

## **Project Title**

Redefining Psychosocial Rehabilitation Resident Voices, Meaningful Choices: Adapting the Clubhouse Model

## **Project Lead and Members**

Project lead: Rachel Ng

Project members: Jeanette Hoo, Camerlin Tan, Siow Yoon Ching, Alan Ng, Dr Sam Goh, Kelvin Ng

## **Organisation(s) Involved**

St. Andrew's Nursing Home (Buangkok)

## **Healthcare Family Group(s) Involved in this Project**

Allied Health

## **Applicable Specialty or Discipline**

Social work

## **Project Period**

Start date: 2022

Completed date: 2024

## **Aims**

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

## **Background**

See poster appended/ below

## **Methods**

See poster appended/ below

## **Results**

See poster appended/ below

## **Conclusion**

See poster appended/ below

## **Project Category**

Care Continuum

Intermediate and Long Term Care & Community Care, Nursing Home Care

## **Keywords**

Psychosocial rehabilitation; Nursing home; Clubhouse model

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# Redefining Psychosocial Rehabilitation

## Resident Voices, Meaningful Choices: Adapting the Clubhouse Model

### St. Andrew's Nursing Home (Bangkok)

Rachel Ng, Jeanette Hoo, Camerlin Tan, Siow Yoon Ching, Alan Ng, Dr Sam Goh, Kelvin Ng

