

Clear Webinar Series: Recreation Therapy – Tools of the Trade

September 13, 2018



Please note:

This webinar is being recorded

Personal information in this initiative is collected under s.26(c) and 26(d)(ii) of the Freedom of Information and Protection of Privacy Act. The information is being collected in order to facilitate training and education as part of Clear. This webinar is being recorded and will be shared with program participants. We ask that you refrain from identifying patients, specific team members or offering any other personal information. If you have further questions, please contact the BCPSQC at 604 668 8210 or clear@bcpsqc.ca.

Your Clear team



Kate Harris, Quality Leader



Stephanie Massot, Quality Leader



Dr. Chris Rauscher, Clinical Lead



Dr. Ian Bekker, Clinical Lead

Sabrina Khan, Project Coordinator



Eric Young, Health Data Analyst



Kevin Smith, Director of Communications



Tom Majek, Director, Health System Improvement



Meagan Brown, Program Assistant,
Health System Improvement



Interacting in WebEx

The screenshot displays a WebEx meeting interface. On the left is a whiteboard with the text "Today's Tools:" followed by a numbered list: "1. Pointer" with a blue arrow icon, "2. Raise Hand" with a hand icon, "3. Yes / No" with green checkmark and red X icons, and "4. Chat". The top toolbar contains various drawing tools, with a blue arrow icon highlighted in a pink box. On the right is a "Participants" panel showing a "Speaking:" section with "Panelist: 1" (BCPSQC - 2 (Host, me)) and "Attendee: 0". Below this is a toolbar with icons for Raise Hand, Yes, No, and a smiley face, with the smiley face icon highlighted in a pink box. At the bottom right is a chat window with a "Send to:" dropdown set to "All Participants" and a "Send" button, both highlighted in a pink box. The bottom status bar shows "Full Screen", "63%", and "View" options.

Today's Tools:

1. Pointer →
2. Raise Hand 🙋
3. Yes / No ✓ or ✗
4. Chat

Participants

Speaking:

- Panelist: 1
 - BCPSQC - 2 (Host, me)
- Attendee: 0

Send to: All Participants

Select a participant in the Send to menu first, type chat message, and send...

Send

Which care home are you from?

The image shows a Zoom meeting interface. On the left is a whiteboard with a toolbar at the top containing various drawing tools and a text input field with the number '01'. On the right is the 'Participants' panel, which shows a 'Speaking:' section with a 'Panelist: 1' section containing 'BCPSQC - 2 (Host, me)' and an 'Attendee: 0' section. Below the participants list is a toolbar with icons for hand raise, checkmark, X, navigation, emoji, and screen share. At the bottom of the participants panel is a 'Chat' window, which is highlighted with a pink border. The chat window has a 'Send to:' dropdown menu set to 'All Participants' and a text input field with the placeholder text 'Select a participant in the Send to menu first, type chat message, and send...'. A 'Send' button is located to the right of the text input field. At the bottom of the Zoom window, there are controls for 'Full Screen', '63%' zoom, and 'View'.

Quick Reminder...

Monthly Reports & Data Due



You can still register!

- <https://bcpsqc.ca/improve-care/clear/clear-regional-workshop-registration-form/>



Learning Objectives

1. Describe what recreation therapy is and why it's important
2. Explore Montessori activities & multisensory stimulation
3. Identify one new role or activity to embed into every day practice

Laura McGill, Alzheimer Society of Toronto





Therapeutic Recreation: Meaningful Activities

Laura McGill



Ask yourself

- What makes a day meaningful?

Why are they important?



If a person with dementia is engaged in a meaningful activity, the person cannot simultaneously be exhibiting problematic behaviour (Camp, 2009)

Problematic/Challenging/Difficult Behaviour

VS.

“Responsive Behaviour”

(often a response to an unmet need)

ALL BEHAVIOUR HAS MEANING

It is much more important to understand what sort of **person** has a disease than what sort of disease a person has.

- *Canadian Physician, Sir William Osler*



Photo: Health Canada/Santé Canada

Maximizing Strengths

- What does the person do?
- What does the person enjoy?
- What can the person do? How does the person do it?
- Which parts of the task is the person unable to do? Why is the person unable to do them?

*Retrieved from the U-First! program, ASO 2011

Maximizing Strengths

- **Where** does the person perform best?
- **When** does the person perform best?
- **With** whom does the person perform best?

*Retrieved from the U-First! program, ASO 2011

Creating a supportive environment

- Physical Environment
- Emotional Environment

Your approach....

- Help to start the activity
- Focus on process, not product
- Demonstrate
- Be flexible and patient

Your approach....

