018-222 The Impact of Lighting on ADL and IADL
Productive Aging       Poster

1) Participants will learn the minimum lighting needed for older adults with low vision.
2) Participants will identify family centered interventions to maximize independence for older adults with low vision.
3) Participants will understand the importance of assisted technology and maximizing independence with low vision.

To determine if lighting impacts the performance of ADL and IADL tasks of older adults with low vision.


Fifteen journal articles from several database searches were examined to evaluate the impact of lighting on performance of ADL and IADL for older adults. Research found that lighting has a significant impact on individuals performance of ADL and IADL tasks.
Home Modification Efficacy for Low Vision Adults

Participants will:
- acknowledge the efficacy of home modification in preventing falls and promoting aging in place.
- recognize the importance of occupational therapists role in home modifications versus other disciplines.
- increase awareness of future research needs in low vision home modifications.

The goal of our research was to examine the effectiveness of home modifications to increase safety in the presence of visual deficits and specifically answering the question: Does home modification decrease the number of falls in older active adults with low vision? We reviewed forty-one articles and selected fourteen from ten databases for evidence on the three categories of home modifications. Home modification was divided into three categories including: lighting, adaptive equipment, and other various factors. Databases searched included ProQuest Health and Medical Complete, CINAHL, EBSCO, JSTOR, MEDLINE, Medscape, PEDro, PsychINFO, OT Seeker, and Health Source. Articles were considered based on inclusion criteria which consisted of peer reviewed texts published between 2010 and 2017 that included community dwelling individuals 60 years or older. Articles were excluded if they were level V research or included children. The fourteen articles were evaluated and summarized in a matrix. Critically appraised papers were completed for three articles which were selected based on level of evidence.

References


The efficacy of home modifications was examined for decreasing falls in older active adults with low vision. Current research suggests that home modifications by occupational therapists significantly decrease falls. However, a combination of interventions is evidenced to be most effective.

2018-224 Creating an Excitement to Work in Geriatrics
Productive Aging 50 Minute Session

¢ Differentiate between successful healthy aging and ageist perspectives of the geriatric population
¢ Explain and promote successful healthy aging to encourage entry level interest in geriatrics
¢ Discuss and demonstrate various client centered intervention ideas to complete with the geriatric population

It is projected that by the year 2025, the geriatrics population (individuals over the age of 65) will exceed those of pediatric age for the first time in the history of the world. With the growing population of older adults, the profession of occupational therapy must seek to determine how to encourage clinicians to feel excited about treating in the field of Geriatrics. The geriatric population of the future will look very different from that of the past and we will be seeing a larger number of high functioning older adults. Because of this change, Geriatrics will no longer be seen as the setting where careers ‹go to die› but rather a career in Geriatrics can be fun, exciting, and challenging. This session seeks to address common misconceptions of working with the older adult while addressing ways to encourage productive aging. An emphasis on common ageism misconceptions will be discussed as well as possible means to dispel these inaccurate portrayals of working with older adults with a focus on productive aging. We will review techniques to prepare for a career in working with older adults by focusing on client centered, holistic, and motivating interventions/occupation based tasks along with a collaborative care approach. By shedding a positive light on working with the older adult, we can help improve attitudes and encourage enthusiasm in our profession to aspire to work in the field of Geriatrics.

The purpose of this course is to provide an enthusiastic approach to treating the field of geriatrics by discussing various techniques to facilitate an exciting, challenging, and successful career of providing client-centered and occupation based interventions to an ever-growing population.

2018-225 Why is it so Dark in Here?
Productive Aging   Poster

1. The learner will increase his/her understanding for the need to implement lighting into the home modification process.
2. The learner will be able to educate clients on the importance of proper lighting techniques.
3. The learner will understand why lighting techniques need to be adapted for older adults and will understand how to adapt them.

