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Before agreeing to participate in this research project, please take the time to read and carefully consider the following information. This document explains the purpose of the research project, its procedures, benefits, risks, and drawbacks. Please ask the person who gave you this document any questions you consider relevant.

INVITATION TO PARTICIPATE

You are invited to participate in the "**A Decision Support Tool to Prescribe Recreation Activities to Older Adults in Social Isolation (RxOSI)**" research project conducted by Namrata Bagaria, Ph.D. candidate, University of Ottawa under the supervision of Professor Daniel Amyot, University of Ottawa.

PURPOSE

The research project introduces a new decision support tool to prescribe recreation activities to older adults in social isolation (RxOSI). The goal of this system is to aid a retirement living staff in recommending recreational activities to their residents. In particular, the system will help the retirement living staff to:

(1) To identify the levels of social engagement and classify a resident's social

Agree



RxOSI

RECREATION PRESCRIPTIONS

Signup Form

Create Username

Username Tip

nbagaria



Create Password

Password Tip



Confirm Password



Enter Email

nbaga065@uottawa.ca



Create Account



RxOSI

RECREATION PRESCRIPTIONS

Username

Password

[forgot password?](#)

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My Profile

Demographics Assessment Reports Interests Preferences

First Name Last Name

Date of Birth

S	M	T	W	T	F	Sa
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

Sex Male Female

[➔](#)



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My Profile

Demographics

Assessment

Interests

Preferences

Reports

1. Please tell us what are your reasons for joining recreational activities?
Select one or more of the following:

- To keep moving
- To keep sharp
- To reduce loneliness
- To make a change in my weekly routine
- To keep learning new things
- To make new friends
- To get relief from boredom
- To do something meaningful with my time





Signout

My Profile

Demographics

Assessment

Interests

Preferences

Reports

2. How many days in a week do you eat by yourself?

- Once a week
- 2 to 3 times a week
- 4 to 6 times a week
- Everyday

3. How days times in a week do you eat with others?

- Once a week
- 2 to 3 times a week
- 4 to 6 times a week
- Everyday





Signout

My Profile

Demographics

Assessment

Interests

Preferences

Reports

4. Select an answer for each of the following statements

I experience a general sense of emptiness

Yes

More or Less

No

There are plenty of people I can rely on when I have problems

Yes

More or Less

No

There are enough people I feel close to

Yes

More or Less

No

There are many people I can trust completely

Yes

More or Less

No

I miss having people around

Yes

More or Less

No





Signout

My Profile

Demographics

Assessment

Interests

Preferences

Reports

Your Interests

- Reading
- Tennis
- Piano
- TV
- Gardening
- Bingo
- Bridge
- Puzzles





Signout

My Profile

Demographics

Assessment

Interests

Preferences

Reports

Please indicate any disabilities or challenges you experience. Please select all that apply:

- Hearing Impairment
- Visual Impairment
- Speech Impairment
- Cognitive challenges
- Neurodivergent
- Limited Mobility
- Feel Shy in Group Settings





Signout

My Profile

Demographics

Assessment

Interests

Preferences

Reports

Preferred Group Size (select one or more)

- One on one
- Very small group (2-4 individuals)
- Small group (5-8 individuals)
- Medium group (8-12 individuals)
- Large group (12-24 individuals)
- More than 25 individuals





Signout

My Profile

Demographics

Assessment

Interests

Preferences

Reports

My Accessibility Needs



Wheelchair



Hearing Aids

My Preferred Group Size



1:1

My Preferred Location

Indoors

Challenges I face

Feel Shy in Group Settings





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My Profile

Demographics

Assessment

Interests

Preferences

Reports



Based on your assessments you are:

Unengaged

You are an individual who sometimes leaves your room for activities of daily living, such as meals, but you have a strong inclination towards keeping to yourself. Despite being aware of the various recreation activities offered in the retirement facilities, you consciously choose not to attend them.

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My Profile

Demographics

Assessment

Interests

Preferences

Reports



Based on your assessments, interests and preferences, we suggest you

#1 Consider joining the book club at Perley

A book club will bring joy and connection to your life in a retirement community. Engaging in discussions with like-minded individuals and exploring new books will keep your mind stimulated and provide a sense of belonging. Give it a try and experience the benefits for yourself!

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RxOSI

Signout

My Profile

Demographics

Assessment

Interests

Preferences

Reports



Based on your assessments, interests and preferences, we suggest you

#2 Consider joining the choir at Perley

Choir singing fosters a sense of connection and belonging, providing joy and emotional fulfillment. It also stimulates the mind, keeping it sharp and active, while promoting a sense of unity through the power of harmonizing voices.

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RxOSI

Signout

My Profile

Demographics

Assessment

Interests

Preferences

Reports

Tip 1 - Communicate your needs

Let the book club organizers know about your hearing impairment and mobility concerns.

Tip 2 - Start small

Begin by attending a smaller gathering or trial session to gradually build confidence.

Tip 3 - Seek a buddy

Having a familiar face by your side can provide additional comfort and support as you navigate the group dynamics.

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