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# A study to ascertain the extent to which the recreational needs of aged persons are met by a settlement house setting in Columbus, Ohio

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A STUDY TO ASCERTAIN THE EXTENT TO WHICH THE  
RECREATIONAL NEEDS OF AGED PERSONS ARE MET  
BY A SETTLEMENT HOUSE SETTING IN COLUMBUS, OHIO

A THESIS  
SUBMITTED TO THE FACULTY OF ATLANTA UNIVERSITY  
IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR  
THE DEGREE OF MASTER OF SOCIAL WORK

BY  
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SCHOOL OF SOCIAL WORK

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DEDICATION

To my parents, Mr. & Mrs. Theodore A. Wright, Sr., whose  
love, understanding and guidance have been  
an inspiration.

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The writer wishes to thank Mrs. Billie Brown, a social worker in Columbus, Ohio, for her untiring efforts, cooperation and time, and Mrs. Barbara I. Whitaker, Psychiatric Social Worker, for her valuable assistance.

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## SIGNIFICANCE OF THE STUDY

### CHAPTER I

The aged population is rapidly increasing in the United States. There are now 18 million senior citizens. In fifteen years, we can expect to have about 22 million Americans over the age of 65. The problems of 22 million older Americans will have their impact on industry, consumption patterns and sales, on family life and its network of individual responsibility, on the organization of health and medical services, and on the nature of community services.<sup>1</sup>

One concerned with the aged may validly ask: "What is meant by the term "aging"? James E. Birren states that:

"The term "aging" is meant to denote determinate patterns of late-life changes, eventually shown by all persons though varying in rate and degree."<sup>2</sup>

Gladys E. Lang writes:

"The aged are usually thought of as people who have lived long enough to be classified by the census and the public at large, as old, because they have reached 65 or more years of age."<sup>3</sup>

Joseph T. Drake believes that age can be measured physiologically by the rate of physical development, maturation, and subsequent decay of the organs of the body; intellectually by the ability to grasp new thought and assimilate new ideas; and sociologically by certain physical, mental, and physio-

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<sup>1</sup>Gladys E. Lang, Old Age in America (New York: The H.W. Wilson Co., 1961), p. 80.

<sup>2</sup>James E. Birren, et al., Human Aging (Maryland: National Institute of Mental Health, 1962), p. 2.

<sup>3</sup>Lang, op. cit., p. 12.

logical characteristics manifested in his behavior pattern.<sup>4</sup>

During one's adult life, more than likely he is busy with his job, his family, and various clubs or groups. When he ages and retires, his job is no longer in existence. He retreats from clubs or groups and his family members die or move away. When this occurs, some older adults feel that for them life is over. In cases such as this, recreation can meet an urgent need for the senior citizen. Recreation can provide a way of life to substitute for the work-life of the individual when he ages.

"During the past few years the social work profession has been involved in an effort to identify and refine the image of the aged, to free itself from the numerous stereotypes of debilitation previously projected upon the older people. These stereotypes develop because of lack of knowledge on the part of the public as well as determined efforts by special interest groups to retard a process of social advancement.

The profession must listen to their problems, assess their needs and utilize all available resources. Recognition of continuing unmet needs and the creation of supplementary resources to meet these needs must be an integral part of any program for the aged."<sup>5</sup>

Although the number of aged persons is increasing, there is no composite picture drawn of the older American. However, there are certain existing facts about him. He is probably 65 years or older. His income is more than likely inadequate as is his housing. He is probably unemployed but receives social security. He may be in poor health but does not have adequate health insurance. Assuming these facts to be true, how did such situations arise?

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<sup>4</sup>Joseph T. Drake, The Aged in American Society (New York: The Ronald Press Co., 1958), p. 10.

<sup>5</sup>Harold Sharkey, "Sustaining the Aged in the Community", Social Work, 7: 1 (Jan., 1962), pp. 19-20.

Prior to the Depression, the aged constituted three million people or four per cent of the total population.<sup>6</sup> Traditionally, the aged person was cared for by his family. Being part of a family, the aged person had less concern about financial problems. He was taken care of by the family. His medical expenses were also a family responsibility. He lived with them and housing therefore was not an immediate concern. However, because of such factors as family mobility, diversification of activities and interests of family members, family care for the aged person became less possible, leaving the aged person to care for himself.