Many older adults today are looking to age in place in their homes to maintain independence and autonomy (Wiles, Leibing, Guberman, Reeve, & Allen, 2012). Occupational therapy as a profession, stands poised to meet many challenges seniors may face while trying to age within their own homes. Occupational therapy’s role in the home modification process is crucial for improving clients functional performance and reducing risk of falls (Stark, Keglovits, Arbesman, & Lieberman, 2017). Proper lighting techniques in the home is one simple home modification technique that is beneficial for promoting and maintaining clients independence following age-related visual changes. Because vision declines with age, it is important to provide proper lighting to continue to see at maximum potential. Individuals over the age of 60 require three times more light to accomplish the same functional tasks as 20-year-old individuals (Hedge & Rhodes, 2015). Research has indicated that poor lighting techniques in homes combined with sensory impairments in the elderly are risk factors for decreased social participation, functional decline, withdrawal, and risk for falls (Haanes, Kirkevold, Hofoss, Horgen, & Eilertsen, 2015). In a study conducted by DiMaria, Ferreira, & Lazarova (2010), results found that over 50% of individuals stated not using energy-efficient light bulbs due to lack of knowledge and awareness of benefits. This study indicates a need for increased education due to the recent shift from incandescent light bulbs to more energy efficient light bulbs.

This poster seeks to educate occupational therapy practitioners on appropriate lighting techniques for increasing clients independence and safety in the home. This project promotes the role of occupational therapy in the home modification process by utilizing lighting as an environmental adaptation to encourage independence. The methodology of this presentation included an informative presentation on lighting techniques and light bulbs. Participants were educated on how to utilize lighting for adaptation to age-related visual changes. Additionally, participants were given a pre-test questionnaire to gauge prior knowledge on lighting techniques and light bulbs as well as a post-test questionnaire to determine understanding of the presentation.

Appropriate lighting techniques can increase safety, decrease risk of falls, and improve independence for older adults. Proper lighting techniques is one simple home modification that occupational therapy practitioners can utilize to promote and maintain clients independence and safety.

2018-226 The Role of OT in Aging in Place
Productive Aging Poster

1) Describe the distinct contributions of an OT program implemented through an existing interprofessional geriatric care coordination service for reducing disability and promoting aging in place for vulnerable older adults.
2) Identify evidence-based strategies for designing and implementing OT assessment and intervention in an interprofessional geriatric care coordination program for aging in place.

The purpose of the poster session is to introduce attendees to the concept of aging in place and to describe the distinct role of OT in a team-based care model to support older adults independence, safety, and quality of life. The intent of the poster session is for the presenter and attendees to engage in an open dialogue regarding the strengths and limitations of traditional long-term care (LTC) resources that are available to older adults who are seeking to age in place in their homes and communities. As the older adult population of the United States rapidly expands, there is a growing imbalance between the number of available LTC resources and the needs of older adults to effectively age in place (Smith & Feng, 2010). As a result of this imbalance, 60% of older adults who receive formal LTC experiencing adverse consequences related to unmet needs in their care (Freedman & Spillman, 2014). The presenter will explain how OT may be a solution for improving LTC resource distribution to meet the functional needs of older adults who wish to age in place. The presenter will describe the development process of the novel OT program within the UPMC Living-at-Home program, which is an existing interprofessional geriatric care coordination service. Theoretical and pragmatic rationale for incorporation of standardized assessment measures and evidence-based treatment strategies will be shared (Gitlin et al., 2006; Szanton et al., 2011), and information regarding treatment patterns, feasibility outcomes, and marketing of the program will be highlighted.


OT may be the solution for improving the balance of resource use and older adult ADL/IADL needs. We describe the addition of OT into an existing program for vulnerable older adults and OTs contribution towards promotion of aging in place.

2018-227 Evaluation of Criminal Justice Involved Elders
Productive Aging  50 Minute Session

1. Describe strengths/weaknesses of an evaluation protocol examining occupational profiles of criminal justice involved elders integrating into a community.
2. Describe patterns of occupational performance and social participation reflected in the profiles of justice involved elders.

This study generated occupational profiles of criminal justice involved elders to understand their goals, roles, performance capacities, health concerns and community integration patterns

The U.S. Department of Justice reports prisoners >55 increased by 400% from 1993-2013 (1). Elders integrating into the community post-release are challenged to find housing and report health issues related to musculoskeletal conditions, hypertension, vision and mental illness (2). Reintegration experiences of criminal justice involved elders is marked by disconnection from social networks and stigmatization (3). Occupational therapy can address the reentry needs of justice involved elders yet OT literature includes no significant guidance to direct OT evaluation or intervention.

