

## METHOD

The Bee Well Program is a 6 week healthy ageing program designed to explore a range of topics through education, exercise, socialisation and activities. Participants can choose from a range of healthy ageing topics so the program can be tailored to the collective needs and interests of the group. Short and long term goals are evaluated, to allow participants to see their physical improvements as well as improvements in quality of life.

## DISCUSSION/OUTCOMES

Successful reviews have shown that a multifaceted holistic group format, facilitated by Occupational Therapists, has positive and long-lasting effects. It has demonstrated an improvement for aged care participants in perceived quality of life, a reduction in falls and has increased links within the community. Our ongoing longitudinal study aims to demonstrate extended time at home, reduced falls and hospital admissions. OTs have a unique role to play in promoting functional independence, healthy ageing and self-management in this format.

## CONCLUSION

The positive outcomes experienced by participants have established a solid foundation for the future of community based healthy ageing programs facilitated by Occupational Therapists.

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## Occupational transitions: How do work-related factors influence the work-to-retirement transition process?

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## BACKGROUND

The work-to-retirement transition process results in changes to life structure and identity making retirement from work a major occupational transition. This paper will explore the influence of work-related factors on the work-to-retirement transition. Findings will be discussed in terms of opportunities for occupational therapy in this occupational transition.

## METHOD

Semi-structured individual interviews were conducted with participants aged 50 years and over who had voluntarily retired within the past five years. Recruitment occurred via a range of mechanisms including through local services and organisations and the research teams' networks. Thematic analysis was conducted for each of the work-to-retirement transition stages (preparation, transition, and retired).

## DISCUSSION/OUTCOMES

To date, eleven interviews (5 females, 6 males) have been conducted with people from a variety of pre-retirement occupations. Preliminary findings include themes around: time to move on, wrapping up work (preparation); work influencing retirement timing, work infiltrating retirement, feeling retired, (transition); freedom from work, identity reconceptualisation, filling retirement with work-like activities (retired).

Conclusion: Work-related factors influence all stages of the work-to-

retirement transition process. Occupational therapy's role encompasses vocational rehabilitation and ageing. Occupational therapy can also play an important role in facilitating the work-to-retirement transition process with the ultimate goal to enable active (and) healthy ageing.

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## An inter-professional, role-emerging aged care placement and value-add to a Montessori for memory support pilot: case study and considerations

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## BACKGROUND

We trialled two complementary and over-lapping innovative student placement models aiming to benefit a multi-setting aged care service. An inter-professional placement for occupational therapy, counselling and nursing students facilitated trans-disciplinary collaboration. At the same time, role-emerging experiences allowed counselling and occupational therapy students to creatively negotiate their scope of practice, and to demonstrate the value-adding potential of their disciplines and professional flexibility. This trial aimed to provide preliminary evidence of the effectiveness of this initiative from multiple stakeholder perspectives.

## METHOD

Six students from the three disciplines undertook an inter-professional placement, which for occupational therapy and counselling participants also incorporated role-emerging elements. Clinical facilitation was provided both inter-professionally and discipline-specifically. Qualitative outcomes of the inter-professional placement were evaluated through semi-structured interviews with clinical educators and managers, and student questionnaires.

## DISCUSSION/OUTCOMES

Role-emergence, and the supervision style it encouraged, allowed the occupational therapy students to identify, test and consolidate their scope of practice in new service settings. In particular, they saw many synergies between Montessori and occupational therapy frameworks, and added significant value to an existing pilot of Montessori approaches to memory support. They also helped demonstrate and drive the implementation of new Montessori concepts at other services. The placement approach and content demonstrated the contribution that occupational therapy can make to culture change, new programme implementation, and programme sustainability.

## CONCLUSION

The positive outcomes of these placements, and the partnerships they helped to build with local respite centres and aged care homes, illustrate the value of inter-professional education and role-emerging placement models.