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STRENGTH: STROKE REHABILITATION ENHANCING AND GUIDING TRANSITION HOME**Gustafsson, L.¹, Fleming, J.¹, Worrall, L.¹, Brauer, S.¹, Hoyle, M.¹, Moules, K.²**¹The University of Queensland, Brisbane, Queensland, Australia²The Prince Charles Hospital, Brisbane, Queensland, Australia

Aim: To evaluate a novel interprofessional approach to stroke rehabilitation from the perspectives of the client, carer and health professionals.

Background: Transition home is a difficult process for the client and carer who often feel unprepared for psychosocial and physical challenges encountered. The STRENGTH approach incorporated one day of in-home therapy in the weeks prior to discharge. The aim was to promote therapy goals and interventions that were directed by client and carer needs in and around the home environment.

Methods: A mixed methods approach was used and results will be compared with a historical cohort. Data collection with clients and carers occurred at baseline, discharge and six-week follow-up. This included semi-structured interviews to explore expectations and experiences of transition home, geriatric depression scale, stroke impact scale (SIS), and caregiver strain index. Health professionals participated in a focus group at the completion of the program.

Results: Participants included ten clients, four carers and nine health professionals. Participants had on average 4.5 (2–9) visits home. Data collection was completed August 2010. Qualitative and quantitative analyses are underway including comparison to historical cohorts (control). Preliminary descriptive data suggest a consistent trend for mean SIS scores to be lower at follow-up, with a propensity towards overall higher scores for the STRENGTH group. Early qualitative analysis suggests better preparation for some aspects of transition but challenges remain.

Conclusion: This presentation will outline the results of all analyses and implications of the STRENGTH approach from the perspectives of the clients, carers and health professionals.

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THE PHYSICAL HEALTH AND ACTIVITY OF PEOPLE WITH SEVERE MENTAL ILLNESS (SMI)**Barnett, E., Thomas, Y., Alyce Northey, Acha, N.***James Cook University, Townsville, Queensland, Australia*

Introduction: The physical health of people with severe mental illness is frequently overlooked although symptoms associated with mental illness such as low motivation; fatigue and low mood reduce participation in physical activity. Physical activity has been found to provide physical and mental health benefits to those with SMI.

Aim: The aim of this research study was to determine the physical health parameters of people with SMI in North Queensland and explore the lived experiences of participant's attempts to engage in physical activity.

Methods: Twenty participants from the general population and 20 participants with SMI volunteered to take part in this study. Participants completed the International Physical Activity Questionnaire (IPAQ), anthropometric and physiological measures were taken; BMI, resting blood pressure, waist to hip ratio. A subgroup of participants was interviewed to explore their current and past experiences with engaging in physical activity.

Results: BMI was significantly higher for participants with SMI ($p = 0.05$). Domestic and garden total MET mean ($p = 0.00$) and leisure total met mean ($p = 0.00$) were significantly higher for the general population. Total moderate MET physical activity mean ($p = 0.01$) and total vigorous MET physical activity mean ($p = 0.00$) were also significantly higher for the general population. Barriers and facilitators of physical activities were identified through the qualitative data.

Conclusion: Increasing the physical activity of people with SMI can improve the functional capacity of people for activities of daily living. Occupational therapists have an important role in facilitating increased physical activity with this population.

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THE IMPACT OF THE WIIFIT IN FORENSIC MENTAL HEALTH**Bacon, N.¹, Farnworth, L.¹, Boyd, R.²**¹Monash University, Frankston, Victoria, Australia ²Forensicare, Fairfield, Victoria, Australia

Purpose: To present the results of a pilot study investigating the use of the WiiFit to change engagement in physical activity for forensic mental health patients at risk of obesity.

Background: Side-effects of psychotropic medication often lead to rapid weight gain, having detrimental effects on forensic mental health patients' health, wellbeing, occupational performance and quality of life, potentially jeopardizing rehabilitation. Virtual reality technology could provide novel environments and motivating forums for exercise that are otherwise unavailable to patients in secure settings.

Methods: Participants used a WiiFit for 8 weeks. Their attitudes towards, and use of, the WiiFit was compared to their daily activity levels (measured using an accelerometer) and weight-related quality of life (measured using the Impact of Weight on Quality of Life Questionnaire).

Results: Participants played WiiFit up to 4 times a week, burning up to 668kCal per session. Playing led to changes in energy expenditure, and participants played more, and for longer, when staff played too. Although weight loss was minimal, participants reported feeling fitter and being more aware of the need to exercise.

Conclusion: The WiiFit should not be solely relied on as a weight loss technique, but used to encourage patients to attempt physical activities and learn about bodily responses to exercise. Staff should be aware of how important their behaviour is in acting as pro-active role models to encourage patients to exercise. The WiiFit could be a useful medium for OT to assist in rehabilitation goals of improving problem solving, social skills and self efficacy.

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THROUGH SIBLING EYES: SIBLINGS GROWING UP WITH SCHIZOPHRENIA**Taylor, E., Pimm, D.***University of Alberta, Edmonton, Alberta, Canada*

Introduction: There is significant literature related to the impact of schizophrenia on the individual and parents, but little that reflects the experience of the well sibling.

Objective: To study the impact of schizophrenia on the occupational development of the well siblings, who had lived with a sibling diagnosed with schizophrenia.