For some of the aged, employment could not be found because older persons were either barred from work by age discrimination or forced to quit work because of compulsory retirement. Society seems to believe that when a person reaches a designated chronological age, he can no longer satisfactorily perform assigned tasks. It is not at all that the aged are unqualified, but they are being replaced by younger men and automation.

To combat the problem of unemployment among older workers, many private and public agencies and the Federal Government are now engaged in conducting research studies. In California, a private group provides an opportunity for the employment of executive and managerial personnel. Universities are conducting studies covering problems of employment and retirement. The Department of Labor is conducting a study focused upon determining the extent and nature of discrimination in the employment of older workers.<sup>7</sup>

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<sup>6</sup>Ibid., pp. 4-6.

<sup>7</sup>Ibid., p. 20.

Closely allied to financial problems of the aged is the aspect of health and proper medical care. Many older Americans are caught between rising costs and their low, relatively fixed incomes. Due to a natural process of body deterioration when individuals reach a certain age, the aged need more medical care, though they are still able to function with some degree of efficiency.

"Among the over-65 group, health and sickness are a constant subject of conversation . . . The reason of course, is simple - medical care is the one thing they can least afford." <sup>8</sup>

Because the aged person is more likely to need medical care, he will have to spend more to remain healthy.

"In 1961 . . . the average medical care expenses for an older person was \$226.00, compared with the \$103.00 for a younger person." <sup>9</sup>

Many are able to manage on their own; some rely on relatives, public assistance, private charity, or they borrow money. But many do not get the care they need. Nearly half the older Americans with arthritis, rheumatism, hernias, or who have trouble seeing or hearing are not now under care. A high percentage of the aged are unable to pay medical bills either through their own resources or through health insurance.<sup>10</sup>

In general, older persons have smaller incomes, and their health is usually poorer. Of today's nearly 18 million people 65 or over, one out of four lives alone. If this is true, it is essential that the elderly have access to adequate low cost housing, which is modest in size and suitably

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<sup>8</sup>Lang, op. cit., p. 81.

<sup>9</sup>President's Council on Aging, The Older American (Washington: President's Council on Aging, 1963), p.5.

<sup>10</sup>Ibid.

efficient to maintain. Their homes should be close to public transportation, and adequate shopping facilities. This is necessary so that the elderly person can have normal contacts with others in the community. They should also be near recreational areas, churches, cultural and other community centers.

There is resistance in some quarters to senior cities or communities for the aged. Although there are usually recreation centers in such communities, the aged are still separated from other members of society. It is but another form of segregation. They come in contact only with others their own age, whom they see daily and there is little chance for diversity. Being part of such a community, the aged can enjoy the fruits of community living.

Retirement can be a pleasure or a curse, depending on individual perception. Retirement can offer unlimited opportunities to enjoy old hobbies or to develop new ones. Or it can become an experience in loneliness and despondence.

Recreation <sup>11</sup> programs do not offer solutions to all or even most of the problems of the aged. However, if recreation can help the aged use their time more effectively, they should have such services available. It seems logical to assume that since recreation programs are organized for

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<sup>11</sup>Recreation - any free-time activity which is engaged in voluntarily just for the enjoyment and satisfaction it brings. It may be a game, a community service or any creative effort.

the aged, their interests would be foremost in planning such programs.

Yet several cities have made studies of the activities of older people and found that relatively few are being reached by the many leisure-time services of the community. A study made by the Council of Social Agencies of Richmond, Virginia, revealed that about one-half of those over sixty had nothing to do all day.<sup>12</sup> Hodson Center in New York apparently has met the needs of only a small portion of the aged. Many are not attracted to the Golden Age clubs and centers because such centers do not have programs suited to their needs. Additionally there are senior citizens who have no knowledge of these centers and who have not been properly motivated to take advantage of them.<sup>13</sup>

The wealth or size of a center has no meaning unless it meets the needs of those it serves. Those who have no knowledge of recreation centers or services are not going to become members; therefore, only a small proportion will be served. Recreation and day centers have been the object of both lavish praise and blame. They have been praised for the extremely low incidence of mental breakdown among those aged who took advantage of their facilities. On the other hand, they have been criticized for having programs which are irrelevant to the interests of the aged.<sup>14</sup>

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<sup>12</sup>Wiedbolt Foundation Project, Community Services for Older People (Chicago: Wilcox and Follett Co., 1952), pp. 8-9.

