

# **Therapeutic Recreation Services Behavioural Health Program**

## **Frequently Asked Questions**

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### **What is the difference between Therapeutic Recreation (TR) and the activities offered in most long-term care homes?**

Our Therapeutic Recreationists provide personalized therapy designed to meet each patient's goals and needs rather than doing large group activities that are mainly for entertainment.

### **How can a Therapeutic Recreationist help my family member?**

Therapeutic Recreationists will:

- Assess your family member's interests, abilities, and behaviour in a variety of settings.
- Implement therapeutic interventions, especially interventions designed to reduce behavioural risk.
- Evaluate the effectiveness of recreation interventions.

### **Can volunteers help my family member?**

Yes, Therapeutic Recreationists can suggest a volunteer visit once they assess:

- How receptive your family member is to having a volunteer
- Your family member's level of behavioural risk.

### **Can my family member be involved in every TR program?**

No. While that would be ideal, not every program we offer is suitable for your family member. Patients are selected for programs that meet their ability, needs and interests. We may also select a program for a patient based on a clinical reason. For example, we may arrange an outing to assess the patient's behavior in the community before they are discharged.

## **Why don't Therapeutic Recreationists run large group programs so more patients can be involved?**

Most programs take place in small groups or a one-on-one setting. People with dementia often find it overwhelming and difficult to concentrate in large groups.

## **How do the hospital-wide programs at St. Peter's work?**

Therapeutic Recreationists will determine whether a patient is suitable to take part in other therapeutic recreation programs at St. Peter's Hospital. Taking part in these programs depends on the patient's ability and the level of supervision they need.

## **Can I bring my family member to a program already in progress?**

No. While we appreciate your offer of help, we ask that you do not interrupt a program in progress. We choose each patient individually for each program. Patients who are not suitable can be disruptive for patients who have difficulty concentrating on a task. If you would like us to consider your family member for a specific activity, please speak with one of the Therapeutic Recreationists after the program has ended.

## **Other questions?**

Please feel free to contact us:

- Beate Evans, ext.12383 or [evansbe@hhsc.ca](mailto:evansbe@hhsc.ca)
- Naomi Dyon, ext.12510 or [dyon@hhsc.ca](mailto:dyon@hhsc.ca)
- Chrissie Leng, ext.12392 or [lengc@hhsc.ca](mailto:lengc@hhsc.ca)

## **Examples of therapeutic recreation interventions**

We offer a variety of therapeutic recreation programs/interventions which may include:

- Snoezelen Therapy
- Individualized Activity Kits
- Reading Groups
- Music Appreciation
- Music Therapy
- Drum Circles
- Reminiscing Programs
- Trivia/ Cognitive Games
- Bingo
- Horticulture
- Crafts and Games
- Creative Expressions – Art Programs
- Physical Programs such as bowling, noodle ball
- Social Programs
- Special Events/Celebrations
- Luncheons
- Community Integration/Outings
- Hospital-Wide Entertainment Programs

Therapeutic Recreationists engage patients in individual interventions or group programs.

Types of programs/interventions chosen for the individual patients will vary and is dependent on his or her personality and individual goals/abilities.

Group sizes may vary from as small as 2 participants to larger groups of possibly 6 to 8 participants. This depends mainly on the type of activity occurring and the complement of patients involved.

## **How will group activities be advertised?**

The Recreation Therapy staff will post special events and celebrations on flyers ahead of time.

Daily TR interventions will be posted on the dining room doors each morning.