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Poster Abstract

The Singapore experience: understanding the older persons who utilize community rehabilitation services

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Abstract

Objectives: We seek to understand the demographic profile, functional status and rehabilitation needs of older persons who attend centre-based facilities in Singapore. These centres offer rehabilitation services for older persons who have been recently discharged from acute care or community hospitals. Baseline data for such services in Singapore is scarce.

Methodology: 1263 clients from 36 centres were interviewed and the interview questions included medical history, previous and current functional ability and other rehabilitation needs. Data from the clients' case files were also extracted, which included reviewing the clients' individualised care plans.

Results: 55% were female and 45% were male, with a mean age of 69.4 years old. Stroke (48.7%) followed by fractures (9.7%) were the most common diagnoses. The average Modified Barthel Index (MBI) score as at date of admission was 73.0 while the average MBI score as at date of interview was 76.2.

In terms of caregiving arrangements, 77% had a carer taking care of them, while 23% were capable of self-care. Close to half of the clients (45%) relied on a domestic helper, which appeared to be a unique local phenomenon in Singapore [1].

56.6% were under-going 'active' rehabilitation, whilst 43.4% were on 'maintenance' therapy Trends on the functional status and rehabilitation needs of the clients would be discussed.

Conclusion: The preliminary findings provide a baseline understanding of the profile and needs of the older person undergoing community-based rehabilitation in Singapore. Further research can be aimed at evaluating the prognostic factors of community-based rehabilitation.

Keywords:

rehabilitation, modified barthel index, older people, delivery of health care

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