Innovative Approaches that Drive Quality...

Therapeutic Recreation Interventions in the PACE Programs

Volunteers of America
Senior Community Care
Western Slope Colorado

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FREEDOM...
TO WORK, TO PLAY, TO LIVE A LIFE WITHOUT LIMITS,
TO BE A WHOLE PERSON.
Therapeutic Recreation Staff

- Introduction
- Welcome
- Personal Background
- Professional Background
- Recreation Staff - Montrose, Eckert and Paonia
Learning Objectives

- To provide insight as to the integral and diverse role of the Certified Therapeutic Recreation Specialist in PACE programs.
- Provide insight into non-traditional Therapeutic Recreation programming in PACE programs in Southwestern Colorado. These programs emphasize the “right to risk” and the right to access activities of personal choice.
- Define the difference between Certified Therapeutic Recreation Specialist and Activity/Recreation staff and why a CTRS is crucial to the success of PACE programs.
What is Volunteers of America?

- VOA was founded 119 years ago by Ballington and Maude Booth. VOA provides services for more than 2 million people in over 400 communities in 44 states.
- Through the ministry of service we support and empower America’s most vulnerable groups. VOA employs more than 16,000 people nation-wide; providing medical, community and social programs.
- Services include skilled nursing, assisted living, meals programs, low-income housing, women’s shelters, programs for the homeless, Senior CommUnity Care PACE to name a few.
Volunteers of America
Mission Statement

• Volunteers of America is a movement organized to reach and uplift all people and to bring them to the knowledge and active service of God.

• Volunteers of America illustrating the presence of God through all we do, serves people and communities in need and creates opportunities for people to experience the joy of serving others.

• Volunteers of America measures it’s success in positive change in the lives of individuals and communities we serve.
Therapeutic Recreation Manager at PACE

- Oversight and coordination for all Therapeutic Recreation and activity interventions in three PACE programs
- IDT team participation, assessments and care planning
- Volunteer Coordinator for PACE program
- Regional Therapeutic Recreation oversight for other VOA facilities on the Western Slope of Colorado
- End Of Life Team Members and Compassionate Companion Volunteer Coordinator
- Oversight for Living Legacy Program
- Therapeutic Recreation Internship Supervisor
Qualifications of a Certified Therapeutic Recreation Specialist (CTRS)

- Bachelor of Science degree or higher from an accredited university with academic studies focusing on physical, biological and behavioral sciences, recreation and leisure theory.
- Three month internship/560 hours at nationally accredited organization
- Completion of National Therapeutic Recreation Certification exam
- Recertification every 5 years
Therapeutic Recreation Practice Settings

**Clinical Settings**
- Physical Medicine and Rehabilitation
- Acute Care Hospitals
- Long Term or Extended Care Facility
- Hospice Care centers
- Psychiatric/Mental Health hospitals
- State Developmental Centers or Schools (Tx)

**Community Based Settings**
- Senior Community Programs
- Adult Day Centers
- Mental Health Centers
- Volunteer Agencies
- Group Homes
- School Districts
- Outdoor Recreation/Residential Camps
- Correctional Facilities
- Public Parks and Recreation
- Assisted Living
- Retirement Facilities
CTRS & Activities Personnel
How do they differ?

• Therapeutic Recreation utilizes a wide range of treatment, education, recreation services and interventions to improve or develop physical, emotional, cognitive, social and leisure skills. These interventions are very individualized and based on a person’s past, present and future leisure lifestyle/interests.

• Certified Therapeutic Recreation Specialists (CTRS) use a variety of modalities including education, arts, music, dance, sports, games, exposure to the natural world and community reintegration to help improve, maintain or enhance an individuals physical, spiritual, social and emotional well being. These interventions promote quality of life and independence.
Therapeutic Recreation is a profession few people know about or understand.

There is a significant distinction between Therapeutic Recreation interventions and diversional activities.

Therapeutic Recreation professionals create goal driven, intentional treatment plans with measurable objectives that assist an individual in attaining their personal best.

CTRS address a person’s physical, social, emotional needs.

We focus on abilities, not disabilities.

WE TREAT THE WHOLE PERSON!!!
Populations Served Within Therapeutic Recreation Disciplines

- Amputations
- Attention Deficit Hyperactivity Disorder-ADD
- Autism
- Cerebral Palsy
- Epilepsy
- Audio Impairment
- Learning Disability
- Intellectual Disability
- Spina Bifida
- Spinal Cord Injury
- Visual Impairments
- Traumatic Brain Injury
- Eating Disorders

- Osteoarthritis
- Rheumatoid Arthritis
- Muscular Dystrophy
- CVA/Stroke
- Multiple Sclerosis
- Cystic Fibrosis
- Depression
- Bipolar Disorder
- Personality Disorder
- Schizophrenia
- Dementia
- Parkinson’s Disease
- Alzheimer’s Disease
- Chemical Dependency
Therapeutic Recreation Philosophy at PACE

At Senior CommUnity Care PACE we believe it is the right and desire of people of all ages and abilities to experience activities of their own personal choice.

