Impact of Geriatric Rehabilitation on Enhancing Function and Daily Activities: A Quantitative Study in Day Care Centers

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ABSTRACT

Introduction: Geriatric Rehabilitation (GR) is described as a comprehensive approach that includes diagnostic and therapeutic interventions. Its main objective is to enhance functional capacity, encourage activity, and maintain functional reserve and social engagement in older adults with disabling impairments. This study was designed to investigate the effect of rehabilitation on enhancing function and daily activities in the elderly day care centers in Mazandaran and Golestan Provinces of Iran.

Methods and Materials: In this study, a quasi-experimental quantitative design with a pre-test/post-test method was used in 2023. A total of 196 elderly individuals aged 60 and above, who were members of elderly daycare centers in Mazandaran and Golestan Provinces, were purposefully selected to participate in the study. The tools used for assessment included Activities of Daily Living (ADL) and Activities of Independent Daily Living (AIDL). Physiotherapy and occupational therapy interventions were implemented, and then the participants were evaluated. The data were analyzed using SPSS 22, employing descriptive statistics one-way analysis of variance (ANOVA), and independent t-test for analysis.

Results: Data analysis revealed that the mean age of the participants was 66.4 ± 3.8 years, with 102 (53%) being female. Additionally, the mean scores obtained before and after the interventions in the ADL and IADL assessments among the elderly participants showed statistical significance ($p = 0.001$). The ANOVA results also illustrated significant differences in functional capacity, activity levels, and social engagement among the elderly individuals pre- and post-interventions. Furthermore, the independent t-test indicated that these differences between the pre-test and post-test time points were statistically significant ($p = 0.05$).

Conclusion and Discussion: The study findings highlight the effectiveness of the interventions, including physiotherapy and occupational therapy, in improving the functional capacity, activity levels, and social engagement of elderly individuals in daycare centers. The statistical analyses revealed significant improvements in pre- and post-interventions, emphasizing the importance of tailored rehabilitation programs for enhancing the well-being of elderly participants.

Keywords: Aged, Diagnosis, Rehabilitation

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