<sup>13</sup>Milton L. Barron, The Aging American (New York: Thomas Y. Crowell Co., 1961), p. 201.

<sup>14</sup>Ibid., p. 202.

Some centers are aware of the components which determine the success or continuance of recreation programs for the aged. The primary aim of the Sirovich Center in New York is to:

"...develop a spirit of fellowship wherein the members will find, through activity programs, the cultural, educational interests many older adults fail to develop throughout their lives." 15

A center in Boston helps it's clients find out more about themselves, adjust to retirement, find jobs and get proper medical care if it is needed. The Los Angeles County Service Center acts as a coordinating agency for the older people of that locality.<sup>16</sup> Sheltering Arms, in Houston, Texas, provides every possible service for the senior citizen; their success is evidenced by the total enrollment of its members.<sup>17</sup> However, this evidence alone does not prove that the centers provide service for the total aged population of those cities. Adequacy cannot be determined by the physical structure, size of the building or the services offered. Effectiveness is determined by the number of people served as compared to the total population in any given area. In any event, recreation programs can be essential in stimulating an enthusiastic interest in creative activities as well as satisfying group relationships. With the cooperation of individuals, organizations, and the community as a whole, social rehabilitation can be immeasurably increased.

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<sup>15</sup> Howard Whitman, A Brighter Later Life (New Jersey: Prentice-Hall Inc., 1961), pp. 131-135 .

<sup>16</sup> Drake, op. cit., p. 368 .

<sup>17</sup> Whitman, op. cit., p. 202.

Awareness of available services, motivation and interest, are single aspects of an adequate recreation program for the aged. Competent leadership is also important. There are many professionally trained recreation leaders, some of whom work specifically with the aged. Skillful leadership is the key to successful recreation programs for the aged. The leader must recognize that the habits and past experiences of older adults make their tastes in recreation different from other age groups. A worker must combat, both within himself and the people with whom he works, the common negative attitudes toward older people. This is necessary, for in spite of our "advanced society", there are those who perhaps continue to believe that older adults are useless and of no value to society. The worker, however, must be able, through his skills and knowledge, to discover the interests and capabilities of the senior citizen in his group and help him to use them effectively.

Many people have negative ideas about senior citizens. They think the aged "queer", or too set in their ways and incapable of change. It is essential to understand or have some knowledge of the behavior of any age group, the aged being no exception. Yet, some fail to realize that the aged have much to give in terms of wisdom, knowledge and experience, which becomes useless if they have no one with whom to share it. Through recreation programs, the aged have a chance to impart their experience to others.

Recreation programs can enable aged persons to share their knowledge of various skills with their peers and other age groups, or to simply share their thoughts and ideas. For instance, retired school teachers could sponsor tutorial classes for children, younger or older adults. Retired carpenters or

painters could initiate projects in or around the agency to improve the physical structure of the building, or make equipment for their recreation program. These kind of activities not only give the aged a chance to help others, but help themselves in being able to feel needed.

Recreation need not specifically denote table games, cards, ceramics or painting. Recreation programs can include work in civic affairs, neighborhood improvement groups or volunteer work. Senior citizens could be very fruitful in sponsoring classes, clubs or groups to help the physically disabled; in offering housekeeper services; also in being friendly visitors to shut-ins, those in hospitals and in homes for the aged.

Recreation programs need not necessarily confine the aged person to one room, but should be broad enough to include activities and work in and around the community. By being in the community, the aged get a chance to deal with community problems instead of merely being aware of them. This is due to the fact that they have an opportunity to know and work with the community leaders.