#### 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.

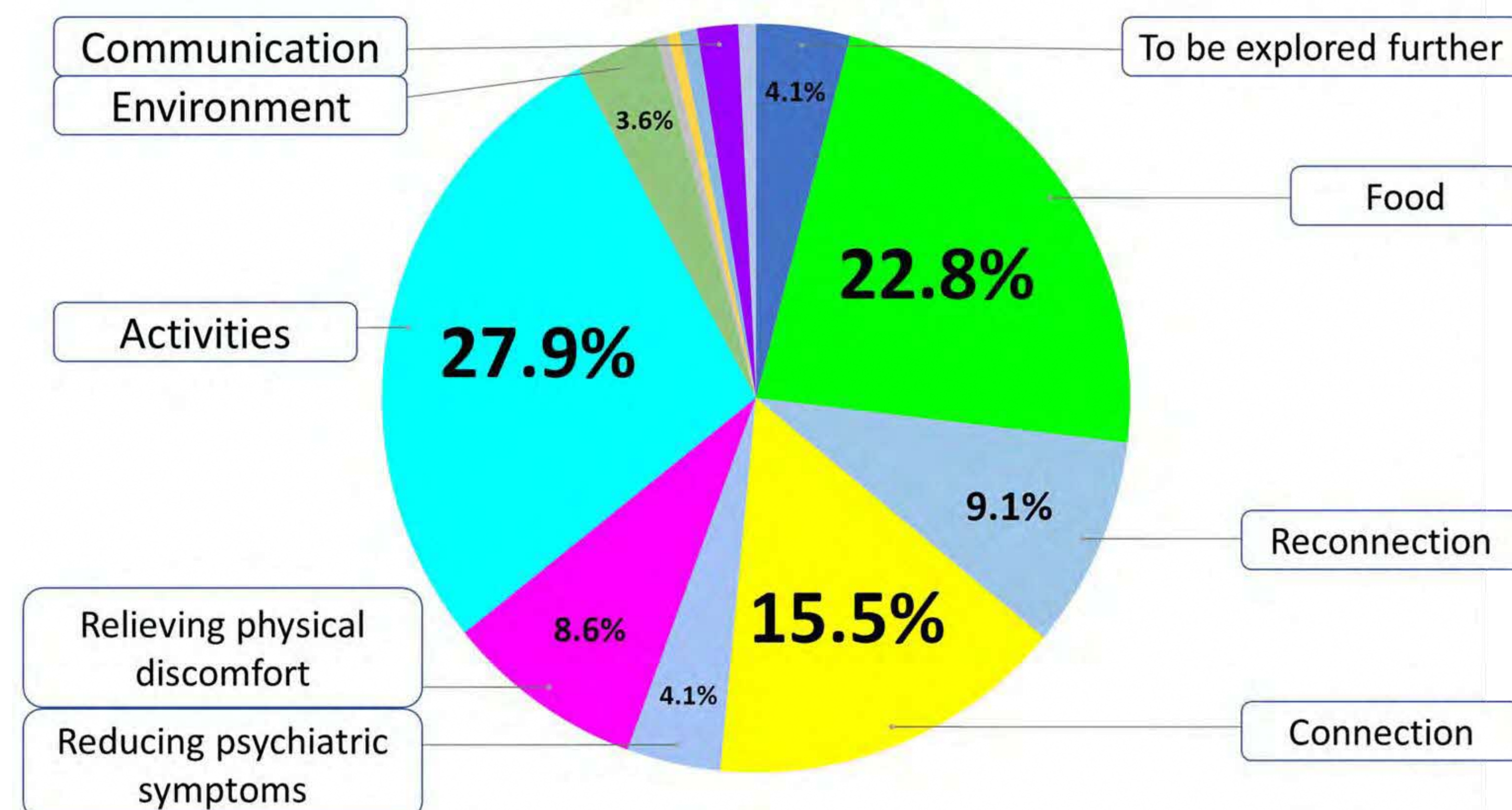
#### PROJECT GOALS

- 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

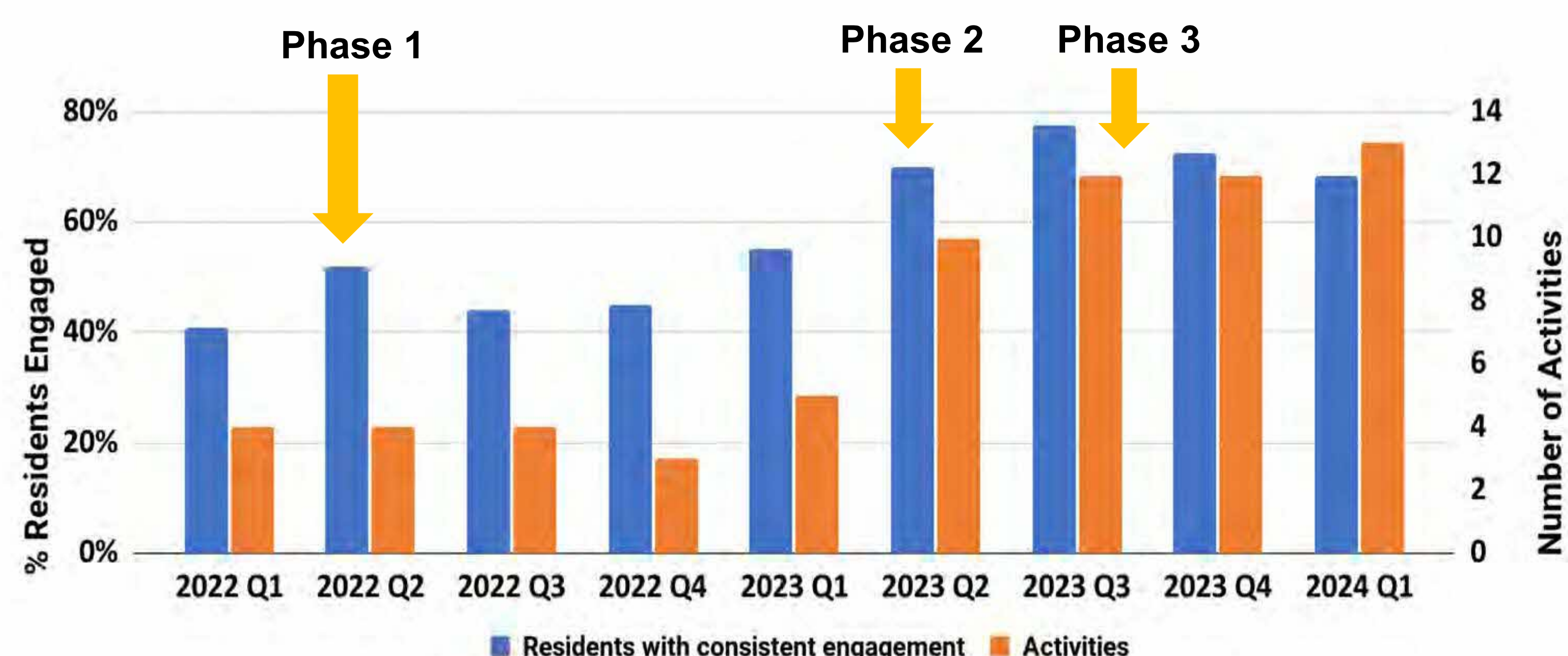
- Interventions:** Engage worker residents, volunteers, and staff in delivering ward activities for residents with limited mobility. Clubhouse membership has grown to 59 residents. Improved on aligning programmes with residents' specific needs.
- Added Programmes:** Virtual Reality sensory activities,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