

(CDMX, 2012)

Activities or Meaningful Activities

Orquídea Tamayo Mortera (She/Her)




Happy
Diversional and
Recreational Therapy
Awareness Week













- Ko Ingarangi Olmecas/Zapotecas te whakapaparanga mai
- Engari Ko Coatzacoalcos, Veracruz the whenua tupu
- Ko San Martin te maunga
- Ko Coatzacoalcos te awa
- Ko Gulf of México (Atlantic) te moana
- Nō México ahau
- Ko Aotearoa te México te kāinga
- Kei Tāmaki Makaurau au e noho ana
- Ko Amado tōku papa
- Ko Esther tōku mama
- Ko Luis tōku tane
- Ko Orquidea tōku ingoa



(Tamayo, 2023)

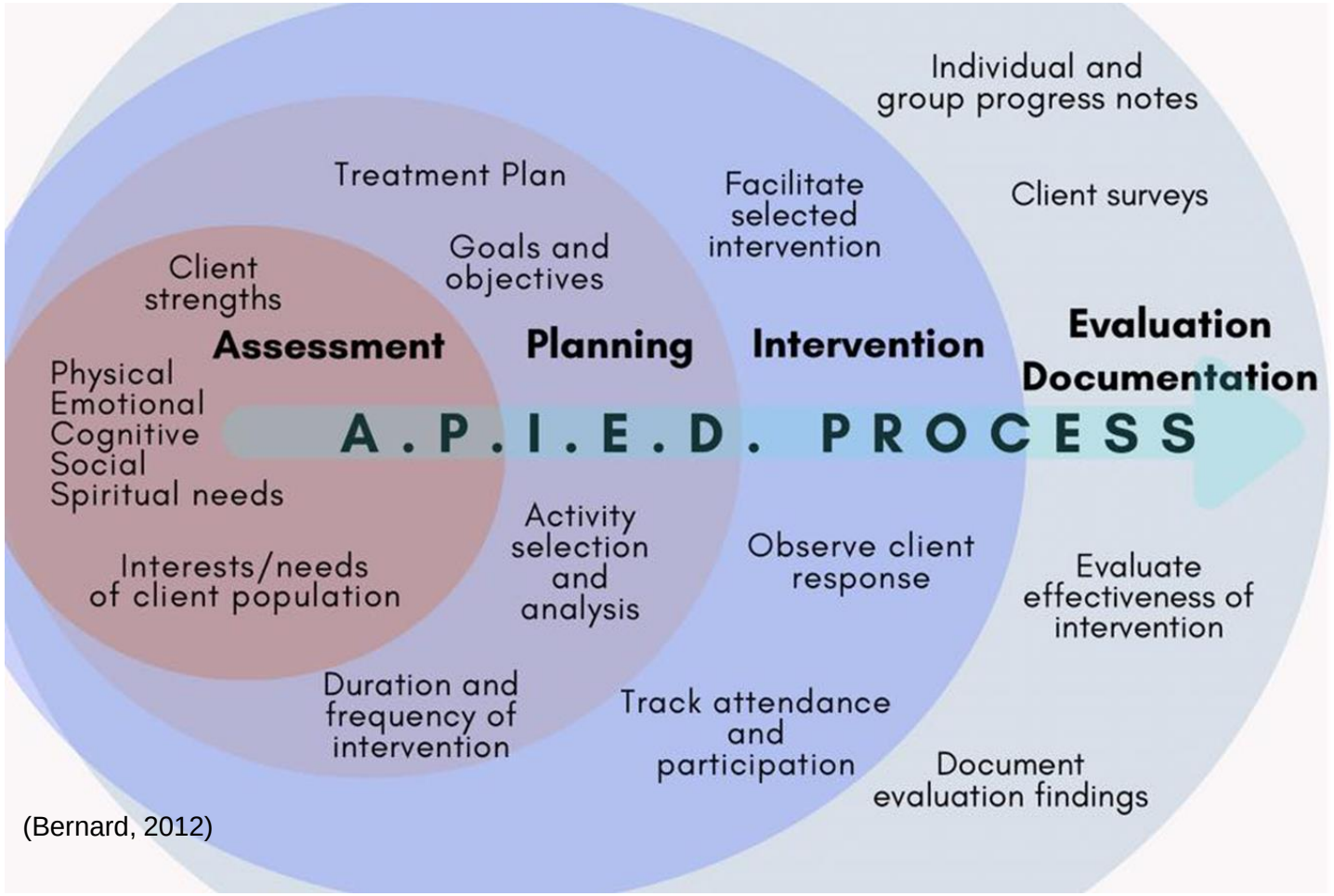
Tēnā koutou katoa
Shitalsha nuutu’

Nō reira, tēnā koutou, tēnā koutou, tēnā koutou katoa
Xtyozën yuad

Content

- Diversional and Recreational Therapy (practitioner, approaches and domains)
- Activity, Activity of Daily Living, Meaningful Activity or Therapeutic Recreation
- Hacking neurotransmitters
- Case Studies
- Conclusions

Diversional and Recreational Therapy



(Bernard, 2012)

Therapeutic recreation is a person-centered healthcare profession that uses evidence-informed leisure and recreation interventions to improve, optimize, and maximize health, physical function, social, cultural, spiritual, and emotional well-being and overall quality of life.