Recreation comes in various forms which can suit individual needs and interests. Recreation programs for the aged can serve a dual purpose: it allows for creativity and imagination, while giving the aged a feeling of usefulness. Group and recreational activities provide a focal point where the aged can receive recognition for personal accomplishments. They provide an opportunity to belong to a group in the community. As part of a recreation

program the aged can enjoy pleasant, stimulating friendships with persons who have similar needs and interests.<sup>18</sup>

To insure more adequate recreation programs for the aged, the general public must be stimulated to develop more sufficient services. This can best be achieved by stimulating an awareness of the problems growing out of the increased life span; development of a concern for a realistic appraisal of the services presently available for older people, supplemented by new or expanded services, and; dissemination of information concerning the personal, economic, and social adjustments in the aging process.<sup>19</sup>

It is important to note that at least some of the needs of the aged are being recognized. The social work profession should take some initiative in evaluating, organizing, planning and improving recreational programs for the aged. The problems faced by the aged are not concentrated within any particular minority group, but it affects the aged population as a whole. Social work has a responsibility not only to recognize the needs of the aged, but to respond to them both through existing resources and the creation of new services.

Concern for and interest in the welfare of senior citizens and their "fate" in a changing society, constitute the motivation for a study of the aged.

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<sup>18</sup> Drake, op. cit., p. 370.

<sup>19</sup> Lang, op. cit., p. 12.

### PURPOSE OF THE STUDY

The general purpose of the study is to ascertain the extent to which the recreational needs of aged persons are met by a settlement house setting in Columbus, Ohio.

### HYPOTHESIS

The recreational needs of the aged persons served by a settlement house in Columbus, Ohio are being adequately met.

### SUB-HYPOTHESES

1. The recreational program is adequately utilized by the aged members of the settlement house.
2. The aged members themselves are instrumental in improving the recreational program.
3. Participation by the aged is regular enough to keep the program active.

## DEFINITION OF TERMS

1. Recreational needs - primarily due to age retirement, it is assumed that the aged require some type of organized leisure-time or recreational activity to give them a feeling of accomplishment.
2. Recreation program - programs that are organized and planned especially for the aged; geared specifically to their needs, interests and abilities.
3. Aged members - those participants of the recreation program for the aged at the settlement house who are retired or over sixty-five years of age.
4. Adequate - 50% or more of the aged members attend regularly, the informal socials, gatherings, club meetings or get-togethers of the recreational programs for the aged.
5. Regular - enough members participate in the program so that there are at least fifteen members present at each get-together.

## METHOD OF PROCEDURE

To ascertain the extent to which the recreational needs of the aged persons are met in a settlement house setting in Columbus, Ohio, all available written material in the agency related to the program for the aged was investigated. These included records, reports and pamphlets. Interviews were held with the worker of the recreation program for the aged, and other staff members who were directly or indirectly concerned with the program.

To determine the extent to which the recreational needs of the aged were met required the use of a schedule. Initially, two schedules were to be used. The first was to be administered to the aged persons who were active members of the program, the second schedule was to be administered to the members who had relinquished their membership in the last five years. The purpose of using two schedules was to get a more adequate picture of the findings since the population of those in the recreation program was small. However, it was found that the recreation program for the aged had been discontinued, therefore, only one schedule was used. A list of the membership was secured from the recreation worker for the aged and other staff workers. The data was tabulated by simple count.

### SCOPE AND LIMITATIONS

The scope of the study included eighteen persons who were members of the recreational program for the aged in a settlement house setting in Columbus, Ohio. Membership in the program was not limited to those persons who lived in the immediate area of the settlement house, but to anyone who wanted to join the program.

Although the total membership greatly exceeded eighteen persons, only that number was available to be interviewed. Many of the aged members had moved or had been re-located to other parts of the city due to an urban renewal project in the area of the settlement house. As a result, their whereabouts were unknown to staff workers at the settlement house, the recreation worker for the aged, and friends and neighbors. It has been found that some of the members had died and others were in hospitals, or in homes for the aged.

The size of the sample may limit the reliability of the study. The respondents may be biased in that they want to protect the program, thereby only giving answers which would give a positive view of the program.

## ANALYSIS OF DATA

### CHAPTER II

The first hypothesis states that the recreational needs of the aged persons served by a settlement house in Columbus, Ohio, are being adequately met. For this study the term "adequate" is meant to denote that: of the aged persons in the recreation program, 50% or more regularly attend the informal socials, gatherings, club meetings, or get-togethers of the program.

