

Module 7: Social Recreation Activities



Life After Stroke Education Series

COMMUNITY **Stroke**
Rehabilitation TEAM



Stroke Network
Southwestern Ontario

Disclaimer

- SWOSN has created the following PowerPoint to support the delivery of stroke education for providers working in the Life After Stroke Programs. SWOSN would like to acknowledge the Community Stroke Rehab Teams for providing the initial iteration of this resource.
- Every effort has been made to ensure that the following information provided is accurate, up-to-date, and complete, but no guarantee is made to that effect. This is a reference resource designed as a supplement to, and not a substitute for, the expertise, skill, knowledge, and judgment of healthcare practitioners. For the most current recommendations always refer to the Canadian Best Practice Recommendations for Stroke Care at: www.strokebestpractices.ca
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Outline

- What is Therapeutic Recreation?
- Therapeutic Recreation After Stroke
- Benefits of leisure
- What can you do to help?
- Leisure activity opportunities
- Assistive devices
- Resources
- Take home messages
- References

What is Therapeutic Recreation?

- Therapeutic Recreation is **wellness oriented**.
- Therapeutic Recreation uses recreation, leisure and play to improve **physical, cognitive, emotional, social and spiritual well-being**.
- Recreation Therapists use leisure as treatment to support purposeful and meaningful interventions that are based on individual interests, strengths and values, and are guided by standardized assessments.

Therapeutic Recreation After Stroke

- Meaningful leisure activities play an important role in mental, physical and emotional stroke recovery.
- Meaningful activities provide enjoyment and a sense of purpose and help to structure the day in a productive and therapeutic way.
- Leisure participation helps to maximize and maintain function at home and in the community.
- Leisure participation increases independence, improves self-confidence and quality of life.

Benefits of Leisure

- **Physical** – maintain and/or improve strength, balance, dexterity and fine motor skills, physical functional skills and fitness level
- **Cognitive** – maintain and/or improve memory, concentration and focus, processing information, attention span, reading and language skills and provide opportunity to learn something new
- **Emotional** – maintain and/or improve self esteem, life satisfaction, control over life, decrease anxiety and depression and provide a sense of purpose;
- **Social** – support making new friends, decrease social isolation, provide peer support and improve quality of life
- **Spiritual** – promote a sense of inner peace and well-being
- **Get back to what is meaningful in your life!**

What can you do to help?

Ask questions:

- What are your favourite activities?
 - Can we incorporate them into our programming?
- What do you enjoy about them?
 - Can we find different activities that provide similar enjoyment?
- Who do you enjoy doing things with?
 - Large or small group, 1:1 or alone?

What can you do to help?

Identify barriers to leisure participation:

- Post-stroke depression
- Low self-confidence
- Change in physical function
- Neglect and impaired vision
- Cognition/memory deficits
- Aphasia
- Finances, transportation, limited resources
- Post stroke fatigue

What can you do to help?

Support leisure participation:

- Adapt the environment
 - Consider location and activity space
 - Reduce noise level
- Adapt the activity
 - Modify based on individual
 - Allow for more time
 - Change the rules or object of the game
 - # of participants
 - Use an assistive device
- Adapt the equipment
 - Size, colour, weight
 - Grips/clamps
 - Pictures, supportive communication
- Ask for help
 - Staff Recreation Therapist
 - Community Stroke Rehabilitation Team

Leisure Activity Opportunities

- Discussion – daily topic, participant lead conversation, small group for communication/speech practice
 - *Remember to use supportive conversation techniques, picture pages, yes/no questions
- Relaxation/mindfulness resources and techniques
- Tablet and computer games/apps
- Cognitive games- word puzzles, Sudoku, trivia, spot the difference etc.
- Card/board games
- Active games – bocce ball, Wii, Corn Hole, golf etc.
- Gardening and nature activities
- Creative/Craft activities
- Community tours and outings
- Introduction and trial of adapted equipment for recreation

Assistive Devices

Upper /Lower Extremity

- Card holders and shufflers
- Book and tablet holders
- Clamp, vice, drawer liner, gripped mat
- Self-adhesive wrap for markers, paint brushes, needles etc.
- Chair vs. standing
- Knitting looms and needle threaders
- Using technology and accessibility Apps



Assistive Devices

Home and Community

- Three-wheeled bicycle
- Adapted gardening tools
- Raised garden beds
- Aquatic/water therapy
- Bowling ramp or ball pusher
- Specialized golf equipment
- Adapted sports and recreation groups



Resources

www.accesstr.com

Swimming, golfing, weight lifting/fitness, hunting, billiards, bowling, etc.

www.parsonsadl.com

Card holders, clamps, low-vision, cooking/baking, etc.

www.flaghouse.com

Equipment for sports, games, gardening, crafts, aquatics etc.

www.southwesthealthline.ca

Community support, transportation and programs.

www.marchofdimes.ca

March of Dimes Canada after Stroke Programs and Support

Other: App store, Google, Pinterest, Amazon, Activity Connection, TRO website...
Your imagination and creativity!

Important Take Home Messages

- Leisure and social activities add pleasure and satisfaction to life and provide a positive sense of self.
- Leisure activities provide functional skill development and practice and is an important component to stroke recovery.
- Adaptation may be needed for success OR exploration of new leisure opportunities.
- Be creative and flexible in your approach!

References

- Therapeutic Recreation Ontario: www.TRO.com
- Canadian Therapeutic Recreation Association: www.canadian-tr.org
- Your Stroke Journey – Getting the most from your leisure time (pg. 93 - 96): <https://www.heartandstroke.ca/-/media/pdf-files/canada/your-stroke-journey/en-your-stroke-journey-v20.ashx>

Thank- You

You have now completed **Module 7: Social Recreation Activities**. For any questions, please contact SWOSN@lhsc.on.ca and/or contact your designated Community Stroke Rehabilitation Team Representative.



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