- Break tasks into small steps
- Assist when needed
- Stress sense of purpose and that they are needed
- Failure-free

Montessori Activities



Role Ideas

- Meal greeter
- Welcoming committee
- Resident's council-chairing or minutes, handing out agenda
- Visitor to other residents who are room bound
- Delivering newspapers or mail

Role Ideas

- Monitoring bird feeder
- Watering and maintaining house plants
- Shredder
- Flower arranger
- Housekeeping-working alongside

Role Ideas

- Kitchen assistant-setting up dining room, helping with morning coffee/tea, food prep
- Helping with nourishment cart
- Laundry-folding
- Gardener
- Polishing silverware

I don't have time to support activity.....

While you are doing everyday tasks you can be....

- Reminiscing
- Asking the person to help-get them involved
- Instead of “what do I need to do next?” ask yourself “how can I involve this person?”

I only have a few minutes



Participating in Personal Care



Activity Box or Bag



Multisensory Environment



Ideas for multisensory stimulation

- Smell: flowers, perfume, lavender, herbs, spices, vanilla, ginger, wood, leather, soap etc.
- Movement: light stretches, walks, dancing
- Touch: different textures and fabrics, furs, wool, silk, fir cones, shells, stones and pebbles, leather, animals etc.
- Vision: familiar objects of interest, photographs, picture books, videos
- Hearing: music, reading, radio, sound recordings, musical instruments
- Taste: sample food and drinks as an activity, tea time, cultural food

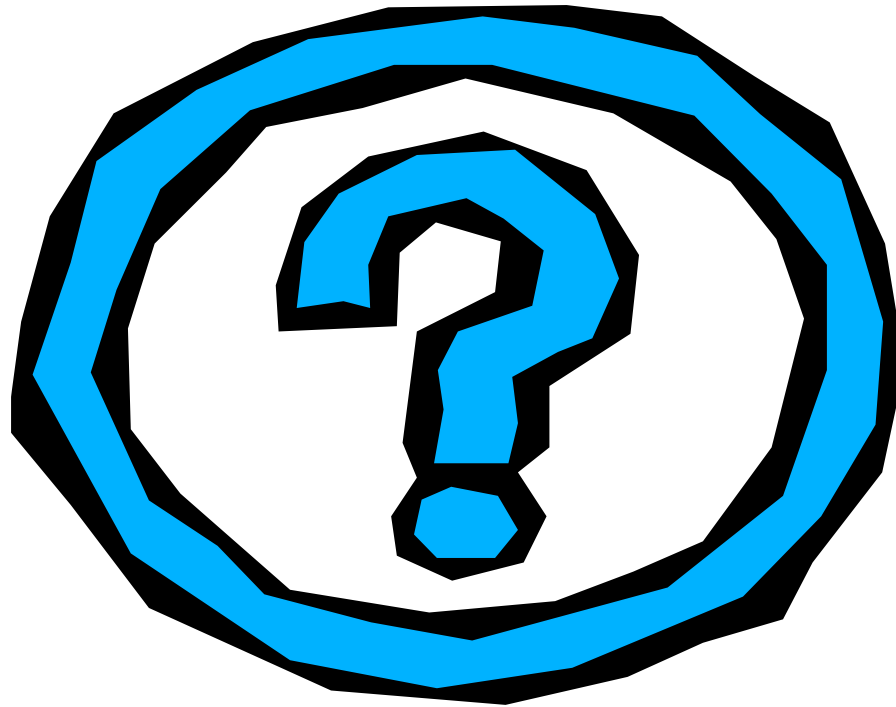
Works Cited

College of Occupational Therapists. “Living well through activity in care homes: the toolkit.” *College of Occupational Therapists Limited*, <https://www.cot.co.uk/sites/default/files/general/public/Unit2-Care-home-staff-resources-2015.pdf>. Accessed 30 Sept 2016.

Elliott, Gail. *Montessori Methods for Dementia: Focusing on the Person & the Prepared Environment*. DementiaAbility Enterprises Inc, 2012.

PEC Team, Alzheimer Society of Toronto, Respite Training Presentation; Meaningful Activities 2017

Questions?



