Feasibility and benefits of a goal-directed woodwork group for men in community rehabilitation.

Shelley Fulton
Daniel Clohesy
Dr Fran Wise
Kerryn Woolley
Assoc. Prof. Natasha Lannin
Engaging men in community rehabilitation

- Men and work (Gradman, 1994)
- Onset of disability (Viemero and Krause’s, 1998)
- Rehabilitation
- Men’s sheds (Flood & Blair, 2013)
- Community rehabilitation and men's sheds
- Therapeutic woodwork group
Caulfield community rehabilitation program

- Clients who have had a recent acute illness, injury, or surgery, or an exacerbation of a chronic condition resulting in a change in function.
- Goal directed
- Community integration
- Admission criteria
Aim of the study

“To explore the feasibility of using a therapeutic woodwork group to engage male clients in community rehabilitation”.

Hypotheses:

1) Rehabilitation goals could be achieved by engaging in a woodwork group program.

2) Attending a woodwork group program would decrease isolation and enhance health-related quality of life.

3) Male rehabilitation clients would be able to attend a traditional community Men’s Shed once they have completed a therapeutic woodwork group program.
Needs analysis
Development of study design
The importance of ‘group’
Participants

“There is power in meeting others in a similar situation and a feeling of usefulness arises when there are opportunities to rise out of oneself and help somebody else” (Yalom, 2005)
<table>
<thead>
<tr>
<th>Participant</th>
<th>Age</th>
<th>Diagnosis &amp; time since diagnosis</th>
<th>Living Situation</th>
<th>Previous woodwork experience</th>
<th>Primary reason for attending Group</th>
<th>Employment status</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>53</td>
<td>Chronic back pain; 9 years</td>
<td>Married</td>
<td>No</td>
<td>“To try a new activity”</td>
<td>Disability pension</td>
</tr>
<tr>
<td>2</td>
<td>86</td>
<td>MCA Infarct; 2 years</td>
<td>Married</td>
<td>Yes</td>
<td>“For enjoyment”</td>
<td>retired</td>
</tr>
<tr>
<td>3</td>
<td>40</td>
<td>MCA infarct; 2 years</td>
<td>Married</td>
<td>No</td>
<td>“To get back to work”</td>
<td>Disability pension</td>
</tr>
<tr>
<td>4</td>
<td>83</td>
<td>Basal ganglia stroke; 2 years</td>
<td>Married</td>
<td>Yes</td>
<td>“To improve my independence”</td>
<td>retired</td>
</tr>
<tr>
<td>5</td>
<td>80</td>
<td>Primary progressive aphasia 4 years</td>
<td>Married</td>
<td>Yes</td>
<td>“To meet new people”</td>
<td>Disability pension</td>
</tr>
<tr>
<td>6</td>
<td>69</td>
<td>Acquired brain injury; 16 years</td>
<td>Married</td>
<td>No</td>
<td>“To improve my independence”</td>
<td>Disability pension</td>
</tr>
<tr>
<td>7</td>
<td>59</td>
<td>Evacuation of haematoma; 1 year</td>
<td>Married</td>
<td>Yes</td>
<td>“To be more organised”</td>
<td>Disability pension</td>
</tr>
<tr>
<td>8</td>
<td>82</td>
<td>Dementia; 3 years</td>
<td>Married</td>
<td>Yes</td>
<td>“For enjoyment”</td>
<td>retired</td>
</tr>
<tr>
<td>9</td>
<td>77</td>
<td>Fall; 1 year</td>
<td>Married</td>
<td>Yes</td>
<td>“To work on a rehab goal”</td>
<td>retired</td>
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<tr>
<td>10</td>
<td>82</td>
<td>Ileostomy; 6 months</td>
<td>Married</td>
<td>Yes</td>
<td>“To get back to participating in woodwork”</td>
<td>retired</td>
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<tr>
<td>11</td>
<td>69</td>
<td>Stroke with hemiplegia; 6 months</td>
<td>Married</td>
<td>Yes</td>
<td>Not stated</td>
<td>retired</td>
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<tr>
<td>12</td>
<td>55</td>
<td>Hypoxic brain injury; 5 months</td>
<td>Married</td>
<td>Yes</td>
<td>“For enjoyment”</td>
<td>Sick leave</td>
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<tr>
<td>13</td>
<td>65</td>
<td>Chronic back pain; 5 years</td>
<td>Single</td>
<td>No</td>
<td>“To get out of house, to socialise”</td>
<td>Disability pension</td>
</tr>
<tr>
<td>14</td>
<td>74</td>
<td>MCA infarct; 7 months</td>
<td>Married</td>
<td>Yes</td>
<td>“To get out of house”</td>
<td>retired</td>
</tr>
</tbody>
</table>
The Sawdust Group

