



# ACES

STAY ACTIVE, CONNECTED, ENGAGED  
AND STIMULATED AT HOME THIS  
WINTER!

**\*FREE ONLINE AND TELEPHONE SESSIONS\***

A 10 week student-led pilot project.

We are looking for individuals of all ages and abilities  
who are interested in enhancing their well-being  
through online recreation therapy.



For more information contact Erica Botner at [erica@recreotherapy.com](mailto:erica@recreotherapy.com)



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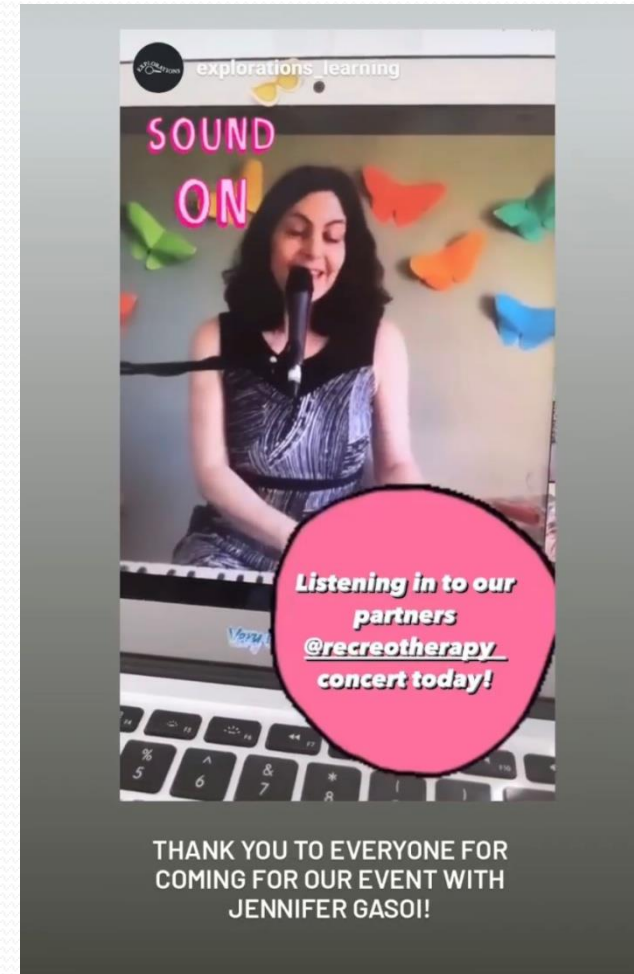


via



# Agenda

- About Recreotherapy
- About the ACES virtual community pilot project
- Challenges and successes



# ACES: Virtual Community

## **Problem:**

- Winter pandemic = social isolation, lack of stimulation, especially for English speaking seniors in Quebec
- Concordia therapeutic recreation students – difficulty finding virtual internships

## **Solution:**

- Free online programs (1:1 and small group) designed to keep people active, connected, engaged and stimulated and to give a sense of meaning and purpose and joy
- Offered to individuals of all ages and abilities and backgrounds
- Based on a successful pilot project offered in Ottawa in spring/summer 2020
- Activities based on the pillars of brain health and what is enjoyable for the client – physical activity (move), cognitive stimulation (learn), creative expression (create), social connection (connect), stress management (recharge)

# What is Therapeutic Recreation?

- Profession that uses meaningful activities designed to help people improve quality of life, achieve optimal wellness, and provide opportunities for meaning, purpose, joy, and meeting personal goals. It gives people a reason to wake up in the morning by staying active, connected, stimulated and engaged

# About the program

## Team

- 4 recreation therapy students
- 1 communications student
- 1 student helping with evaluation
- 4 clinical support professionals
- Quality assurance
- Clinical support

## Process

- 10 week pilot project
- 5 weeks 1:1
- 5 weeks groups

# Time Line

## 12 week internship

- Day 1: procedures, orientation, familiarize with Microsoft teams, review forms and expectations (professionalism, confidentiality, etc)
- Week 1+2: daily team meetings, training, orientation, intake/registration/scheduling, create caseloads/schedules, info session for participants, facebook page, assessments and planning
- Week 3-8: weekly group and supervision meetings, ongoing client assessments and program planning, 1:1s and group programs, discovery of needs, develop therapeutic relationships, ongoing programs and documentation, midterm student performance evaluation, design group programs, quality assurance, clinical and peer support
- Week 8-12: group programming, client discharge, new intakes, peer support, ongoing programming and documentation, quality assurance
- Week 12: final evaluation and summaries for clients, final student performance evaluation

# Orientation and Training

- Process
- Confidentiality
- Shared calendar
- Microsoft teams
- 1:1's and groups
- Training
- APIE process
- Professional relationships
- Aging and dementia
- Specific activity training
- COVID-19 mental health

# Assessment

## Registration/Intake

- Socio-demographic
- Needs
- Consent
- Waiver

## Discovery of Needs

- General psychosocial assessment
- Leisure assessment
- Goals



# Planning and implementing 1:1's

- Move
- Learn
- Connect
- Create
- Recharge

## Self Care From A-Z

- Aerobics, acceptance, art
- Balance (mind and body)
- Cooking, coffee, cardio, crafts, connection, church
- Dance, (day)dreaming
- Empathy, exercise
- Fun (remember to be silly!), flow, facebook
- Gratitude, grace
- Hygge, hugging, hockey, happy place
- Interests, introspection
- Joy, journaling
- Kissing, karaoke, knitting
- Love (self and others), laughter, Lexulous
- Medicine, movies, music, meditate, mindless crafts
- Nature, Nordic poling
- Opportunities
- Party, presence, presents, puzzles, planning, prayer
- Quilting, quiet
- Reading, romance, resilience
- Sitting, skating, sewing, skiing, sailing, singing, spirituality
- Television (but not too much), talking to friends/family, tai chi, tea, tribe
- Underwear optional, understanding
- Voice, getting vertical, vaccine
- Wishing, walking,
- Xylophone, xoxo,
- Yawning, yoga
- Zzzz's, zen, zone, zoom

Don't waste a good pandemic!

# Groups



## Move

- Music and movement with
- Groove with Diane
- Yoga for dementia
- Tai Chi
- Learn
  - Online board
  - Digital literacy
  - Tales and travel
  - Lunch and learn
  - Trivia Night
- Connect
  - Coffee chat
  - Men's club
- Create
  - Crafts and show and tell
  - Musical concert and virtual sing a long
  - Cooking
  - Creative writing
  - Expressive art
  - Radio play
- Recharge
  - Inner Game of Thriving
  - Yoga Nidra for deep relaxation
  - Vision boarding
  - Relaxation and gratitude journaling
  - Laughter yoga

# Documenting and Evaluating

- Assessment report
- Progress notes
- Level of engagement
- Progress towards goals
- Summary report
- Pre-, mid- and post-questions on pleasure/enjoyment, meaning/purpose and mastery
- Final Survey – satisfaction and outcomes/goal attainment
- Testimonials
- Student perspective

# Very Preliminary Results

- 76+ registrations
  - Age 6 to 96
  - 20% male
  - 70% seniors (65+)
  - 10 declined to participate
  - 10+ participated only in groups
  - Mix of ages, abilities, backgrounds
  - Transition to groups
  - Participation from organizations
- Testimonials



# Future plans

- Invite those interested to participate in follow up interview for research
  - is it possible to experience sense of belonging through an online program like ACES?
- Funding for sustainability