

Arts and activities for older adults and/or those with chronic disease

Population	Older adults; older adults in long-term care; persons with chronic disease
Intervention/Exposure	Arts and health programming; mental and physical health and wellness programs
Comparator	Usual care in long-term care; no arts and health programming; no mental and physical health and wellness programs
Outcomes	QoL; healthcare expenditure; physical health outcomes; management of mental health symptoms (including depression and anxiety); patient experience; participation levels

Interview Details:

Why did you choose this topic and why is it important to you?

- Observed significant improvements in parent's personal enjoyment and QoL after working with a recreational therapist in a long-term care facility.
- Realized the importance and impact of mental well-being and physical health for older adults in long-term care facilities, including other non-physical activities (e.g., arts programming).
- Participated in dance programs with older adults and those with chronic illnesses and found it valuable (e.g., encourages physical movement, provides sense of community/peer network, and facilitates knowledge exchange).
- May be impactful for aging with dignity (in community or home).

What do you hope to learn from researching this topic?

- Literature that supports positive impacts of mental and physical health and wellness programs for older adults.
- Seeking an education-based element to increase education of available programming

for older adults (thus increasing access to different programs).

- Improvements to health outcomes (physical and mental), QoL, cost-effectiveness.
- What other jurisdictions are doing, how programming can be scaled up and/or rolled out, and if they can be implemented for other ages/other health conditions.

Who needs to know about the findings?

- Older adults (transitioning to long-term care facilities) and their caregivers
- Advocacy groups (e.g., Indigenous groups, disability groups, aging in dignity groups)
- Healthcare professionals and staff at long-term care facilities
- Policy-makers/decision-makers
- Public

Is there anything that you feel a panel of patients, caregivers, healthcare providers, and policy-makers should keep in mind when reviewing this topic?

- Consider the healthcare cost of isolation.
- Arts and health programming should be appropriate, culturally safe, and accessible.

Feasibility Assessment Results

Summary:

Two systematic reviews were identified during the scoping literature search. The following two reviews by Bouaziz et al (2017) and Desveaux et al (2014) were assessed using AMSTAR-2. A summary of the AMSTAR-2 assessments is provided in the table below.

Review #1: Bouaziz et al, 2017	Review #2: Desveaux et al, 2014
CRITICALLY LOW quality rating ● ○ ○ ○	LOW quality rating ● ● ○ ○
Critical flaw: Missing several checklist items Study design: Systematic review	Critical flaw: Missing 1 checklist item Study design: Systematic review

Conclusion:

This topic has low to critically low quality systematic reviews, which suggests that there is scope to conduct further research in this area.