Diversional and Recreational Therapist DRTh)

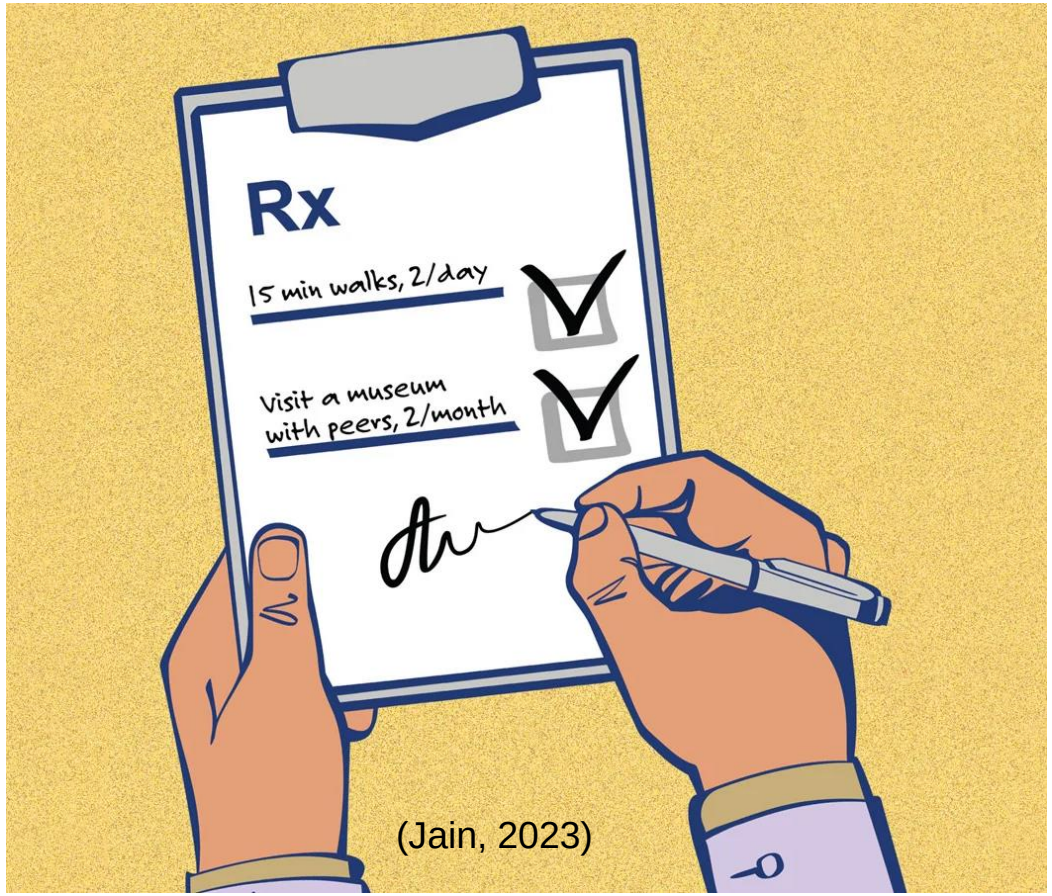


(HSBC, 2024)

- Therapeutic Recreation Specialist, is the health care professional that engages people in leisure activities.
- A DRTh assess, plan, implement, evaluate, and document recreation-based treatment programs to help maintain or improve individuals' well-being based on the person needs, strengths, preferences, abilities, goals or objectives.

Approaches to Therapeutic Recreation

- Recreation services (e.g., social prescription)
- Therapeutic approach (e.g., coping skills)
- Umbrella or combined approach (e.g., Dementia)
- Leisure ability approach (e.g., addiction)



(Jain, 2023)

Domains of Leisure



(Bates, 2017)

- Leisure
- Leisure awareness
- Leisure attitudes
- Leisure skills
- Community integration skills
- Community participation
- Cultural and social behaviors
- Interpersonal skills

What is what?