With appropriate planning, design, supervision and intentionality, seniors can embrace the opportunity to experience Therapeutic Recreation and it’s consequent benefits.
PACE in Motion
Benefits of Participation in Therapeutic Recreation at PACE

- Increased independence and self-esteem
- Promote health and wellness
- Develop skills that carry over into the community
- Promote socialization and a sense of community within PACE
- Expose participants to stimulating and age appropriate activities
- Community exposure and integration
- Develop a healthy leisure lifestyle
- Ongoing education/"Lifelong Learners"
- Dispel myths regarding seniors and their abilities and desires
- Promote an attitude of “young at heart”
THE CHALLENGE

• Three years ago a need was identified to enhance and create Therapeutic Recreation opportunities for our participants in PACE. At that time the activities were primarily traditional and diversional.
• It became evident that participants wanted to be engaged in activities that were diverse, educational, stimulating, satisfying and embraced their desires to continue to learn and grow in a dignified manner.
• From that need grew the current Therapeutic Recreation program at PACE.
Therapeutic Recreation Activities

- Fine Arts Classes 2-3x/weekly, both centers
- Weekly guitar, mandolin, autoharp classes, both centers
- Ballroom dancing
- Adult education/lecture series
- Aquatic exercises
- Combined billiards and bowling tournaments
- “Plump Your Brain” cognitive activities
- Outdoor sports
- Ceramics
- Age appropriate craft projects
- Computer technology/iPad training
- Animal visits- goats, lambs, horses
- Health awareness/education
- Musical Entertainment
- Photography
- Horticulture Projects
Fine Arts
PACE in Action

- Reading/Book Groups - Montrose/Eckert
- Meditation Group
- Tai Chi
- Gifts for Kids/ Wood working
- Knitting Group
- Silver Whiskers pet adoption programs
- “Helping Hands” - participant directed activities
- Bridge lessons - Participant directed
- Gospel music
- Musical entertainment
- Wood Burning art projects
- Art shows and competitions
- Pioneer projects
PACE Outings

- Jeep Tours
- State Park Visits
- Local historical museums
- Fall color bus tours
- Fishing/Fish hatchery
- Cultural Activities
- Ceramics
- Walking tours
- Shopping/Out to Eat
- Picnics in the park
- Photography Outings
- Bowling
- Weekly Aquatic Exercises
“Living Legacy”

- The Living Legacy Program at PACE was designed to empower our participants to share their life stories.
- By using multimedia; photos, quotes, movie clips, poems, music and scriptures the participants can share with others the story of their lives before coming to PACE.
- With the assistance of the Therapeutic Recreation staff, the participants create a DVD presentation that can be shared with other PACE participants, family and friends. Additionally, these legacies have been used by families during memorial services.
- Creation of the Living Legacies is labor intensive and takes 5-6 hours.
- Recent successful fundraising efforts have enabled us to acquire computers and programs specifically designed to create legacies more efficiently.
Goals of the Therapeutic Recreation Program at PACE Western Colorado

1. Continually enhance the diversity and quality of the Therapeutic Recreation interventions in PACE programs.
   - Increase the size and scope of the Fine Arts programs in all 3 centers- offer access to art shows and galleries.
   - Expand the guitar classes to include harmonica and Ukulele groups
   - Expand technology for book groups, utilizing e-Readers to enhance font size and display to enable more participants to be involved.
   - Expand aquatic exercise program to include both centers
   - Develop horticulture programs

2. Expand Living Legacy Program

3. Create intergenerational programming between PACE Programs and community teens
Goals of the Therapeutic Recreation Program at PACE Western Colorado

4. Recruit, train and retain a larger number of volunteers.

5. Continue to expand outdoor adventure recreation activities; utilizing successful risk management protocol for safety and success. (Jeep tours, float trips, Angel flights, etc.)

6. Provide an environment of dignity, respect and the right for seniors to make personal choices regarding their recreation and leisure participation.

7. Change people’s preconceived ideas of disability and aging.

8. Provide local, state and national educational presentations regarding the importance of Therapeutic Recreation interventions and how these interventions help to drive quality in PACE programs.

9. Expand Therapeutic Recreation internship opportunities at Senior CommUnity Care PACE.

10. Create more continuity between all three Centers.
“People do not cease to play because they grow old; they grow old because they cease to play.”
Thank You

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