Participants included men aged 60-72 recently released from prison after incarceration of >15 years. Each was assessed over a 2-3 week period with 8 assessments; the Occupational Self-Assessment, KAWA, Kohlman Evaluation of Living Skills, Montreal Cognitive Assessment, Physical Performance Test, Offender Reintegration Scale, Short Assessment of Health Literacy and Mental Health Knowledge Schedule. Field notes documented observations and responses to interview questions.

Data analysis generated occupational profiles for each elder. The Model of Human Occupation Screening Tool was used to synthesize and report data across sources. Descriptive statistics were generated for quantitative data. Qualitative data was analyzed using constant comparative methodology. Analyses illustrate challenges in reflected in cognitive, ADL/IADL and physical function scores. These and
health/MH literacy scores reflected limitations that could impede help-seeking, recovery and reintegration. OSA and KAWA and low scores on the ORS results reflect the challenges to justice involved elders occupational participation in productive, leisure and social activities within their new community.


This study generated occupational profiles of justice involved elders to define their goals, roles, performance abilities, health concerns and patterns of community integration. Comprehensive OT assessments were used to delineate the challenges to occupational adaptation of elder ex-offenders.

2018-228 Being Aware: Using Multifactorial Fall Prevention
Productive Aging Poster

1. To recall current fall prevention evidence regarding multifactorial approaches for fall prevention in older adults.

2. To identify the components of the fall prevention AWARE interventions and discuss program results related to the skilled nursing setting.

This evidence based program was constructed from researched protocols including Stepping On, which uses a risk assessment to improve resident safety to prevent falls (Kuczynski & Piersol, 2014). Patient education in a multicomponent fall prevention program was effective, evidenced by patients positive response and modification of patient behavior to reduce fall risk (Haines, Hill, Bennell, & Osborne, 2006). The present literature focuses on implementing comprehensive and multifactorial approaches to fall prevention.

The role of OT in fall prevention is supported by The Triple Aim with one of the goals to promote increased population health management (Berwick, Nolan, & Whittington, 2008). Fall prevention aligns with the Vision 2025, specifically the collaboration for maximizing health and quality of life for the older adult (AOTA, 2016). This intervention highlights the effectiveness of a preventative approach to maintain function and prevent decline, in accordance with the Occupational Therapy Practice Framework 3rd edition.

This program includes interventions on the topics of fall prevention and balance, strengthening, medication management, ADL/transfers, environmental modifications, and community safety. Each of the topic sessions are organized into the AWARE approach:
A-Announce Topic
W-Watch Education
A-Activate Knowledge
R-Reflect/ Q&A
E-Example Resources
This was developed based on the current fall prevention evidence in OT practice and designed with adult learning principles to support visual, auditory, and tactile learning. The focus of this poster presentation is to highlight the results of the capstone program and discuss its success/limitations related to implementation in the skilled nursing setting. The purpose is to disseminate the results from the project as well as gather feedback from other practitioners to modify the project for improved implementation. The goal is for the learner to develop increased knowledge on the fall prevention literature base and improve their competence in fall prevention interventions to be utilized in their practice setting.


Falls contribute to decreased quality of life and effect occupations. This intervention consisted of an eight session fall prevention protocol using pre- and post- test design. Interventions focused on strengthening, balance, medication management, environmental modifications, ADL/transfers, and community safety.

2018-229 Parkinsons Disease: Evidence-Based Treatment for Freezing of Gait
Productive Aging Poster

This poster and interaction with its presenter will offer participants the following learning outcomes:

1. Describe the evidence-based practice review methods as applied to paradoxical freezing of gait for clients living with Parkinsons Disease

2. Discuss specific high and low technology visual and auditory cueing techniques that clinicians can use to improve community mobility in persons 65 and older living with Parkinsons disease who experience paradoxical freezing of gait while medicated with levodopa.

3. Identify opportunities for occupational therapists to integrate these findings into their current clinical practice.

This poster provides an overview of an evidence-based research project that addressed the clinical question: Does visual and auditory cueing improve community mobility in OT clients 65 years and older
living with Parkinsons Disease (PD) who experience paradoxical freezing of gait (FOG) while medicated with levodopa? The five step process guiding this project included: establishment of background and purpose; development of a clinical question; systematic review of current literature; integration and analysis of findings; and recommendations for practice.

