

Key Facts:

"Adults who are physically active have a 20%–30% reduced risk of premature death and up to 50% reduced risk of developing the major chronic diseases such as coronary heart disease, stroke, diabetes and cancers." (Chief Medical Officer, 2004)

The promotion of good health for older people reduces their need for more costly medical interventions and improves quality of life. Occupational therapists have been identified as key to promoting mental health and well being in the NICE Public Health Guidance (2008) based on the research completed by Florence Clark which evidences demonstrable savings.

Cost Benefit

- A randomised control trial in independent-living older adults (the Well-Elderly Study) found significant health, function, and quality of life benefits attributable to a 9-month preventive Occupational Therapy program. This study aimed to evaluate the cost-effectiveness of this preventative program. It was found that post intervention healthcare costs for the Occupational Therapy groups were reduced by 50% compared to the control group. Conclusion: preventative OT demonstrated cost-effectiveness and a trend toward decreased medical expenditures. (Hay J et al 2002)

References

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