

P164: Reminiscence therapy to reduce falls and weight loss: The protocol and outcomes of a pilot trial in residential aged care.

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Objective: Falls is the leading cause of injury, and injury-related cognitive decline and death for older adults. Weight loss and malnutrition contribute to the risk of falls through increased frailty, visual and cognitive impairment, and predicts both the severity and recovery time of falls. Psychological and social factors such as isolation, loneliness, cognitive impairment, anxiety and depression are significantly associated with falls and weight loss for older adults. Reminiscence therapy is a psychological intervention that can improve anxiety, mood disorders, cognition and isolation; however, it is not yet known the impact that reminiscence therapy has on the incidence of falls and weight loss. This abstract will present the existing research on reminiscence therapy for the prevention of falls and weight loss, describe a group reminiscence therapy protocol to target these risk factors, and outline preliminary findings from a small pilot trial group therapy program conducted in February, 2023.

Results: Data on pre and post incidence of falls and weight loss collected from eHealth records for: 1) 3 months prior to the group, and 2) the 9-week duration of the group will be discussed. Group participants will complete a pre and post Depression Anxiety Stress Scale (DASS21) and provide feedback on the therapy protocol.

Conclusion: This presentation will discuss the suitability of a group reminiscence therapy protocol to reduce psychological and social risk factors associated with falls and weight loss for older adults in residential aged care.

P165: Music-assisted reminiscence therapy: The theory behind a new frontier for enhancing the wellbeing outcomes for older adults

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Objective: Reminiscence therapy is an evidence-based treatment for late life depressive symptoms, and has been associated with improvements in cognitive function, loneliness, happiness, and wellbeing for older people. While music is often involved in reminiscence therapy, little is known about how music is used or works in this context. Specifically, we do not know what purpose music serves, or how it works to enhance the experience when combined with reminiscence therapy. This presentation will provide an overview of two studies exploring how music enhances reminiscence therapy.

Method: A narrative literature review was conducted with a structured search strategy to identify all relevant literature. Furthermore, a single-case repeated measures experimental EEG study with 4 older adults experiencing psychological distress was conducted. Participants were randomly assigned to a single session of either verbal reminiscence therapy or music-assisted reminiscence therapy. EEG recordings of resting states (e.g., eyes closed) were taken before and after the session, together with different epochs recorded during the session (e.g., during the start of reminiscence, the problem solving success, and music played). Analysis involved calculating the standardised LORETA (sLORETA) calculations to map regions and sources of EEG activity during these epochs.