Activity

Is something you do, or just the state of doing e.g. waking up

Activity of daily living (ADL)

Comprises the basic actions that involve caring for oneself and body e.g. shower

Meaningful Activity

It is any activity that is tailored to the needs and preferences of each person – this is an individual process e.g. listening to music while showering

Therapeutic Recreation Intervention (Evidence Based)

It is an act initiated by a TRS in conjunction with the person, loved ones and/or MDT team. Uses the APIED process, and aims to educate, create self-awareness, encourage positive change, and achieve specific goals / objectives e.g. music therapy

What recreational activities you enjoy doing alone?

What recreational activities you enjoy doing with others?

What are recreational activities you would like to try?

What are recreational activities you would like to get back into?



Literature

Individuals who engaged in more frequent enjoyable leisure activities had better psychological and physical functioning… greater life satisfaction… life engagement… lower depression… lower blood pressure… and better perceived physical function. Pressman et al. (2009)

Emerging evidence shows different leisure activities support physical and mental health in different ways and through different mechanisms. This research provides evidence of how various leisure activities might help support different health conditions and provides more detail on the 'dosage' of engagement needed. Elsden et al. (2022)

People accessing games, gardening, participating in clubs – involve creativity, sensory engagement, self-expression, relaxation, and cognitive stimulation, are linked to good mental health and well-being. Taking part in groups keeps a person socially connected, helps reduce loneliness and isolation. Godman & Komaroff (2024)

Recreation is a Human Right. UDHR (1948)


Time flies when you
are having fun.
Albert Einstein
QuoteFancy, 2024

Nurturing the Brain through meaningful activity and experiences

ENDORPHINS
Natural
Pain Relief

OXYTOCIN
Calm and
Emotional Bonding



SEROTONIN
Mind, Mood,
Food and Sleep

DOPAMINE
Reward, Pleasure,
Achievement

Tool: Hacking neurotransmitters through purposeful engagement



- Complete a task
- Cook and eat my fav food
- To do List

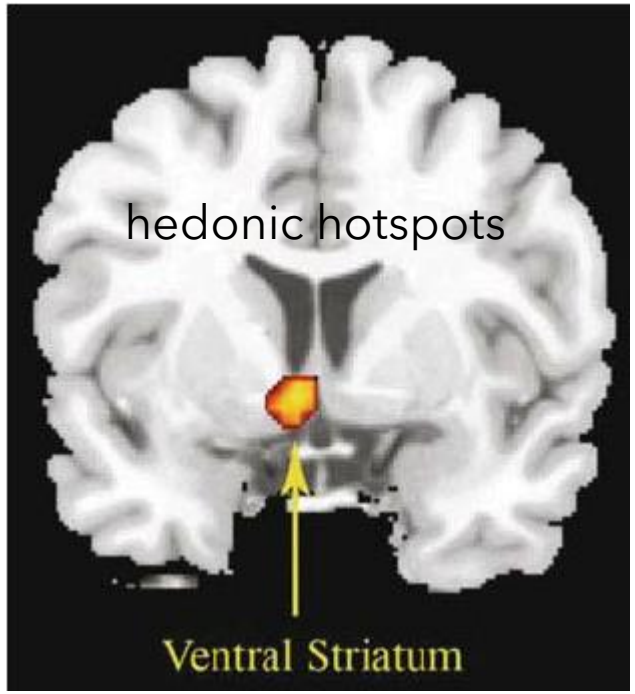
- Hold hands or hug my husband
- Give a compliment
- Play with the neighbour's dog

- Practice gratitude
- Riding my bike
- Be with Nature

- Watch Comedy
- Dance
- Massage

Anhedonia & Apathy

Anhedonia is the lack of enjoyment or pleasure, while apathy is a lack of energy or motivation to do things.



University of Sydney research has uncovered profound anhedonia as a key feature in early-onset dementia, with grey-matter deterioration in the so-called pleasure system of the brain.

Case Scenario - Tumua

Tumua was a very active, and socially independent Samoan women. She used to love playing housie and different games with other aunties and uncles when she was younger.

She had a stroke which severely impacted her mobility and cognition, and her family was struggling to find ways to motivate her, to make her feel connected, loved and not forgotten.

Tumua was able to express her needs, she was able to move her hand, and only need support with her vision.The family created a bingo set out of cardboard, found old counters, and the grandchild drew up large numbers so she could see clearly.

She continue to be engaged in ping pong, target games, card games, bible games and memory games. These simple, low cost, yet meaningful recreational activities improved meaningful connection, enhanced Tumua's cognitive function, and together learnt new things which enriched their overall wellbeing.



