

ABSTRACT

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Title: Home-based handwriting therapy programme for seniors: pilot study

Abstract:

Writing is one of the important skills that is used in everyday life. Significant problems with writing in the elderly occur due to a health problem rather than as a result of natural ageing. There are not enough materials in the Czech Republic to train functional writing in adults and seniors.

The aim of this thesis is to design a home-based therapy programme aimed at training functional writing for seniors and to test its feasibility from the perspective of occupational therapists and clients. To accomplish the objective, four research questions are chosen for the thesis.

The thesis developed a workbook for writing training which consists of several parts, the worksheets are divided into three levels of difficulty. This therapeutic material was subsequently validated with clients and therapists. The method of case studies was chosen. Four clients participated in the therapeutic programme and it lasted for four weeks. *The Handwriting Assessment Battery for Adults* and *the Box and Block Test* were used to evaluate the results of the case studies. The therapeutic material was also evaluated by three therapists. The therapists tested the worksheets on elderly patients. Feedback from the therapists was obtained using a questionnaire.

Based on the case studies and the therapists' evaluations, minor modifications were made to the worksheets to improve their quality. The worksheets were found to be quite comprehensible to be completed independently by people with no or mild cognitive impairment. For those with cognitive deficits, the therapeutic programme was feasible under the supervision of a therapist. The subjective difficulty of the worksheets varied widely across the case studies. Occupational therapists found the therapeutic material to be quite comprehensible and well applicable in routine practice.

Key words: handwriting, seniors, home-based therapy programme, worksheets