

Redefining Psychosocial Rehabilitation

Resident Voices, Meaningful Choices: Adapting the Clubhouse Model

St. Andrew's Nursing Home (Bangkok)

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BACKGROUND

- The Clubhouse Model, a psychosocial rehabilitation approach with over 65 years of research, has proven effective in promoting meaningful engagement, enhancing quality of life, reducing psychiatric re-hospitalizations, and improving social relationships among individuals with mental illness.
- St. Andrew's Nursing Home (Bangkok), a 300-bed facility for psychiatric and dementia residents, is committed to providing strength-based rehabilitation while fostering connections. However, the existing psychosocial activities often lacked resident input, leading to low participation and moderate satisfaction, with few engaging options beyond typical physiotherapy/occupational therapy sessions.
- This 2-year project aimed to enhance resident-centric meaningful engagement using the Clubhouse Model in the nursing home setting.

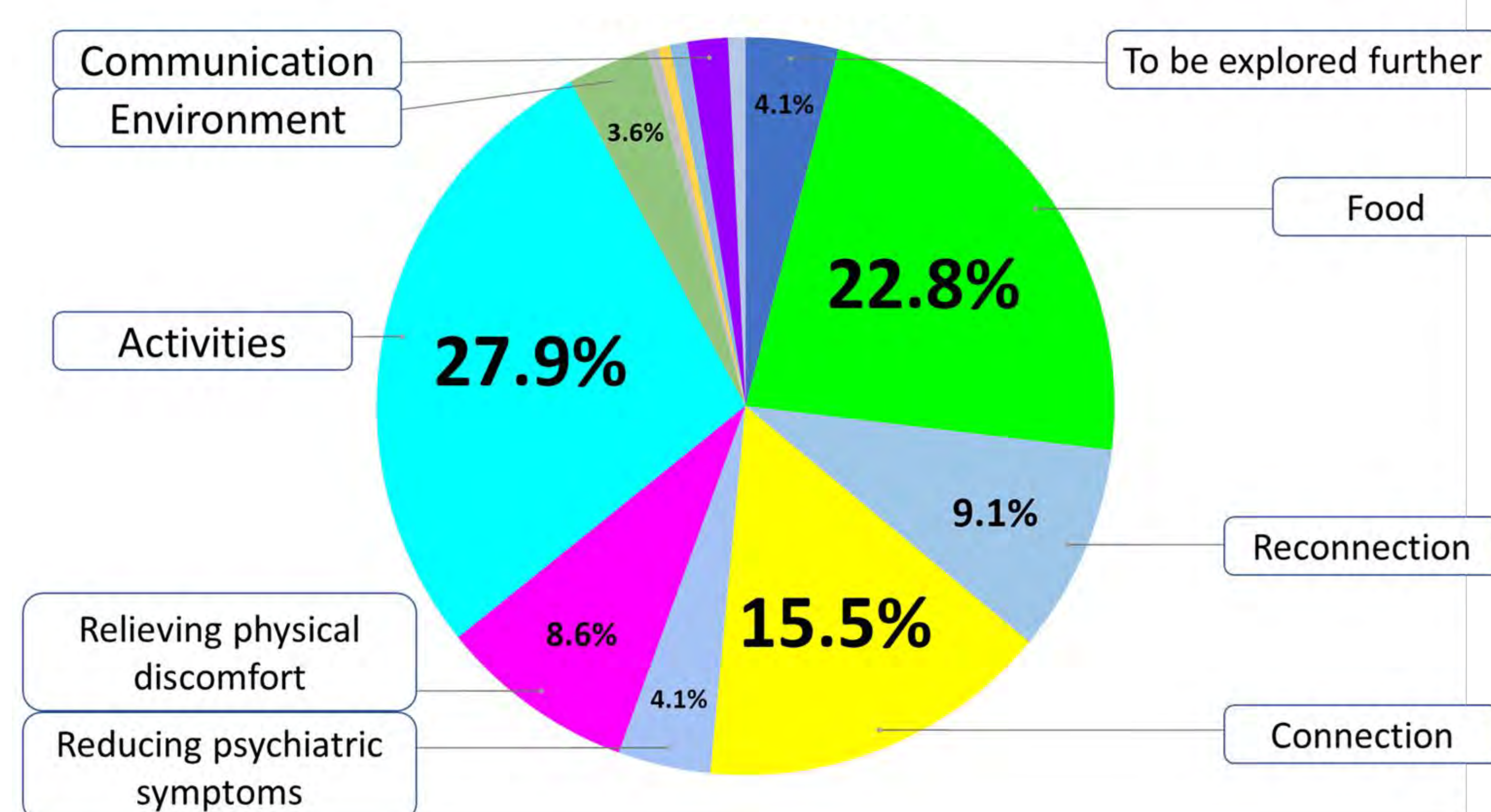
PROJECT GOALS

- To explore residents' unmet needs to develop meaningful activities.
- To increase the number of meaningful activities at the nursing home for residents, from 4 to 8 by end Q1 2024.
- To increase the percentage of residents engaged in meaningful activities at the nursing home, from 40% to 60% by end Q1 2024.

PROBLEM ANALYSIS

- A comprehensive needs assessment using qualitative interviewing and clinical observation was conducted in Q1 2022 to explore residents' unmet needs.
- Data saturation was achieved with 50% of the total residents (n = 150), providing a comprehensive understanding of their needs and preferences to help design meaningful activities.

