Origin – Lifestyle Redesign®

• Occupational therapy-based programme.
• Three-arm randomised controlled trial.
• Los Angeles; n=361, 60 years and over.
• Measures administered at baseline and 9 months.
• Enhanced physical and mental health in an elderly population (Clark et. al, 1997, JAMA).
• Intervention effective in enhancing:
  • Physical and mental health
  • Occupational functioning
  • Life satisfaction
• Cost effective and robust (NICE Public Health Guidance 16, 2008).

Bringing Programme to the UK

UK appropriate intervention programme developed inspired by Lifestyle Redesign® (Lifestyle Matters).

Pilot study: 28 participants aged 60-92 years (Mountain et. al, 2008, BJOT).

Individual benefits experienced by those of retirement age and older.


More evidence of clinical and cost effectiveness required.

Lifestyle Matters 2012

Pragmatic, two-arm, parallel group, individually randomised controlled trial.

Primary aim: identify how mental wellbeing, self-efficacy and resilience can be supported in people aged 65 years or older by;

1. Evaluating the clinical and cost effectiveness of a psycho-social intervention (Lifestyle Matters).
2. Examining the underlying mechanisms that can promote self-efficacy and resilience.
3. Determining the cost-effectiveness and long term sustainability of the intervention.

Facts and Figures:

Target: 268 participants

Opened to recruitment: 1st August 2012

207 enquiries
109 randomised
3 groups running
(figures correct 26/10/2012)

www.sheffield.ac.uk/lifestylematters