

What the Rec?

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THERAPY



Parkinson Society
British Columbia

Who am I?

A Recreation Therapist and member of the British Columbia Therapeutic Recreation Association

- Education: Sport Science Diploma and a Bachelor's Degree in Therapeutic Recreation (support areas of Physical Rehabilitation and Children and Youth)
- Experience: Long Term Care, young adults and adults living with Acquired Brain Injuries, and with children

Hobbies/ Interests:

- Playing softball (now at a recreational level), and soccer
- Anything outdoors such as hiking or going camping, lifting weights, spending time with friends and family, and reading



What is Recreation and Leisure?

➤ Recreation:

- Refreshment of strength and spirits after work; also : a means of refreshment or diversion (hobby)
(Merriam-Webster Definition)

➤ Leisure:

- Freedom provided by the cessation of activities; *especially* : time free from work or duties
(Merriam - Webster Definition)



What is Recreation Therapy?



- A systematic process that involves recreation and leisure, as well as activity based interventions, to address the assessed needs of individuals
- Those needs could be social, physical, emotional, cognitive, and / or spiritual
- Enables persons to acquire and / or maintain the skills, knowledge, and behaviours that will allow them to enjoy their leisure optimally, function independently with the least amount of assistance and participate as fully as possible in **society** (British Columbia Therapeutic Recreation Association, 2018)

Adapted Activities



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Domains of Recreation Therapy

Social:

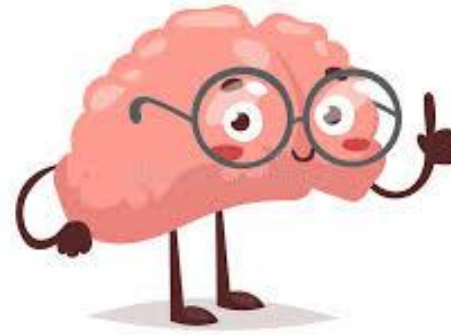
- How you get along with other people
- How other people view you
- Building and maintaining meaningful relationships
- How you react to various settings / situations



Physical:

- Not just the absence of disease
- Lifestyle and behaviour choices to ensure health
- Avoidance of preventable diseases
- Physically being able to carry out the ADLs (Activities of Daily Living) and IADLs (Instrumental Activities of Daily Living)

Domains



Emotional:

- Positive state of well-being
- How you view yourself (self-esteem and confidence)
- Ability to understand and regulate different emotions

Cognitive:

- Ability to perform mental processes
- Ability to: learn new things, intuition, judgement, language, and remembering

Spiritual:

- Religious faith, morals, values, and beliefs

Social

- Connections made with others and relationships established
- Group activities allow for interactions
- Increased social relationships reduce isolation



Physical

- Depends on the activity - can improve strength, endurance, balance, flexibility (Gobbi, L. et al., 2009.)



Emotional

- As improvements in skills are made, self-esteem and emotional regulation improve
- Group activities reduce seclusion and loneliness
- Experience of one's own emotions and those of others



Cognitive

- Depends on the activity - maintain and/ or improve through increase in physical activity (Ahlskog, J.E., 2011)
- “If you don’t use it, you lose it” - stimulation of the brain through activity reconditions, maintains, and improves cognitive and motor functions (Paillard, T., Rolland, Y., & Souto Barreto, P., 2015)



Spiritual

- Can be practiced independently and / or in a group
- Can be related to faith, but does not have to be
- Can focus on mindfulness