Levodopa is the most common and effective medication to alleviate motor impairments in PD. Its cyclic nature alongside the progression of PD can cause paradoxical FOG in the on/off state of medication. Pharmaceutical intervention must be accompanied by another therapeutic medium, such as visual and auditory cues. These cues stimulate basal ganglia sensory-motor feedback to help overcome FOG associated with loss of natural immediate locomotor responses.

For the purpose of this study, effectiveness of cueing was defined as alleviation of FOG in this population. Five types of cueing strategies were identified in the research: (1) low technology visual cues; (2) high technology visual cues; (3) low technology auditory cues; (4) high technology auditory cues; and (5) a combination of high technology visual and auditory cues. Although each study yielded different results with regard to gait parameters and episodes of freezing, study results point to the benefit of the use of visual cues, auditory cues, and combination cues. Visual cues included the laser shoe, Mobilaser, and transverse lines. Auditory cues included the metronome and loud speaker. Combination cues included Augmented Reality Smart Glasses and Google Glass. Each has been reported to promote functional and community mobility for persons with PD and FOG. Summary appraisal indicates effective cueing strategies depend on level of PD progression, cyclic course of medication and personal preference.


Paradoxical freezing of gait poses a mobility limitation in some persons living with Parkinsons Disease and medicated with levodopa. This poster overviews a spectrum of therapeutic cues and highlights individualized OT intervention based on efficaciousness and effectiveness found in literature.

2018-230 Advocating periodic screenings for individuals with chronic disorders.
Productive Aging Poster

1. Participants will gain perspective on periodic screening and its value to occupational therapy practice.

2. Participants will become familiar with a perspective questionnaire, the Patient Competency Rating Scale.
Purpose: To highlight the importance of periodic screening and inclusion of a 360° perspective when treating an aging individual with a chronic disorder.

Intent: To inspire discussion of occupational therapy's role in periodic screening of individuals with chronic disorders. During a periodic functional screening, comprehensive assessment tools can be utilized to determine the risk for functional decline. Periodic functional screening may include vitals, mobility, cognition, psychosocial aspects, and activities of daily living performance. Inclusion of the Patient Competency Rating Scale (PCRS) will flag areas of functional decline which impact quality of life. The PCRS includes the family and clinician perspective, which is integral to the individual's care and maintenance of their disorder as they age. Occupational therapists focus on gains in occupational function. Occupational therapists are posed well to administer periodic screenings for holistic plans of care and for delivery of skilled services.

Methods: This single case study utilized the PCRS and medical records review of an individual with Parkinson's Disease. This mixed method study design utilized qualitative analysis and descriptive statistics.

Content of the presentation: Occupational therapists are key advocates for long term comprehensive care. This single case study of an individual with Parkinson's Disease demonstrates the need for occupational therapists to incorporate periodic screening of aging individuals with chronic disorders into their practice. Occupational therapists have the expertise to implement and track functional changes in individuals with chronic disorders. Occupational therapists are well positioned to incorporate periodic screenings into their holistic approach to care for individuals throughout the aging process.


An individual aging with a chronic disorder has medical screenings; however, daily occupations and health indicators are not usually included. Advocating for periodic functional screenings by rehabilitation providers is key for a comprehensive approach to chronic health promotion and management.

2018-231 Living Life to its Fullest with Low Vision through Occupational Therapy
Productive Aging 1 Hour 50 Minutes

1. Participant will be able to identify the basic anatomy of the eye and visual systems and low vision conditions that may impact older adults and influence Occupational performance
2. Participant will be able to describe Low Vision and its complexities; impact on environment
3. Participant will identify the 12 signs of vision loss
4. Participant will be able to identify/describe screening process, evaluation tools, and practical treatment strategies and experience low vision during functional task participation
5. Participant will explore common low vision apps, and computer adaptations
6. Participant will identify body of knowledge suggestions for further research in the area of Low Vision

This presentation is a hands-on interactive session where the participants will have the opportunity to explore low vision and its profound impact on our aging population through use of goggles that represent macular degeneration, glaucoma, cataract, diabetic retinopathy while participating in functional task performance, discussion and problem solving with practical interventions from low tech, no tech to high tech. This presentation will take the participant through a description of eye anatomy, the vision system, normal aging through low vision deficits with focus on screening, evaluation and intervention with 2 Case Studies and finally explore research and body of knowledge suggestions.

