# AGEING AND OCCUPATIONAL PERFORMANCE AREAS IN THE COMMUNITY OF BANGLADESH

By

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# ABSTRACT

## The purpose of the study

Is to find out the significance of occupations for elderly people in their community.

## Objectives

To identify the current occupations, barriers and necessity of occupational performance roles of elderly people in their community.

## Design

Exploratory qualitative study through a semi-structured face- to face-interview schedule.

## Subjects

Twenty two participants of elderly people in the rural community were chosen using convenient sampling.

## Setting

Rural community setting (participant's house, tea shop, work place, school field).

## Results

This study found that elderly people had a variety of feelings towards their occupational performance areas. Many faced barriers when perform self-care, productivity and leisure activities or tasks, such as: physical and cognitive deterioration, decreased community and family support and difficulty with equipment and lay out of environment. Areas that people found important were: the need to maintain personal hygiene, the importance of leisure activities, the need to feel valued and respected through productive work.

## Recommendation and conclusion

This study could be helpful for the elderly people that they could share ideas about their performing style of occupation in occupational performance areas (self-care, productivity and leisure). It also shows the importance of occupational therapist working with this clients group in the future. This study was able to found the both physical and social barriers of elderly people in the community. Occupational therapist will be able to provide guideline or treatment which increase the performance of elderly people and maintain the quality of life in the community by which use of various techniques, such as: modify tasks or environment, increase support by educate the family members and community people.