Case Scenario – Lisa

Lisa is 85, she is living with dementia. She is a former train operator for the NY Transit Subway. She was responsible for preparing trains for road service, move passengers over assigned routes, make announcements on trains, and operate trains between yards and terminals. The subway operates 24 hours a day, 7 days a week, 365 days a year. She used to work between 12:00AM – 8:00AM for 40 years.

She sleeps during the day, will not go to sleep at night, and gets ready to go work at 10:00PM.

What are some strategies we can do to support her?



Shutterstock, 2024



- ✓ Know the person - validate the human in front of us
- ✓ Leisure Interest Inventory (life story, identify strengths, abilities, skills, preferences, holistic needs)
- ✓ Set up a routine – you already know the trend ‘ she wants to go to work at 10:00PM’ (18 days to form a new habit, average of 66 days to become automatic)
- ✓ Support her on trips that involved going on the train/subway
- ✓ Make a collage of the different types of trains/subways
- ✓ Get involve in train/subway related activities that have a sense of purpose and meaning for the person e.g. visit the local train/subway museum
- ✓ Watch videos of train/subway
- ✓ Create a playlist of train/subway sounds
- ✓ Have a meaningful chat and ask questions about trains/subways e.g. I have just learned that Richard Trevithick (mining engineer, inventor, explorer) was the train inventor

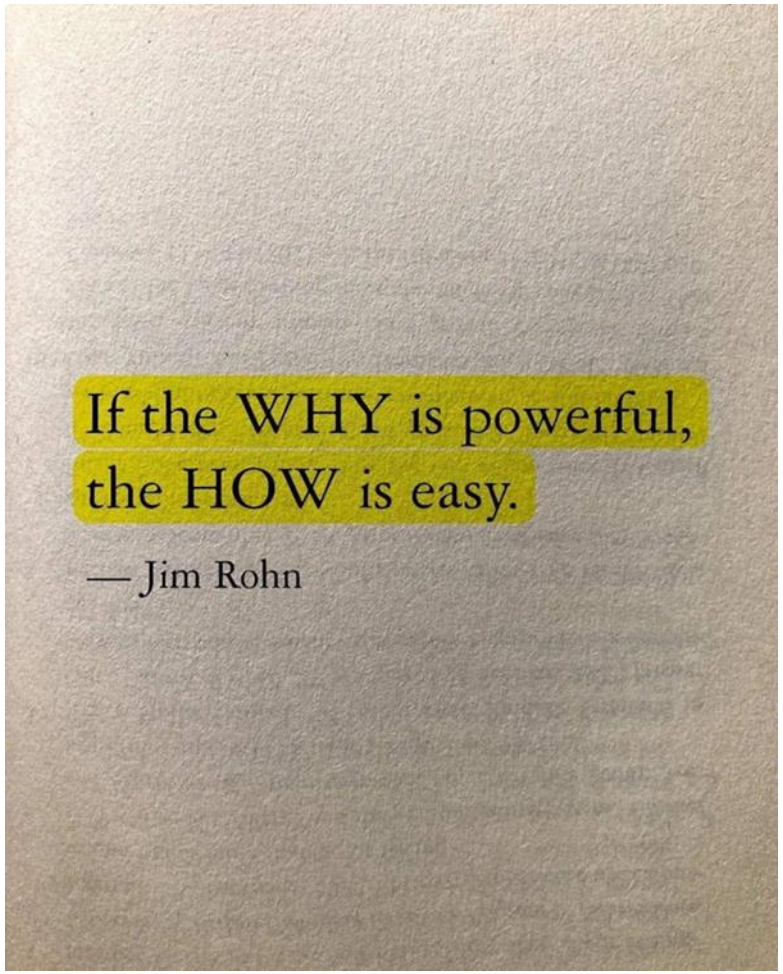




Conclusions

Therapeutic Recreation is more than just an addition to the more traditional forms of therapy; it is a vital part of optimising health. It offers extensive benefits that can transform lives.

We all want a *Life of enjoyment, Life of engagement and Life of meaning regardless of living with or without Dementia.*

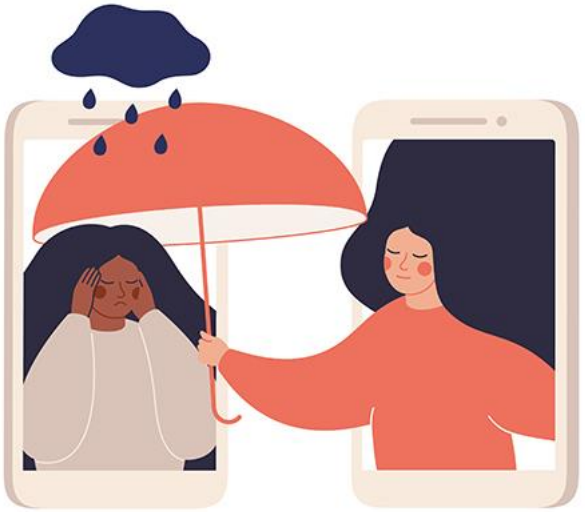


Support available

Pro-Bono support for a person living with dementia, healthcare professionals, and families/whānau interested in the use of therapeutic recreation.