- The sawdust group
- OT and woodwork instructor
- Projects (Feeney, 2010)
- Group format

Caulfield Community Rehabilitation
Sawdust Information Sheet

What is it?
- Sawdust is a weekly woodwork group.
- It is open to men who are clients of Caulfield Community Rehabilitation.
- The group will be run by an Occupational Therapist, Shelley and a woodwork instructor, Roger.
- The group has been started so men can work on woodwork projects, tailored to meet their rehabilitation goals.

When?
- Fridays mornings from 10:00 am – 12:00 pm
- The group will run for 8 weeks

Where?
- Caulfield Hospital Woodwork Room
- Meet at Ashley Ricketson Centre Foyer
- Please see the map on the back of this sheet.

Why get involved?
- The Sawdust group provides a safe, supervised environment for you to undertake woodwork projects.
- The Sawdust group is an opportunity for you to try a new activity or get back to an activity you enjoy.
- The Sawdust group will let you work on a whole range of rehabilitation goals.
- The Sawdust group will let you hang out with blokes and meet new people.

Important Information
- Please wear closed toe shoes.
- Please wear appropriate clothing, not loose fitting or tight.
- Remember to bring your glasses, walking aides, hearing aides.
- You can bring a water bottle and snack.
- There is a café and kiosk available onsite if you would like to purchase food.
- All participants must adhere to workshop safety precautions as set out by the workshop instructor.

For further details contact Shelley Fulton on 9076 6207
Outcome measures

- Pre-group interview
- Quality of life (AQoL-6D and SF-36)
- GAS Goals – 1 woodwork goal + 2 additional goals
- Likert scale

Example of client GAS goals:

<table>
<thead>
<tr>
<th></th>
<th>Much less than expected outcome: (-2)</th>
<th>Less than expected outcome: (-1)</th>
<th>Most likely outcome: (0)</th>
<th>More than expected: (+1)</th>
<th>Much more than expected: (+2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participant 1</td>
<td>Unable to complete building wooden toolbox either in 8 weeks or with maximum assistance</td>
<td>To complete building wooden toolbox in 8 weeks with maximum assistance</td>
<td>To complete building wooden toolbox in 8 weeks with moderate assistance</td>
<td>To complete building wooden toolbox in 8 weeks with minimum assistance</td>
<td>To complete building wooden toolbox in 8 weeks with only supervision and prompts</td>
</tr>
<tr>
<td>Participant 12</td>
<td>Client is able to use memory strategies with maximal prompting or does not use at all.</td>
<td>Client is able to use memory strategies with moderate prompting.</td>
<td>Client is able to use memory strategies with minimal prompting.</td>
<td>Client is able to use memory strategies independently but inconsistently.</td>
<td>Client is able to use memory strategies independently and consistently.</td>
</tr>
</tbody>
</table>
Data Analysis

- Characteristics of participants and the rehabilitation goals they established.
- Wilcoxon signed ranks test for non-parametric data
- Qualitative analytic approach
Results

- Goals
- Goal attainment
Results

- SF-12 to the AQOL – 6D

- 77% would consider participating in further woodwork tasks through a traditional men's shed program.
- Locksmith + traditional men's shed
Group Participation Satisfaction and feedback

- “Good” or “excellent”
- 46% goals achieved
- 26% goals partly achieved and 8% unsure

Comments:

“I felt like brain was re-activated, by remembering spanner sizes” (participant 3).

“I thought I achieved a lot in terms of my confidence and being around people” (participant 13).

“It gave me confidence and achievement in the group and I really enjoyed my time in the 8 weeks of the Sawdust Group” (participant 1).
Discussion

- Did we achieve our aim?
- Quality of life (Murray, Lefort & Ribeiro, 1998)
- Men only?
- A role for Occupational therapists
- Barriers
So what

- Future research
- Changing nature of rehabilitation
- Occupation
- Where to from here; using existing men sheds.
Limitations

- No comparative control group
- Potential bias
- Sample size
Summing it up

- Provides some evidence
- Traditional men's sheds
- An unmet need
Some thanks

- Dan Clohesy
- Natasha Lannin
- Dr Fran Wise
- Kerryn Woolley
- Rog

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Questions?
 references