Scheming, Mitchell (2003), understanding Visual deficits: a guide for Occupational Therapists
Enhanced Vision- www.enhancedvision.com
National Library for the Blind and Physically Handicapped
National Eye Institute -www.nei.nih.gov
National Federation of Blind- www.nfb.org
Prevent Blindness America- www.preventblindness.org
Association for Macular diseases -www.macula.org
American Foundation for the blind- www.AFB.org
Vision aware- www.visionaware.org
Daily Living Solutions
Minimizing Computer Strain Source -www.visionsource.com
Maureen Duffy - Making Life More Livable NY American Foundation for the Blind
This is a hands-on interactive presentation that will provide the therapist with an understanding of basic anatomy of the eye and visual system, the aging eye and the complexities and comorbidities that impact our aging population.

2018-232 Virtual Dementia Tour: A Window Into Their World
Productive Aging Poster

Participants will:
1. Increase awareness of the impact of simulated learning on adult learners.
2. Learn about the Virtual Dementia Tour and its unique connection to dementia awareness.

By 2030, an anticipated 20% increase of Americans over 65 will result in more cases of debilitating diseases such as dementia (Horowitz, Tagliarino, & Look, 2014). Consequently, there will be an increased need for occupational therapists. Entry level therapists will be at the forefront of service delivery for this population and their families. Evidence suggests that adult learners enter programs with preconceived ideas and negative attitudes derived from a lack of knowledge (Kinney, Yamashita & Brown, 2016).

As such, occupational therapy educators should align with the active learning styles of adult students. Literature shows that simulation tools help adult learners to experience and understand dementia first-hand (Mast, Sawin, & Pantaleo, 2012). For example, adult health science students participated in the Virtual Dementia Tour (VDT), resulting in increased perceived confidence and appreciation for dementia-related behaviors (Lorio, Gore, Warthen, Housley & Burgess, 2017).

Despite current evidence supporting use of the VDT, little evidence exists connecting it directly to occupational therapy education. This project aims to show the potential impact of using the VDT in an educational setting. Integrating the VDT as an educational tool may contribute to a holistic approach, a hallmark of occupational therapy. Occupational therapy students are future caregivers who will possess the knowledge and expertise to optimize patient quality of life (American Occupational Therapy Association, 2014).

Caregiving is complex and culturally-based, with variation in administration of care (Corcoran, 2011). The beliefs held by an occupational therapist, or family caregiver, will influence the quality of care they provide to persons with dementia (Corcoran, 2011). Participation in the VDT may increase knowledge and decrease bias to carry over into dementia caregiver training.

http://ex.doi.org/10.5014/ajot.2014.682006


dementia: A validation of the Allophilia scale. Dementia, 16(8), 1045-1060.


Simulated learning is on the rise in higher education. This poster will provide background knowledge related to active learning. Additionally, it will provide an overview of the Virtual Dementia Tour and its impact on occupational therapy students.

2018-233 Best Practice in Geriatric Falls Assessment
Productive Aging Poster

1. Participants will be able to describe the differences in the psychometrics of various balance assessments.
2. Participants will be able to describe the use of digitized balance software in the assessment of geriatric falls risk.
3. Participants will be able to identify financial resources available for geriatric clients in need of home modifications.

The prevention and treatment of geriatric falls is of growing importance. One in four Americans 65 and older fall every year resulting in 2.8 million fall related injuries treated in emergency rooms (National Council on Aging, 2018). In 2014, the total cost of fall injuries was $31 billion (National Council on Aging, 2018). With a plethora of assessment tools available to therapists, it can be difficult to identify which assessment tool is the most beneficial for each client. The purpose of this poster presentation is to aid in the assessment selection process for occupational therapy practitioners treating geriatric clients at risk for falls. Psychometric analysis of four falls assessments will highlight pros and cons of each tool and its relevance to target populations. Information on financial resources within the community will be provided for clients in need of home modifications or assistive devices due to fall risk. Participants in this poster presentation will gain a better understanding of the reliability and validity of each assessment tool which will help in their decision making process and allow occupational therapy practitioners to better refer clients to additional financial supports in their communities.


A poster presentation highlighting the relevance of geriatric falls to the field of occupational therapy. Information included relates to the psychometrics and use of falls assessments available to therapists and financial resources for geriatric clients in need of home modifications.
At the conclusion of this session, participants will be able to . . .
1. Identify factors leading to a predicted increase in inmates with dementia and the challenges this increase presents to the prison system.
2. Describe the process of developing a theory-based online training module that meets the needs of correction officers.
3. Recognize an emerging role for occupational therapy professionals in the correctional setting to educate correction officers and meet organizational needs.