TABLE 1

RESPONSES TO PROGRAM ADEQUACY IN MEETING THE RECREATIONAL  
NEEDS OF THE AGED MEMBERS OF A SETTLEMENT HOUSE IN  
COLUMBUS, OHIO

Questions	Responses	Number	Percentage
How soon after you heard of the recreation program for the aged did you become a member?	Less than 1 month	17	95%
	More than 6 months	1	5%
Did the program offer the activities you wanted?	Yes	18	100%
	No	-	-
Were you satisfied with the program?	Yes	18	100%
	No	-	-
Could the worker have been more effective?	Yes	-	-
	No	18	100%
How long had you been a member before you discontinued?	Less than 1 month	-	-
	More than 6 months	18	100%
Why did you discontinue membership in the program?	Health	3	17%
	Transportation	15	83%

The fact that 95% of the aged persons became members of the recreation program less than one month after learning of the program, could indicate that aged persons in the community had a need for some type of organized recreation. Therefore, upon learning of the existence of such a program in the community, they almost immediately became members of the program. If adequacy of the program was to be determined solely on meeting needs, it can be said that the recreational needs of all the respondents were met in that the activities offered satisfied 100% of the respondents.

All respondents indicated complete satisfaction with the program, but a valid answer could not be given as to the reason for their satisfaction. The same can be said for the effectiveness of the worker. It is known that the worker also was a senior citizen. The worker lived in the same building as many of the aged members. There was a very close and warm relationship between the worker and the members of the program. These facts could account for the fact that no negative answers were given in regards to the effectiveness of the worker.

The total number of respondents were members of the recreational program over six months. It could further support the fact that the members were satisfied with the program. As reasons for terminating membership in the recreation program, 17% of the members discontinued their activities in the program because of ill health; 83% of the members discontinued their activities in the program because of lack of transportation.

The first sub-hypothesis states that the recreational program is utilized by the aged members of the settlement house. Due to inadequacy in the use of the interview schedule to collect the data, there was not enough information given to determine whether or not the program was adequately utilized by the members. However, it was ascertained from records and interviews with staff workers that at one time there were as many as fifty members of the recreational program who attended the program weekly. At these meetings members would plan and organize various activities. There seemed to be more cohesiveness among the members as a group, and the members had a vital concern for the program as it related to them and to the agency.

The above information does not sufficiently support utilization by the members. It may serve to give some idea of how the program was conducted at one point in time. However, such has not been the case for at least the past two years. Attendance had dwindled considerably, although before termination there were enough members to keep the program active. It seems as though there no longer was any cohesiveness among the members and there was no real interest in the recreational program.

The second sub-hypothesis states that the aged members themselves are instrumental in improving the recreational program.

TABLE 2

THE INVOLVEMENT OF MEMBERS OF A RECREATION PROGRAM  
FOR THE AGED IN A SETTLEMENT HOUSE IN  
COLUMBUS, OHIO

Questions	Responses	Number	Percentage
Had you done anything to help promote the program?	Yes	-	-
	No	18	100%
Did you try to improve the program	Yes	-	-
	No	18	100%
What improvements should have been made in the program?	Some	-	-
	None	18	100%
Was there any room for improvement in the program?	Yes	-	-
	No	18	100%

Even though all the respondents saw no need to improve the program and felt there was no room for improvement, these facts could still cause some doubt as to the credibility of the responses. It is rather difficult to conceive of any program being perfect with no need whatsoever for any improvement. Therefore, it seems impossible for all the respondents to regard the total program for the aged as being perfect.

The third sub-hypothesis states that participation by the aged is regular enough to keep the program active. In this instance, the term "regular" is defined to mean that enough members participate in the program so that there are at least fifteen members present at each meeting.

TABLE 3

RESPONSES TO ADEQUATE PARTICIPATION TO KEEP THE RECREATION  
PROGRAM ACTIVE BY THE AGED MEMBERS OF A SETTLEMENT  
HOUSE IN COLUMBUS, OHIO

Question	Responses	Number	Percentage
Did you participate in the program?	Yes	18	100%
	No	--	-
How often did you participate in the program?	Weekly	10	55%
	Bi-monthly	5	28%
	Other	3	17%
What did the others do in participating in the program?	Same thing	14	75%
	Were not aware	4	25%
Was transportation provided by the settlement house?	Yes	18	100%
	No	-	-

By definition of the term "regular" as regards participation, there were enough participants at each meeting to keep the program active. Of the total number of respondents interviewed, 55% participated in the activities each time they met as a group, 28% of the members attended the pro-

gram on a bi-monthly basis.

