

Recreation & Quality of Life in Continuing Care – Perspectives from Recreation Staff

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Acknowledgement

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Agenda

- ICCER and the Community Needs Driven Research Network
- Recreation Services & Quality of Life study
- Results from focus groups
- Recommendations from study
- 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, and informing policy.

Needs Identification



Results: Themes

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

Results: Themes

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 - Resident survey with residents in both supportive living and long term care across Alberta
- **Study 3 - Focus groups with recreation staff across Alberta**

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:
 - Funding
 - Staffing
 - Role clarity
 - Professionalism
 - Programming Challenges
 - Differences in Perspectives on QOL

Funding

1. Budgets

2. Funding Model



Staffing

1. Lack of staff
2. Education and training
3. Volunteers
4. Locations
5. Safety



Role Clarity

1. Responsibilities
2. Confusion of the “therapies”
3. Therapeutic recreation vs activities
4. RAI MDS 2.0 and RAI Home Care



Professionalism

1. Recreation is 'shunned and discredited'
2. Regional Variability



Programming Challenges

1. Diverse and complex populations
2. Staff and administrator attitudes
3. Volunteers
4. Programming Space



Differences in Perception of QOL

1. Lack of consensus as to what QOL is



Recommendations

We made a series of 13 recommendations related to:

- Practice
- Provider Organization Policy
- Education
- Research

The final report will be on the ICCER website once approval from Alberta Health is received.

Next Steps

- Dissemination through publications and conference presentation
- Encouraging further research into recreation related issues



Further information

- www.iccer.ca
- twitter (@ICCER_AB)
- facebook (<http://tinyurl.com/oq7cz36>),
- LinkedIn (<http://tinyurl.com/p9eabah—Group>) or
(<http://tinyurl.com/oo6kjmd—Company> page)

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