



An environmental scan summary:

Australian meaningful lifestyle activity resources

This report describes the methods and findings of the original environmental scan conducted in September 2022. The scan was re-run in May 2023 and resulted in additional articles on the benefits of meaningful activities for older people being added to the Resource Collection. We will continue to repeat the scan process at scheduled intervals to ensure content currency.

Key Points

- An environmental scan identified a total of 29 Australian resources on meaningful lifestyle activities of potential relevance to the Australian aged care sector (residential aged care and/or home care).
- These resources were for a range of audiences including older people and their families, aged care workers, and service providers and managers.
- The resources found were mostly webpages, articles, reports, and guidance documents that focused on the importance of, and principles related to, meaningful lifestyle activities for older people and discussed some examples.
- The relevance of person-centred care was commonly highlighted in the resources identified.
- We did not identify resources available for diverse groups of older people.

Background

The aim of this environmental scan was to identify existing Australian tools and resources on meaningful lifestyle activities for people in the aged care sector, a topic identified by the aged care sector as a priority area. This report presents the methods and findings of a preliminary scan completed by the Knowledge and Implementation Hub team.

Methods

The environmental scan followed a structured method for identifying resources. This included a defined search strategy and eligibility checking against inclusion criteria. These processes are explained in further detail below.

Search strategy

The scan adopted a three-pronged approach to identifying relevant resources.

Google Advanced searches

Our first approach involved structured searches for Australian aged care resources with a focus on meaningful lifestyle activities. These were conducted in September 2022 using the Advanced Search version of Google (Chrome browser in incognito mode to avoid previous search history impacting results). Searches for aged care resources were run to identify webpages, websites, PDFs and other resources originating from Australia, including each of its states and territories.

The search was structured as follows:

- The search terms aged care resources and meaningful lifestyle activities were entered in the advanced Google search box. Other terms related to meaningful lifestyle activities such as enjoyable activities or specific activities such as gardening were also used in the search.
- Australia was selected from the Region drop-down menu.
- The search was run once with and once without the PDF file type limit.

For each search run in Google Advanced, we aimed to retrieve and review the first 50 relevant pages.

Scanning relevant organisation websites

Our second approach involved searching a list of key organisations that were likely to provide relevant resources. Organisations were identified during the scan process or were already known to the researcher group. They included:

- Australian Government Department of Health and Aged Care: www.health.gov.au/health-topics/aged-care
- My Aged Care: www.myagedcare.gov.au
- COTA: www.cota.org.au
- Australian Association of Gerontology: Grey Literature Library: www.aag.asn.au/education/aag-grey-literature-library
- Australian Ageing Agenda: www.australianageingagenda.com.au
- Opal HealthCare: www.opalhealthcare.com.au
- Aged Care Quality and Safety Commission: www.agedcarequality.gov.au
- Older Persons Advocacy Network: <https://opan.org.au>

Seeking additional resources

Finally, an Evidence Advisory Group (EAG), consisting of experts in the field of meaningful lifestyle activities was asked for relevant Australian resources that could be included.

Eligibility criteria

Resources were considered for inclusion if they:

- Originated in Australia and were for an Australian audience
- Were freely available online or could be ordered online (e.g., toolkit)
- Provided training or educational information on social isolation, either in home care or the residential aged care setting
- Met criteria for website quality including authority (e.g., government sites) and currency.

Data extraction

The following data fields were captured for included resources:

- Provider/author of the resource
- Resource title
- URL
- Brief description of resource(s)
- Audience
- Resource type (e.g., video, report, handbook)
- Year published

Results

All searches together returned 29 resources relevant to meaningful lifestyle activities for older people in aged care settings (residential aged care and/or home care).

Target audience

It was found from mapping the resources by target audience that there are multiple populations to consider when providing information about meaningful lifestyle activities

The following populations were identified within the Australian context:

- Older people and family
- Aged care workers

- Service providers
- Policy makers
- Lifestyle coordinators

Types of resources found

Different types of resources were identified including webpages, articles, reports, guidance and videos that explained the importance and principles related to meaningful lifestyle activities for older people, particularly person-centred care, and discussed some examples. Most resources were intended for more than one audience (e.g., service providers, older people and their families, and aged care workers). No resources targeted specific groups of older people from diverse populations like those from culturally and linguistically diverse populations and LGBTQIA+ community.

Conclusion

There is a need to consider lifestyle activities that are meaningful, enjoyable, and that address the needs of older people. Several resources are available to guide the older person and their families, the aged care workforce, service providers, and policy makers in ensuring older people engage in meaningful lifestyle activities. However, we note the lack of resources focused on the issue for diverse populations of older people in aged care.

This summary report describes the initial process used to identify resources capable of informing, training, educating, or generally supporting the aged care sector in delivering high-quality care. This is the first part of an ongoing process to build the resources of the Knowledge and Implementation Hub. We will repeat the scan process on a scheduled basis to ensure new resources are identified and included so that the Hub content remains relevant to the sector's needs.

Report authored by Dr Claire Gough and Dr Janine Margarita Dizon, Research Fellows, Knowledge and Implementation Hub, Aged Care Research and Industry Innovation Australia, Flinders University.

Cite as: ARIIA Knowledge & Implementation Hub. An environmental scan summary: Australian meaningful lifestyle activity resources: Adelaide, SA: ARIIA; 2022 [updated 2023 May].

www.ariia.org.au

For more information email ariia@ariia.org.au or call 08 7421 9134

ARIIA - Level 2, Tonsley Hub, South Rd, Tonsley SA 5042

ARIIA was established as an independent, not-for-profit organisation, set up to lead the advancement of the aged care workforce capability by promoting and facilitating innovation and research to improve the quality of aged care for all Australians.

ariia Aged Care Research
& Industry Innovation
Australia

 **Flinders
University**

 **Australian Government**
Department of Health
and Aged Care