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Examining Occupational Performance of Fighters and Further Recommendations for Well-being

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Examining Occupational Performance of RSB Fighters and Further Recommendations for Improved Well-being

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Expert Mentor: Colleen Bridges, NSCA-CPT



Mission and Background

Mission: The mission of Rock Steady Boxing (RSB) is to equip our affiliates and empower the coaches to improve the quality of life of people with Parkinson's Disease through a non-contact boxing-based fitness curriculum.

Background: Rock Steady Boxing is a non-profit organization originally founded in 2006. Since then, they have established locations across the nation with a focus on providing classes for all stages of Parkinson's Disease in order to empower those to fight back against Parkinson's Disease and improve quality of life.

Identified Needs

While Rock Steady Boxing provides invaluable resources for those with Parkinson's Disease, the agency primarily focuses on motor related symptoms, which has created gap areas in services and resources provided.

Agency Needs

- Assessment of current services/resources provided through RSB
- Identify gap areas in services/resources

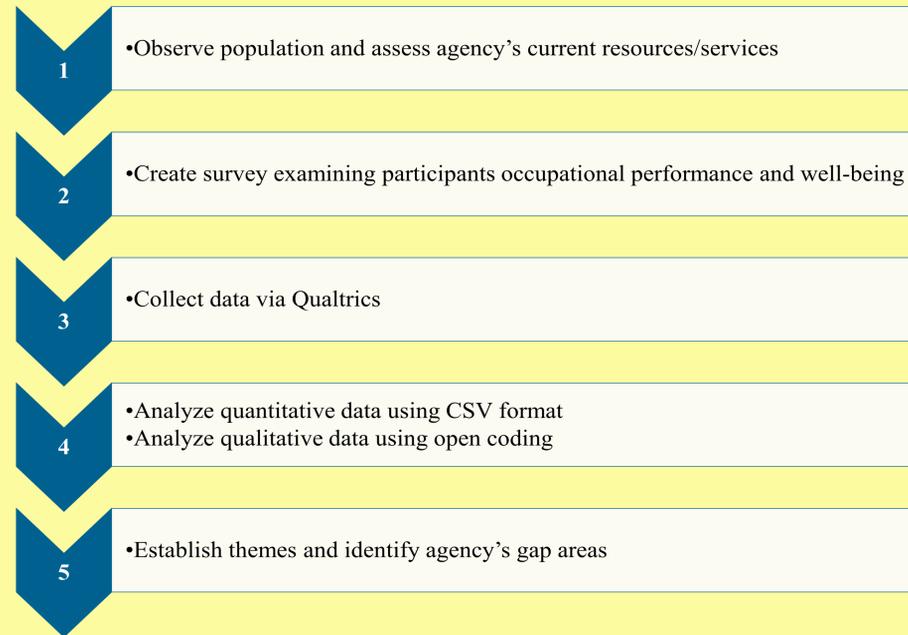
Population Needs

- Programs to improve participants' occupational performance and well-being

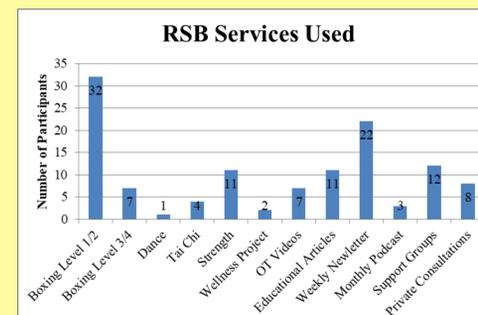
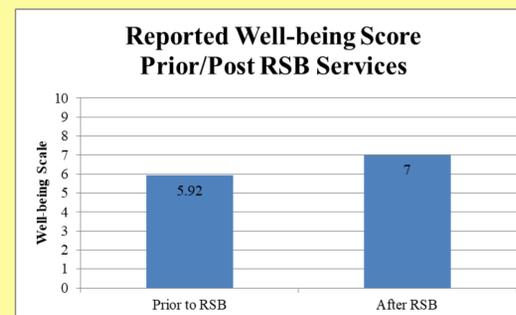
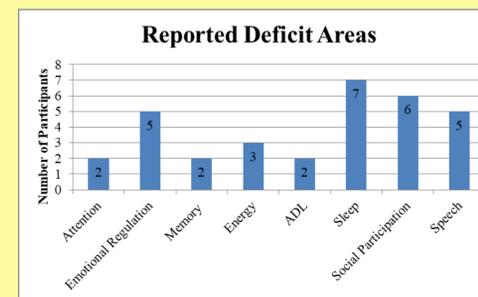
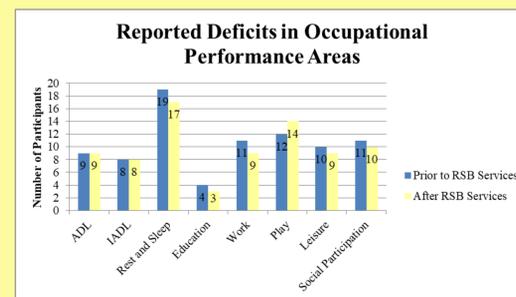
Goals

- Observe with an occupational perspective
- Identify gap areas in services/resources
- Provide data and relevant research for updated interventions
- Establish potential program ideas to promote populations' well-being
- Guide future capstone projects

Development



Outcomes



Outcomes

- RSB services can help improve occupational performance and overall well-being
- **Gap areas** in services/resources that could impact occupational performance and well-being include **sleep, social participation, speech, and emotional regulation**
- Based on data collected, participants **are underusing non-motor based online resources** such as the Wellness Project
- This could imply a need for improved outreach regarding resources, however these resources may not be detailed enough for long term improvements in performance and well-being
- This could also imply a need for more in depth and in person services in order to maximize outcomes
- Based on the data, systematic reviews analyzing possible interventions have been collected in order for possible implementation
- Potential new programs will also be developed based on data and observations of the lived experience of participants, this may include **fine motor programs or safe mobility classes, which will help to assist future capstone projects**

Acknowledgments

This project would not have been possible without the wonderful support and dedication of the Rock Steady Boxing fighters and staff. I would also like to specifically thank Dr. Johnson and Colleen Bridges for all of their insight, guidance, and time with this project. Lastly, I suffer for good, Rock Steady!