It was revealed that 75% of the members were involved in the same activity. This would indicate that there was probably one activity per meeting. Perhaps the members decided what kind of activity they would have at each meeting. The respondents stated that some of the activities offered were: ceramics, needlework, painting, and occasional field trips. These would indicate that the activities were held, for the most part, in the settlement house. Further, there was no community involvement on the part of the members.

Transportation seemed to have been a vital factor in the participation of the members. The fact that transportation was provided by the settlement house must have been very important to the members since the discontinuance of transportation evoked the termination of participation by the members of the recreational program for the aged.

## SUMMARY AND CONCLUSIONS

### CHAPTER III

#### SUMMARY

The purpose of this study was to ascertain the extent to which the recreational needs of the aged persons are met by a settlement house in Columbus, Ohio, during the period from September 1964, to February 1965. To determine the extent to which the recreational needs were met, a major hypothesis and three sub-hypotheses were formulated. The hypotheses are as follows:

#### Major hypothesis

The recreational needs of the aged persons served by a settlement house in Columbus, Ohio, are adequately met.

#### Sub-hypotheses

1. The recreational program is adequately utilized by the aged members of the settlement house.
2. The aged members themselves are instrumental in improving the recreational program.
3. Participation by the aged is regular enough to keep the program active.

The tool used to collect the data necessary to prove or disprove the hypotheses for this study was an interview schedule (see appendix). The sample was rather limited, which may be reflected in the conclusions drawn. Eighteen persons were chosen as respondents for the study.

The first hypothesis seems to be supported in that all the respondents were satisfied with the program and they felt the worker to be most effective

in directing the program. The activities offered satisfied all the members interviewed. Membership was discontinued because of health and transportation, not because the members were dissatisfied with the program.

Although the data seems to be supported, it cannot be stated with certainty that the factors directly related to the hypothesis would not cause some doubt as to the accuracy of the information given by the respondents.

Whether the first sub-hypothesis was supported cannot be determined because of insufficient information (see page 16). The only facts that would support, to a degree, the first sub-hypothesis is the way in which the program was utilized when the total membership was larger, approximately two years ago. There was more emphasis on group cohesiveness, self-involvement, and interest.

The second sub-hypothesis was not supported. The members felt that improvement of the program was unnecessary, therefore, they made no attempts to modify the program in any way. This could possibly indicate that, for the members, there was no involvement in the organization or structure of the program, only in the activities offered.

The third sub-hypothesis was supported according to the definition of the term "regular" as regards participation. This hypothesis can be supported if participation is merely meant to denote attending the program and taking part in the activities. But, if participation is meant to denote a real involvement in the program, in questioning the purpose of the program

and sharing ideas as they relate to the betterment of the program, then there can be some doubt as to whether the sub-hypothesis would be supported by the data.

Transportation, provided by the settlement house, furthered participation because the members were transported to the settlement house and returned to their homes. When transportation was terminated, 83% of the members discontinued their membership in the program.

### CONCLUSIONS

It has been hypothesized that the recreational needs of the aged persons served by a settlement house in Columbus, Ohio were adequately met. An analysis of the data does not support the major hypothesis, and two of the three sub-hypotheses.

Sub-hypothesis #3 states that participation was regular enough to keep the program active. This sub-hypothesis was supported by the data according to the definition of the term "regular".

There is a possibility that the recreational program for the aged in Columbus, Ohio, was originally organized to occupy the time of its members, not to involve them in any planning of the program or to solicit their ideas as to what the program should offer. Whether it was due to the worker or the members, there seemed to have been no opportunity given for the aged to involve themselves in the program in a way that would warrant their really planning and organizing their own program. If the members were really in-

interested in the program, seemingly they would not discontinue their membership in the recreational program merely because transportation was terminated by the settlement house.