Themes of Unmet Needs



IMPLEMENTATION PLAN

Phase 1 (Jun '22 - Jun '23) – Meeting a Need for Variety in Food and Activities

- Interventions:** (a) Implement an adapted Clubhouse Model with 7 initial members (residents) participating in peer support activities led by the peer support specialist; (b) Clubhouse members assist staff in facilitation of activities for the rest of the residents in the nursing home; (c) Increasing variety and frequency of meaningful activities.
- Programmes:** Karaoke, Kopitiam, hair-cutting, birthday celebrations, peer support sessions, vocational rehabilitation.



Project Poster for Community Care Excellence Awards 2024
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IMPLEMENTATION PLAN (CONTINUED)

Phase 2 (Jun '23 - Dec '23) – Enhancing Partnerships with others in Development of New Programmes

- Interventions:** Strengthened networks with volunteers and professional groups to enhance in-house and off-site activities for various resident groups. Engaged with next-of-kin (NOK) for events. Clubhouse membership increased to 35.
- Added Programmes:** Regular outings, music therapy, art therapy, volunteer befriending, Food Carnival, Happi Café, Family Day.



Phase 3 (Sep '23 - Mar '24) – Enhancing Inclusion for Residents Who are Limited to the Wards

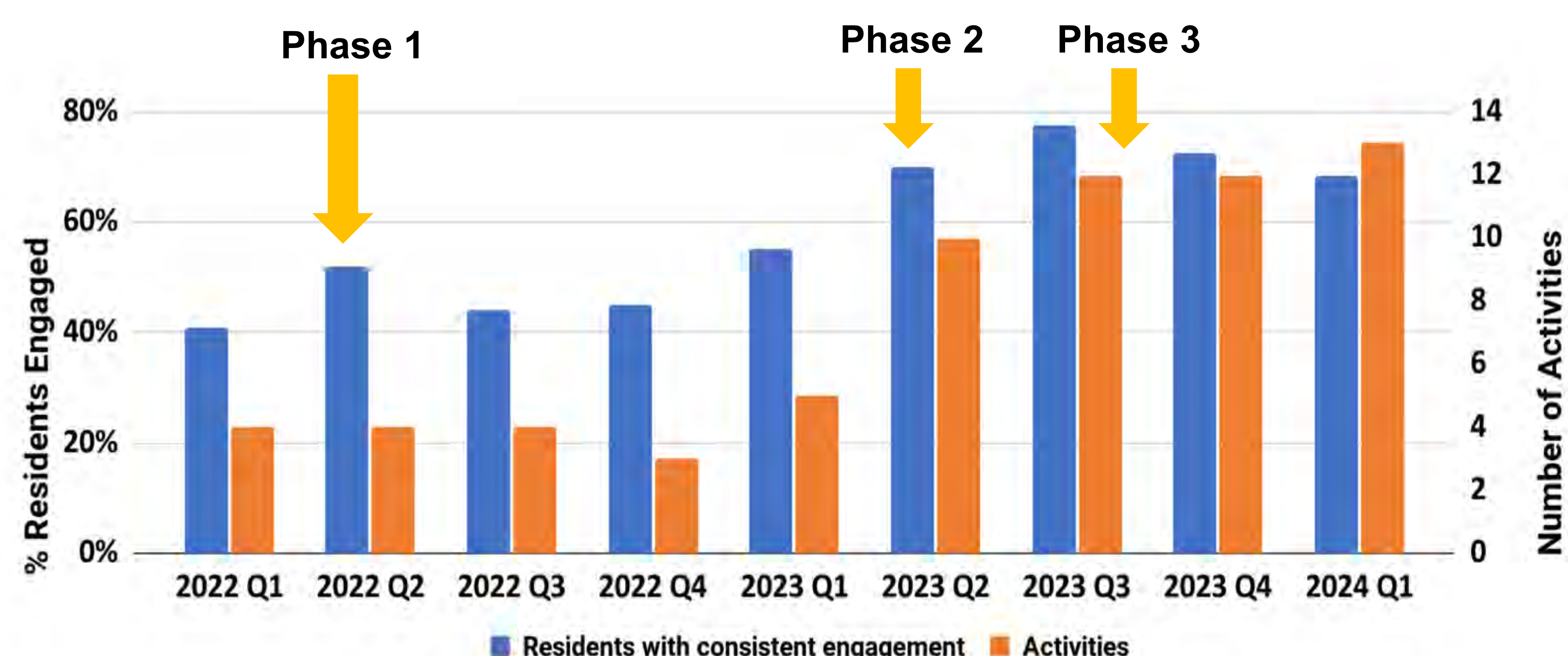
- Interventions:** Engage worker residents, volunteers, and staff in delivering ward activities for residents with limited mobility. Clubhouse membership has grown to 59 residents. Improved on aligning programmes with residents' specific needs.
- Added Programmes:** Virtual Reality sensory activities, ward activity boxes, reading corner and cooking sessions.



BENEFITS / RESULTS

- 3 top unmet needs** were identified:
 - Activities of choice - 27.9%
 - Food of choice - 22.8%
 - Connection with family and others - 15.5%
- The initial goal to increase meaningful activities for nursing home residents to 8 by the end of Q1 2024 was **successfully surpassed**, reaching a total of 13 activities.
- The initial goal to increase residents' engagement in meaningful activities from a baseline of 40% to 60% by the end of Q1 2024 was **successfully surpassed**, reaching a peak engagement rate of 78% in Q3 2023.

Resident Engagement in Psychosocial Activities



SUSTAINABILITY & REFLECTION

- To ensure project sustainability and reflection, the team will:
- Recruit and train community volunteers to support present and future resident activities.
 - Enhance resident engagement by training clubhouse members to share ideas, provide feedback and assume leadership roles.
 - Routinely explore residents' needs to reflect changes after needs have been met.