

Day Programs: Embracing Challenges and Opportunities

A Tale of Two Seniors ***Continuing the stories of Bob and Mary***

OPGA Annual Conference

May 2, 2008

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[How the day program met Bob...]

- A referral from a Community Mental Health Worker was made
- The worker was unsure if Bob would be eligible for the program, but wanted to link Bob with some community supports
- The day program family support worker went to meet with Bob for an initial intake which includes information on: personal, medical, emotional, social, and history with a focus on leisure interests

[How the day program met Mary...]

- A referral was made from the CCAC for caregiver relief
- A day program family support worker met with John and Mary in their home to complete an initial assessment
- During the assessment Mary refused to attend the day program, but John was wanting to give it a try as he felt “It would be good for Mary to get out and meet other people”

[Day Programs]

- Focus on the social therapeutic recreation model for day programs
- “To provide recreation resources and opportunities in order to improve health and well being”



Buettner & Fitzsimmons. (2003). Dementia Practice Guideline for Recreational Therapy: Treatment of Disturbing Behaviors. ATRA

Opportunities within a Day Program

Relationship Development

- Consistent communication
- Building trust
- Promoting social networks
- Maintaining dignity
- Therapeutic benefit- min. 2 days per week
- Family support and education in addition to respite



[Opportunities within a Day Program]

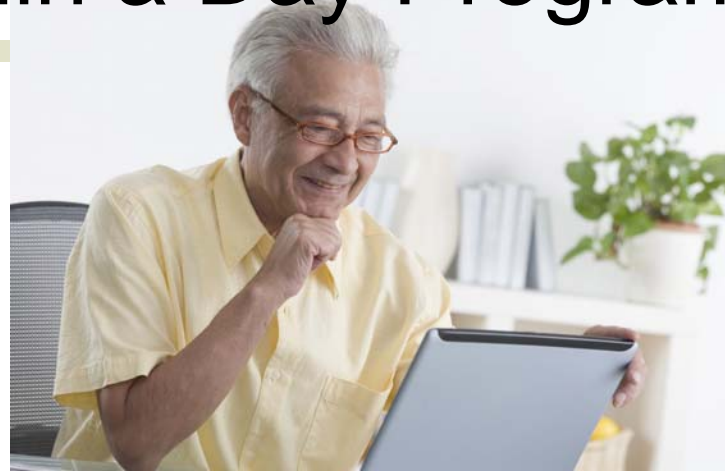
Maximizing Capacity and Function

- Focus on Strengths
- Developing & maintaining skills
- Building confidence & independence
- Establishing consistent routine & structure
- Assessment, monitoring & recognizing subtle changes
- Supporting individuals with responsive behaviors
- Using a PIECES and U-first approach

[Opportunities within a Day Program]

Sense of Purpose

- Establishing purpose through meaningful activity
- '*Power of Giving*' the human desire to contribute
- Acknowledging growth & development for all persons



Overcoming Challenges by adopting Good Practices

Good Practices could include:

- Finding flexibility within the system
- Committing to consistent communication
- One size does NOT fit all
- Bridging services to avoid 'falling between the cracks'

Opportunities for Enhancing the System

- Transitional Support- post day program
- Enhancing capacity of staff through knowledge transfer
- Establishing consistent best practices across community support services

References & Resources

<p>St. Joseph's Health Centre Guelph Outreach Programs – Audrey Devitt (519) 824-6000 Extension 4244</p>	<p>Murray Alzheimer Research and Education Program- Leah Sadler (519) 888-4567 Extension 36880</p>
<p>American Therapeutic Recreation Association (ATRA) Dementia Practice Guidelines for Recreational Therapy: Treatment of Disturbing Behaviors – Buettner & Fitzsimmons (2003)</p>	<p>The Power of Giving – Jamal & McKinnon (2005) Tides Canada Foundation</p>
<p>U-first! http://www.u-first.ca/ PIECES http://www.piecescanada.com/</p>	<p>A Dignified Life: the Best Friends Approach to Alzheimer's Care A Guide for Family Caregivers – Bell & Troxel(2002) Health Professions Press Inc.</p>
<p>Waterloo-Wellington Community Support Services Network Project http://www.wvcssnetwork.ca/index.shtml</p>	<p>'Trying to continue to do as much as they can do' Theoretical insights regarding continuity and meaning making in the face of dementia- Menne, Kinney & Morhardt. (2002) Dementia Sage Publication, Vol 1 (3) 367-382</p>