**What is one thing you heard today
that you may start to use by next
Tuesday?**



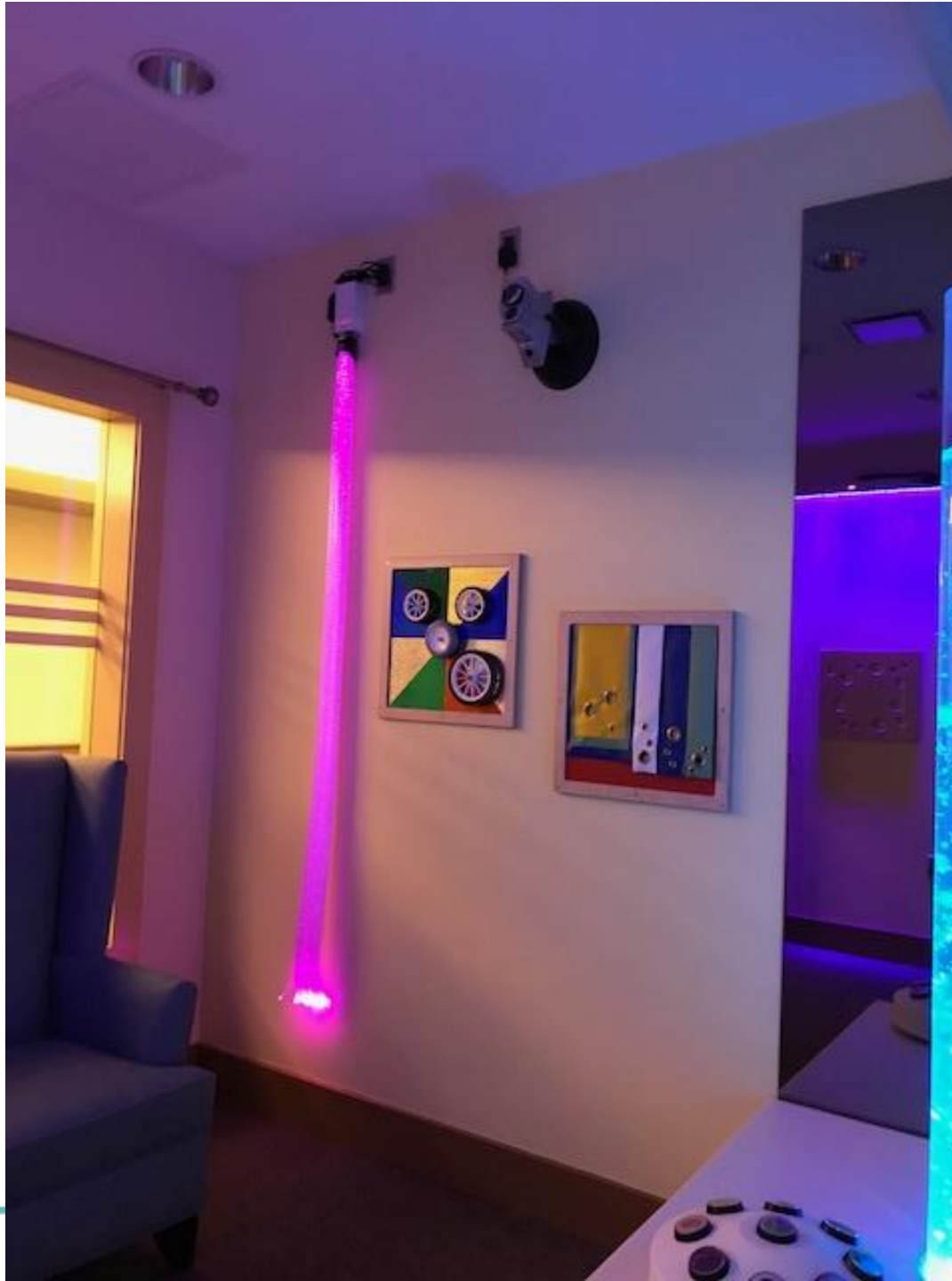
Czorny Alzheimer Centre

Kamal Badesha















Regional Gatherings

Upcoming!



Logistics

- The essential parts of a good day:
 - Locations (change!)
 - Lunch/Breaks
 - Team time
 - What to bring
 - Tools, artifacts, storyboards, reports

NANAIMO SEPTEMBER 25 09:00 – 16:00 Coast Bastion Hotel
LANGLEY OCTOBER 2 09:00 – 16:00 Holiday Inn Express
FORT ST. JOHN NOVEMBER 2 09:00 – 16:00 Fort St. John Hospital + Virtual

Regional Workshops – Questions??

- What questions do you have about your upcoming Regional Gathering?
- What's one item you're hoping we'll cover at the Regional Gathering?

Storyboards

- Why storyboards?
- Examples coming up
- Deadlines (1 week before!)
- Checklist
- Anyone need a re-send?
- Questions?