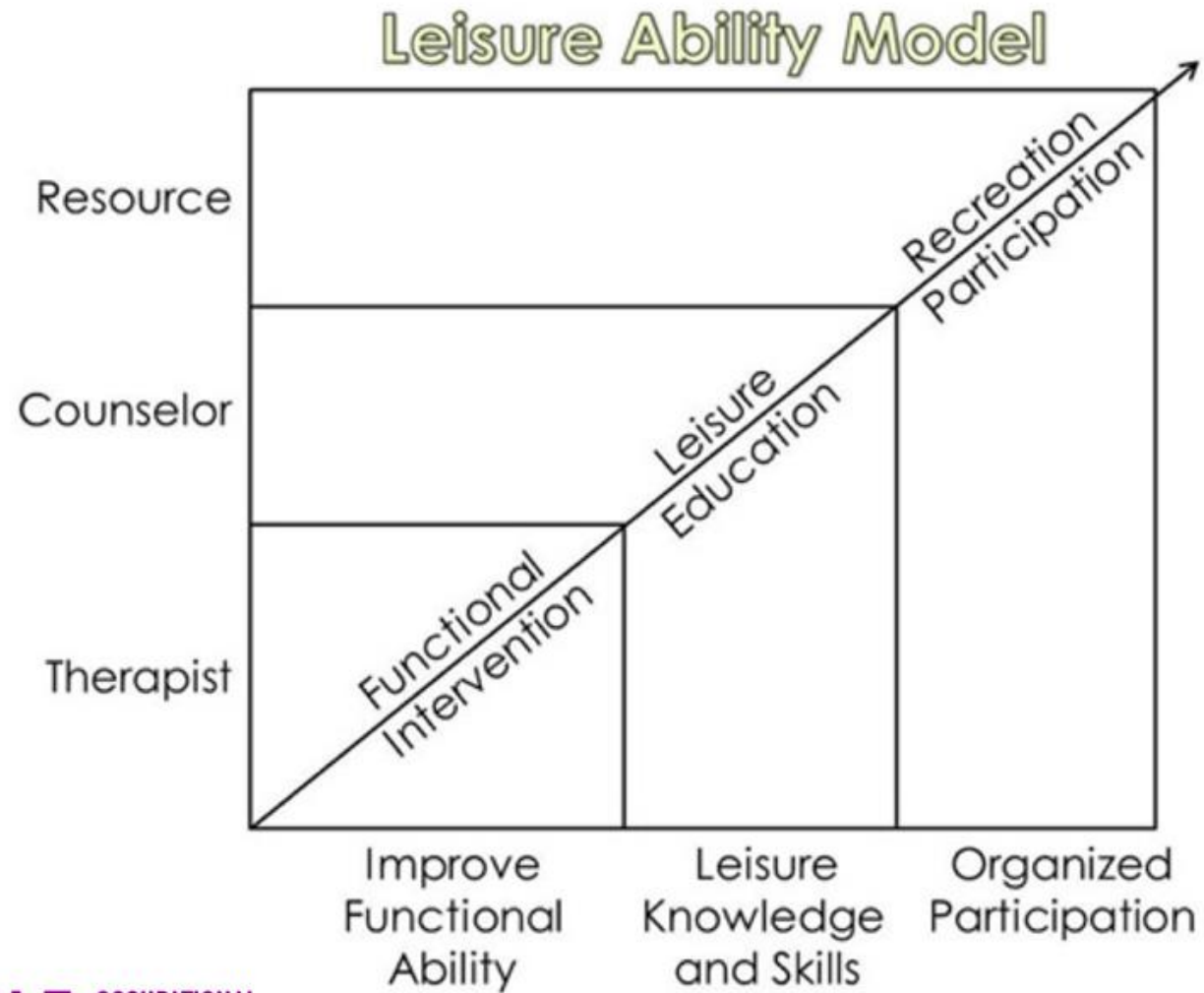


Benefits

- More than one of the 5 domains can be improved at a time!
 - Social
 - Physical
 - Emotional
 - Cognitive
 - Spiritual



The Process



Initial Assessment

- Questions regarding background information (medical history and charts), leisure interview, and clinical observations
- Result: list of strengths, limitations and needs is created
- Based on each individual's interests, a set of activities are selected (and modified if necessary) to reduce limitations and address individual needs to meet realistic goals set by the individual through collaboration with the therapist



Leisure Interview Example Questions

- Do you like to try new things?
- What is something you enjoyed doing as a child? Do you still enjoy that now?
- Do you prefer to do things alone or in a group?
- What does recreation mean to you? What does leisure mean to you?
- Choose 3 words to describe yourself.
- What do you do in your free time?



Functional Intervention

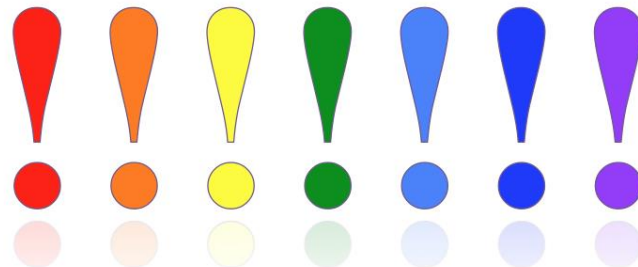
- Adapted / modified equipment (sit to ski, adapted hiking, goal ball)
- Addresses prerequisite skills that are necessary for leisure involvement:
 - Social
 - Ability to manage behaviour appropriately in social setting
 - Physical
 - Endurance, strength, hand eye coordination, balance, flexibility, etc.
 - Emotional
 - Managing emotions (anger) and expressing emotions
 - Cognitive
 - Ability to understand and follow instruction

Leisure Education

- Leisure Awareness
 - Knowledge of leisure, self-awareness, leisure / play attitudes, decision making skills
- Leisure Resources
 - Activity opportunity, resources: personal, family, at home, and community
- Leisure Activity Skills
 - Traditional vs Non-traditional
- Social Interaction skills
 - Small group, large group

Examples of Goals

- To demonstrate ability to identify benefits of regular physical activity
 - To demonstrate ability to identify 3 benefits to physical activity
 - To demonstrate ability to identify 3 benefits of physical activity specific to Parkinson's Disease
- To improve balance
 - To demonstrate ability to perform balance exercises of multidirectional reaching
 - To demonstrate ability to perform balance exercises of multidirectional weight shifting



Recreation Participation

- Ultimate goal is to be able to participate independently and safely
- Structured activities (can be independent)
- Practice newly acquired skills
- Experience enjoyment and self-expression

Examples of Recreation Therapy for People with Parkinson's

Recreation Participation

- Walking Club
- Wii Fit
- Chair Exercise
- Chair Yoga
- Arts & Crafts (painting, knitting, wood working, etc.)
- Swimming
- Hiking
- Bowling

Leisure Education

- Exploring resources
- Utilizing resources
- Leisure attitudes
- Appropriate attire
- Group norms / expected behaviour

Find a Recreation Therapist!

BCTRA - British Columbia Therapeutic Recreation Association

www.bctra.org



CTRA - Canadian Therapeutic Recreation Association

www.canadian-tr.org



Contact Information

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Thank You!



References

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