30 Min Free consultation (Virtually/Email/Text):

- How to use local resources for meaningful engagement
- Identify recreational activities that are suitable for the person (the right challenge – palliative care, dementia)
- Social assessments to use



Friend member ($17 + GST annually):

- Discounts to attend our conferences, forums, webinars.
- Connect you with a Registered DRTh in your local area
- Free consultations or easy tips on how to create a meaningful activity.
- Guidance on Social Assessments

Useful Resources

Links

- 19 Fun and Engaging Outdoor Activities - https://www.estatesatcarpenters.com/2023/08/02/indoor-activities-for-seniors/
- Ideas to hack Boredom - https://www.mobilitypluscolorado.com/blog/activities-for-bored-seniors-home-alone
- Mental Health Activities - https://www.carepatron.com/guides/mental-health-activities?gad_source=1&gclid=eaiaiqobchmi3zsv47ajhwmvhrqdax0ufgxeeamyasaaegjj1pd_bwe
- Activities that encourage people with disabilities to socialise - https://www.completetherapies.com/therapeutic-recreational-activities/
- Spanish Dance - https://www.linkedin.com/posts/daniellebraundr_eens-een-danseres-altijd-een-danseres-als-activity-7209786424844247040-4nRL?utm_source=share&utm_medium=member_ios
- Easy Games - https://www.linkedin.com/posts/florian-palatini_eldercare-health-ergonomics-activity-7210200703573635072-Lm9m?utm_source=share&utm_medium=member_ios

References

Bates, C. (2017). How one man built a $51m theme park for his daughter. [Photograph]. https://www.bbc.com/news/magazine-40742586

Bernard, A. (2012). 12 Steps to Sober Leisure. [Graphic]. CreateSpace Independent Publishing Platform.

Elsden, E., Bu, F., Fancourt, D. et al. Frequency of leisure activity engagement and health functioning over a 4-year period: a population-based study amongst middle-aged adults. BMC Public Health 22, 1275 (2022). https://doi.org/10.1186/s12889-022-13670-3

Godman, H. (2024). Having a hobby tied to happiness and wellbeing. Harvard Health Publishing. Harvard Medical School. https://www.health.harvard.edu/mind-and-mood/having-a-hobby-tied-to-happiness-and-well-being

HSBC. (2024). Aquatic Therapy. [Photography]. https://hawaiisportsandbalancecenter.com/physical-therapy-treatments/aquatic-therapy/

Jain, K. (2023). Doctor's orders—head to the museum instead of the pharmacy. [Graphic]. https://harvardpublichealth.org/mental-health/uk-experiments-with-social-prescribing-as-mental-health-crisis-grows/

Medigarments. (2022). Living with Cerebral Palsy as a Young Adult. [Photograph]. https://www.jobskin.co.uk/living-with-cerebral-palsy-as-a-young-adult

Pressman SD, Matthews KA, Cohen S, Martire LM, Scheier M, Baum A, Schulz R. Association of enjoyable leisure activities with psychological and physical well-being. Psychosom Med. 2009 Sep;71(7):725-32. doi: 10.1097/PSY.0b013e3181ad7978. Epub 2009 Jul 10. PMID: 19592515; PMCID: PMC2863117.

QuoteFancy. (2024). Time flies when you are having fun. [Graphic]. https://quotefancy.com/quote/763519/Albert-Einstein-Time-flies-when-you-are-having-fun

Shutterstock. (2024). Subway Old Woman. [Photograph]. https://www.shutterstock.com/search/subway-old-woman

Stennett, C. (2022). Fewer US teens are drinking alcohol than ever before, but it can still happen during holiday celebrations [Photograph]. Alamy. https://www.theguardian.com/society/2022/nov/21/its-a-community-effort-a-look-inside-the-campaign-that-discourages-teen-drinking

Ngā mihi nui

Thanks so much

Kia pai te rā

Have a good day

Waea Kawe: + 64 (0) 21818344
Karere Hiko: president@diversionaltherapy.net.nz
Paetukutuku: https://diversionaltherapy.net.nz
Pukamata: https://www.facebook.com/NZSDRT