

Recreation Services in Continuing Care The Voices of Recreation Staff

Our Future is Aging: Current Research on
Knowledge, Practice and Policy

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Project Team

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Data Collection Team

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Presentation Outline

- ICCER and the CNDRN
- Recreation services and QOL in continuing care examined using three studies:
 - Online site survey
 - Resident survey
 - **Focus groups with recreation staff**
- Study recommendations
- Next steps

Institute for Continuing Care Education and Research (ICCER)

A network of post-secondary institutions and continuing care providers collaborating to improve continuing care in Alberta by:

- encouraging research
- translating knowledge into better practice
- enhancing education
- informing policy

Needs Identification



Ten Themes Identified

Theme	Sub- Themes
Mental Health related issues	Challenging behaviors Care for non- dementia clients Client Mix
Education related issues	Adult Learning Effectiveness and outcomes HCA Training
System navigation and transition of care	Information and Education Assessment Impact on clients and families
Technology for adult learning and point of care	Point of care learning Communication Literacy (ESL)
Role definition within the CC sector	Nursing professions Rehabilitation/Recreation professions

Ten Themes Identified

Working with families

Family's role

Families as CC clients

The overlooked value of family's knowledge

Staff retention and recruitment

Recruitment (numbers/appropriate interpersonal skills)

Retention (expectations, value of work, temporary staff)

Caregiving

Attitudes and attributes of caregivers

Caregiving and couples in the CC sector

Impact of habits and addictions

Intercultural issues

Clients' cultural backgrounds

Staff's cultural backgrounds

Need for Recreation and

Rehabilitation staff

Need evidence to support funding

RT & QOL Study

- Study 1 - On-line survey of all continuing care facilities in Alberta
- Study 2 - Surveys with residents in both supportive living and long term care across Alberta
- Study 3 - Focus groups with recreation staff across Alberta

Study Three: Purpose

- The purpose of this study was to gain a better understanding of continuing care recreation staffs' perceptions of residents' recreation and quality of life.

Study Three: Limitations

- Organizational attitudes and funding model
- Limitations – Christmas, Alberta winter weather, ‘outbreak’ season.

Focus Groups

- Focus groups held in:
 - Fort McMurray
 - Grande Prairie
 - Edmonton and area (2)
 - Calgary and area (2)
 - Lethbridge (including Medicine Hat)

 - A total of 39 recreation staff participated

Focus Group Results

- Six major themes identified:
 1. Funding
 2. Staffing
 3. Role clarity
 4. Professionalism
 5. Programming challenges
 6. Differences in perspectives on quality of life

Theme One: Funding

A. Budgets

B. Funding Model



Theme Two: Staffing

- A. Lack of staff
- B. Education and training
- C. Volunteers
- D. Locations
- E. Safety



Theme Three: Role Clarity

- A. Responsibilities
- B. Confusion of the “therapies”
- C. Therapeutic recreation vs activities
- D. RAI MDS 2.0 and RAI Home Care



Theme Four: Professionalism

- A. Recreation is “shunned and discredited”
- B. Regional variability



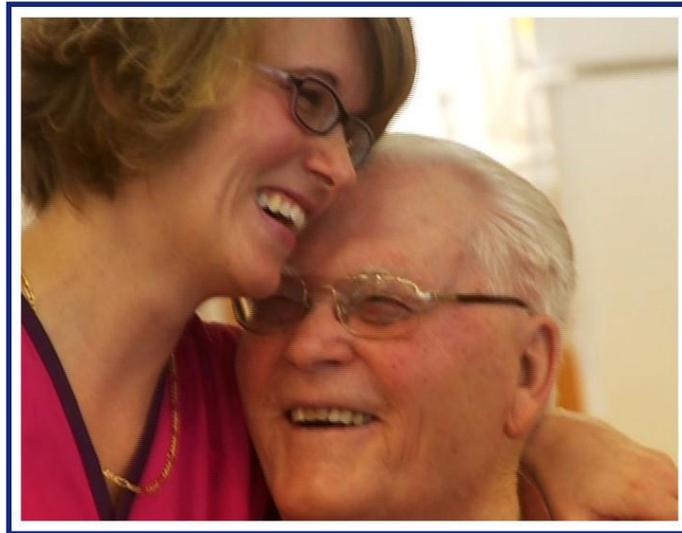
Theme Five: Programming Challenges

- A. Diverse and complex populations
- B. Staff and administrator attitudes
- C. Volunteers
- D. Programming space



Theme Six: Differences in Perception of QOL

A. Lack of consensus as to what quality of life is.



How do the six themes relate?

- Funding formulas and the structure of the continuing care sector impede the appropriate funding and delivery of recreation services.

Recommendations

We made a series of 13 recommendations related to:

- Practice
- Government Policy
- Provider Organization Policy
- Education
- Research

What next?

- Continue to share our study findings
- Encourage more research into recreation services and continuing care
- Participate in the legislative review in Alberta looking at the Acts and regulations

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Questions

Comments