Between 2000 and 2009, the United States prison population increased by 16 percent while the number of inmates aged 55 years or older increased by 79 percent1. Coupled with a high frequency of common risk factors for dementia among inmates such as traumatic brain injuries, substance abuse, poor nutrition, and low educational achievement1, 2, the rising older adult population increases the potential for a rise in the number of inmates with dementia. This situation presents a challenge to the prison system.

Behavioral symptoms associated with dementia render inmates vulnerable to disciplinary infractions or victimization and result in increased costs and risks associated with disciplinary proceedings, injuries resulting from victimization, and the like1. Considered informal caregivers3, correction officers might be the first to observe dementia-related changes in function and behavior but lack the foundational knowledge and skills required to interact effectively with inmates with dementia. A program that effectively trains correction officers to understand that œdifficult behavior may actually be a symptom of dementia, recognize the difference between purposefully disruptive behavior and the behavioral symptoms of dementia, and manage behavioral symptoms will allow correctional institutions to operate in a safer, more efficient manner. Yet advocates identify correction officer training as an area in need of significant improvement1, 4.

This poster will illustrate the development of an online, self-directed dementia training module for correction officers. Evidence supporting its development, theoretical framework employed, and process of designing and modifying the module will be presented. Additionally, the emerging role for occupational therapy professionals in the correctional setting to educate correction officers and meet organizational needs will be highlighted as participants are encouraged to discuss the correctional setting as an emerging practice area.

As the US prison population ages, experts predict a staggering increase in inmates with dementia which presents challenges to staff training and organizational needs. This session will illustrate the development of a theory-based online dementia training module for correction officers.

2018-235 The Fountain of Youth: Intergenerational Programming
Productive Aging Poster

1. To investigate the benefits of intergenerational programming on the older adult cohorts.
2. To promote research currently available relevant to the field of intergenerational programming.
3. To provide education on studies' findings and how outcomes are relative to the field of occupational therapy.

In the world today, detachment occurs between generations, and this contributes to how the elder population views the aging process. The detachment between generations includes stereotypes that have the ability to be diminished through the use of intergenerational programs. This research contains 11 critically appraised papers that were used to complete a literature review on intergenerational programs. Intergenerational programs contain two different age cohorts interacting throughout various types of interventions. For example, service-learning experiences and shared site programs are both specific types of interventions that were used to evaluate the effectiveness of intergenerational programs. The literature review delved into the benefit that the interactions have on the overall quality of life and well-being of older adults. The intent of this program is to educate occupational therapy professionals on the topic of intergenerational programming in varying settings across the profession such as community, school, and skilled nursing facilities.

This session is about a collaborative model known as intergenerational programming between two different age cohorts. The research was conducted to investigate the benefit for older adults' overall well-being and quality of life throughout the aging process.

2018-236 Multidisciplinary Management of Malnutrition in Older Adults
Productive Aging Poster

1. Understand the etiology and identification of malnutrition in older adults and how reduced nutrition impacts occupational performance.
2. Explain how each member of a multidisciplinary team supports successful management of malnutrition in older adults.
3. Describe the distinct value of occupational therapy as a contributor to multidisciplinary management of malnutrition in older adults.

This poster will provide an introduction and background on malnutrition as an important issue for Occupational Therapy as the population ages. The etiology of malnutrition has many causes relating to psychological, physiological, and environmental factors. Key components related to etiology, identification, and consequences of malnutrition will be described. Recognizing signs and symptoms in older adult clients can lead to early diagnosis and prevention. The body of the poster will illustrate and describe how each member of the multidisciplinary team manages malnutrition with specific focus on how the occupational therapist applies knowledge of occupational performance to support improved nutritional intake. Specific examples will be provided for OT interventions that focus on the reduction of positioning problems, psychosocial needs, and use of adaptive equipment. Client, family, and clinician education on all aspects of malnutrition is necessary for proper recognition and management.


This poster presentation will utilize evidence to provide an overview of the multidisciplinary process for managing malnutrition in older adults including the role of occupational therapy and client-centered interventions designed to improve the ability and willingness to acquire nutrition.