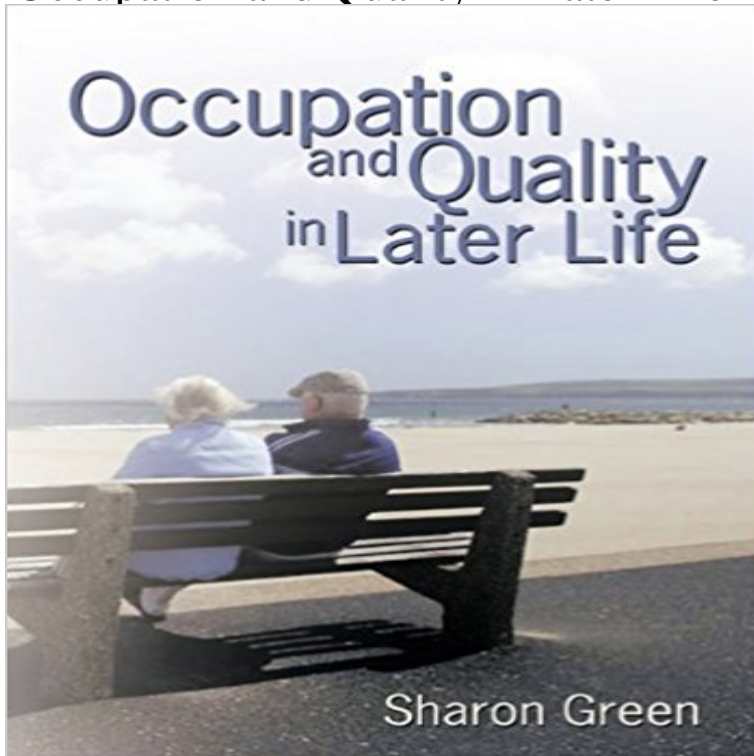


Occupation and Quality in Later Life



What is quality of life? The book opens here with introductory sections also addressing links between health, quality of life and occupation, plus special issues associated with successful ageing. Methods of researching these topics and ways of recording results are given. In-depth case study research with persons aged 75 to 98 years has been undertaken and their fascinating and highly individual stories are revealed. Four common themes were found embedded in the stories and these are examined to find out why some people experience negative, unsatisfying days whilst others achieve fulfilment and experience days of quality with their time seen as well-spent. The influence of where you live is also highlighted. The research and analysis resulted in an assessment tool: Quality enhancement through occupational satisfaction (QETOS) which may be copied from the pages of the book. When therapists and others are working with older people a score may be obtained from the assessment and progress towards identified goals may be measured. Hints, tips and sample case studies illustrate how the simple assessment can be used. The book concludes with lists of activities and occupations known to be undertaken with persons aged between 75 and 100 years. Full references are given.

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