If the adequacy of the data as presented, was to be challenged, it could be questioned as to whether the adequacy of a program merely means that a program can be organized for people, or if it should be organized with those to be served. It seems logical to assume that the members would be more inclined to participate and really utilize the program if given the chance to be a member in the real sense of the word, not just a member who takes all and gives nothing in terms of ideas to better or enlarge the program.

Just as the recreational needs of the aged were not met in this particular agency, there are other agencies where inadequacies prevail. In agencies where recreation programs for the aged have already been initiated, it would be wise to periodically evaluate the program to insure its adequacy.

Present day medical science has considerably increased the life span thereby focusing greater attention upon the needs of the aged. Adequate recreation is but one of the methods if we are to succeed in meeting the total needs of the aged. In the past, lack of recreational facilities for the aged have been one of the hindrances in attempting to meet these needs. Disinterest on the part of society, lack of knowledge of available resources, and poor communication between the worker and the aged have also been contributing factors.

If social workers are to initiate change wherever needed, it is the responsibility of the social work profession to assess needs and evaluate recreational programs for the aged to insure adequacy, and meet the recreational needs of the aged. Through such programs for the aged, social workers can help others to become cognizant of the fact that in spite of chronological age, the aged have much to offer society.

**APPENDIX**

To determine if the recreational needs of the aged persons served by a settlement house in Columbus, Ohio, are adequately met, the following schedule was employed:

1. How long had you known about the recreational program for the aged at the settlement house? (A) less than a month\_\_\_\_, (B) more than a month but less than six months\_\_\_\_, (C) over six months\_\_\_\_\_.
2. How did you find out about the recreational program for the aged? (A) from the staff workers\_\_\_\_, (B) from members of the settlement house\_\_\_\_, (C) from friends\_\_\_\_, (D) other\_\_\_\_. Please indicate.
3. How soon after you heard about the recreational program for the aged did you become a member? (A) less than a month\_\_\_\_, (B) more than a month but less than six months\_\_\_\_, (C) over six months\_\_\_\_\_.
4. How long had you been a member of the recreational program for the aged before you discontinued your membership? (A) less than a month\_\_\_\_, (B) more than a month but less than six months\_\_\_\_, (C) over six months\_\_\_\_\_.
5. When you were a member of the recreational program for the aged at the settlement house, why did you remain?  


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6. When you were a member, what kind of recreational activities were offered for the aged?  


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7. Did the recreational program for the aged at the settlement house offer the kind of recreational activities you wanted? yes\_\_\_\_, no\_\_\_\_\_.
8. Had you, as an individual, done anything to help promote the kind of activities you wanted? yes\_\_\_\_, no\_\_\_\_. Give a reason for your answer.  


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9. How often did you go to the settlement house to take part in the recreational program for the aged? (A) weekly\_\_\_, (B) twice a month\_\_\_, (C) monthly\_\_\_, (D) other\_\_\_.
10. Did you, as an individual, participate in the recreational activities of the recreational program for the aged? yes\_\_\_, no\_\_\_, Give a reason for your answer.
11. What did the other members do in participating in the program?
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12. Were you satisfied with the recreational program for the aged at the settlement house? yes\_\_\_, no\_\_\_, Give a reason for your answer.
13. Do you think there was room for improvement in the recreational program for the aged at the settlement house. yes\_\_\_, no\_\_\_.
14. When you were a member, what improvements should have been made in the recreational program?
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15. Did you, as an individual, do anything to try to improve the recreational program for the aged? yes\_\_\_, no\_\_\_, Give a reason for your answer.
16. Why did you discontinue your membership in the recreational program for the aged?
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17. How long has it been since you discontinued your membership in the recreational program for the aged at the settlement house? (A) less than a month\_\_\_, (B) more than a month but less than six months\_\_\_, (C) over six months\_\_\_.
18. How did you get to the settlement house? (A) walk\_\_\_, (B) by bus\_\_\_, (C) someone took you\_\_\_, (D) taxi\_\_\_, other\_\_\_.
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19. Was transportation paid for or furnished by the settlement house? yes\_\_\_, no\_\_\_.
20. Do you, as an individual, believe that the worker could have been more effective in providing a better program for the aged at the settlement house? yes\_\_\_, no\_\_\_. If yes, indicate why.
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