Storyboard Example #1

Title	Results	Changes Tested	Reasons to Celebrate	
Background			Lessons Learned	
What We Wish For			Questions for Today	
Aim			Next Steps	
Team Members & Photo			Contact Information	

[Initiative Name]

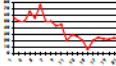
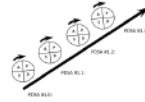
Storyboard Example #2

Title	Results	Changes Tested	Reasons to Celebrate
Background			Lessons Learned
What We Wish For			Questions for Today
Aim	Team Members & Photo	Contact Information	Next Steps

[Initiative Name]

Storyboard Check Sheet

Storyboard Check Sheet

Storyboard should include:	Description	Source
<input type="checkbox"/> Title	Title of project and team	Improvement Charter
<input type="checkbox"/> Background	Brief description of the site, team, resident population and rationale for making improvements.	Improvement Charter
<input type="checkbox"/> What We Wish for Our Residents / Aim Statement	Purpose, scope, boundaries, objectives and goals.	Improvement Charter Team Members
<input type="checkbox"/> Team members / Team Photo	Names of team members, roles and photo	Improvement Charter Team Members
<input type="checkbox"/> Results	Display in run charts Include key measures of outcome, process and balancing measures. Include qualitative data where available. Display copies of surveys, data collection forms, etc.	Run Charts from your data collection spreadsheet PDSA Cycles 
<input type="checkbox"/> Changes tested	Describe changes you've tested, based on driver diagram and ideas presented in webinars. Use the "ramping" concept to display changes as sequential cycles. Display copies of protocols, check sheets, posters, communications, etc.	PDSA Cycles 
<input type="checkbox"/> Reasons to Celebrate/ Lessons Learned / Questions for Today	Describe your successes and lessons learned about the changes and doing improvement work in general. Which change ideas from the driver diagram were successful and why? What did you learn? What advice would you give to other teams? What questions do you still have?	PDSA Cycles Team Member Feedback
<input type="checkbox"/> Next Steps	What other changes are you planning to test that you believe will allow you to achieve your stated goals and your aim?	Project Plans

Regional Workshop Agenda

CLEAR REGIONAL WORKSHOP AGENDA

- 0845 Team Registration & Storyboard Set up**
Please have one person from your team available at 0845 to set up your team's storyboard.
- 0900 Introduction: Shared Vision for Regional Workshops**
- 0920 Increasing Dignity In Seniors: Our Achievements**
- 0940 Living with Dementia**
- 0955 I Know What You Did Last Summer: An Overview of Clear Progress (First 6 Months), Results and Opportunities**
- 1010 Rapid Fire Presentations**
- 1040 BREAK and Storyboard Networking**
- 1100 Driving for Change: An Overview of Driver Diagram, High Impact Changes**
- 1115 Choose Your Own Adventure: Exploring Driver Diagram and High Impact Changes in Detail**
- Physician Engagement
 - Non-pharmacological Approaches
 - Meaningful Medication Reviews
- 1215 LUNCH and Storyboard Networking**
- 1300 What Did We Digest? Shared Commitments From Breakouts**
- 1325 No Magic Wand: Overcoming Barriers to Improvement**
- 1400 Working Groups/Table Discussions/Breakouts:**
- Getting More From Your Data
 - Resources to Shake a Stick At
 - Wildcard: Surprise Us!
- 1445 BREAK and Storyboard Networking**
- 1500 Model for Improvement: Ideas to Action (PDSA: Please Do Something, Anything!)**
- 1545 If I Could Have/Ask Anything It Would Be...**
- 1600 Next Steps**



Questions? 604.688.8210 | clearbc@bcpsqc.ca | ClearBC.ca



Upcoming Webinars

- October 11 - Appropriate use of Antipsychotics
- November 1 – Managing Pain
- November 22 – TBD
- December 13 – TBD

Thank You

Participating Teams

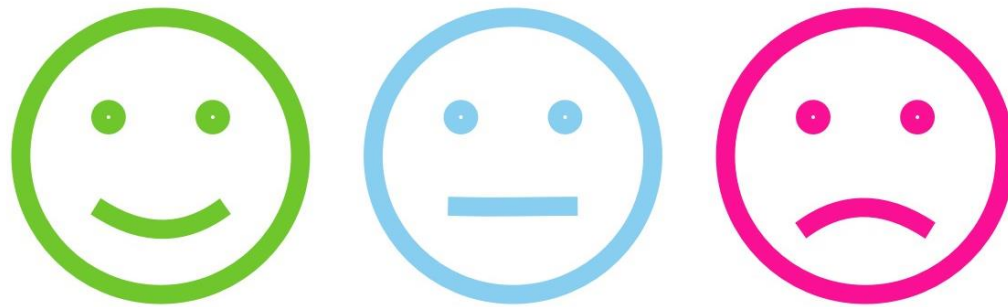
Faculty

Support Team

Guest presenters

Evaluation!

Please complete the evaluation of the webinar after you close the webex.



FEEDBACK