



Australian
Recreational
Therapy
Association

ARTA National Conference 2023



Recreation: The Missing Piece

8-9th September 2023
Novotel Parramatta NSW

Programme



recreationaltherapy.au

Special thanks to our 2023 trade partners

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Welcome

Australian Recreational Therapy Association would like to welcome you to the 2023 National Conference. The conference theme 'Recreation: The Missing Piece' has attracted speakers locally, interstate and internationally to present papers and posters on a range of professional issues. The ARTA Board encourages you to embrace the variety of philosophies, ideas and concepts presented over the next two days as we celebrate Recreation Therapy and examine the challenges and opportunities in 'Recreation: The Missing Piece'.

To assist you to have a positive experience at the conference, here are some important tips:

- > **Negotiating the conference programme:** We have put together a full and diverse programme. Please refer to the programme as some sessions are concurrent and we don't want you to miss out! This booklet provides you with the abstracts of each presentation and we suggest you read them to help make the best choice on which session will be best for you. Please move quickly between sessions to ensure each speaker has the full allotted time – plenty of time to chat during breaks! Please remain seated once the presentation has begun.
- > **Conference Room:** Please refer to the programme for the location of the presentation you are wishing to attend. Lennox 1 is the plenary room and breakout session is held in Lennox 3.
- > **Mobile phones:** Please ensure that all mobile phones are switched to silent during the presentations.
- > **Networking:** The conference provides a unique opportunity for you to meet a range of professionals from both similar and different backgrounds to you. Make the most of the networking opportunities provided, meet as many new people as possible, exchange contact details and make plans to network with people from whom you can learn from and share experiences with, but can also learn from you.
- > **Trade Exhibition:** The trade tables are located both in the Atrium and in Lennox 2. You are able to visit the tables before conference, during morning tea, lunch and afternoon tea and end of conference. Take the opportunity to visit them all, you will find so much to help in your practice and further your education. This year we are introducing a "Trade Table Passport". Visit them all and you may win a prize. Details will be announced during the conference.
- > **Conference Cocktail Party and ARTA Awards:** The cocktail party will be held on Friday from 6.00pm – 8.00pm for the delegates with full 2 days registration. Our special guests and ARTA Board will present the 2023 ARTA Recognition Award, conference prizes and Professional Development Awards. After the formalities, it is time for networking, catching up with old friends and relaxing!

On behalf of ARTA have a wonderful conference experience and let's find the inspiration to "Find the Missing Piece" for the future of our profession.

Renee Smith

President
Australian Recreational Therapy Australia

Day 1 Friday 8th September

9:00am	Welcoming Address: Renee Smith, ARTA President	
	Plenary Room	
9:10am – 10:10am 1 hour	Keynote speakers: Jason & Megan van Genderen, Dementia Advocates Creators of the online documentary sensation – “Everybody’s Oma” <i>Jason, filmmaker and carer is obsessed with making home videos about his mother, accidentally turning her into an online celebrity! Megan, nutritionist is a co-carer with Jason of Oma (her mother-in-law) on her journey through dementia.</i>	
10:10am – 10:30am	Morning Tea (20 minutes)	
	Plenary Room	Breakout room
10:30am – 11:15am 45 min paper	How do Recreational Therapy roles change in different settings? Charlise Bennett , PhD Candidate Professional Reasoning in Recreational Therapy Practice; MHSM; Grad Cert Research Studies; Grad Cert Tertiary Teaching & Learning Practices; BAppSc (DT) Associate Professor Rosalind Bye & Dr Caterina Tannous <i>As part of a doctoral study, therapists were interviewed across Australia capturing the different settings where they worked. This presentation groups together these settings to help understand the health conditions therapists worked with, the client’s length of stay and how the recreational therapist engaged with the client, to understand the reasoning occurring in recreational therapy practice.</i>	Aged Care: New Restrictive Practices law: Is this our moment? Judy Greenidge , BAppSc (Medical Science); BHLthSc (L&H); Cert IV TAA <i>The recently amended Quality of Care Principles 2014 almost begs for our expertise to reduce the use of restraint.</i> <i>This session offers ideas to reframe our priorities, and to re-examine resident perceptions and key human desires. It also explores motivational approaches and targets ‘Behaviours of Contentment’ in creating the foundations for Behavioural Support Plans, a requirement of this Act.</i>
11:15am – 11:30am 15 min Leisure bite	A new path of learning: An Introduction to the RT Internship for WSU students. Renee Rizzo , Senior Diversional Therapist, Brain Injury Rehabilitation Unit Liverpool Hospital, BAppSc (DT) Christine Lee , WSU Recreational Therapy undergraduate student <i>Clinical placement is an opportunity for university students to link theory, knowledge and skills learned in academic settings into real world contexts with a variety of clients under the guidance of an experienced clinician.</i>	On Loneliness Ross Bell , MBioethics; MSW; BSW; BEd; DipT; Cert IV Leisure & Lifestyle <i>Social isolation and its toxic cousin, loneliness, are everyday experiences for those many people who live in Residential Aged Care Facilities. Loneliness has severe negative impacts on Consumers. Recreational Therapy can be a vital part of solving the puzzle of understanding loneliness and reducing its impact</i>
11:30am – 12:00pm 30 min paper	Alison Harrington , Founder and CEO Resparke (formerly Moove and Groove), Ba LLB; GradDip Social Impact. <i>In this session, you will learn how Resparke uses technology to assist care staff to build dynamic personal profiles for residents in aged care and how this data creates personal music and video playlists.</i>	11:30am – 12:15pm: 45 min paper NCTRC – 2021 Job Analysis Study Anne Richard , Executive Director, MS, LRT, CTRS Robin McNeal , Director of Credentialing, CTRS <i>This session explores the Job Analysis study results conducted by the NCTRC for all Certified Therapeutic Recreation Specialist (CTRS) internationally. This information gives insight into the job tasks and knowledge areas of the CTRS, and guide the content of the CTRS certification exam.</i>
12:00pm – 12:15pm 15 min Leisure bite	Stories that make us stop and think. Susanne Stacey , Professional Leader of Recreational Therapy at Royal Rehab, BAppSc (L&H) <i>Measuring impact of a service is always challenging. At Royal Rehab, part of our development as a discipline is to explore how best to do this. The Most Significant Change (MSC) technique is used for participatory monitoring and evaluation.</i>	

Day 1 Friday 8th September

12:15pm – 1.00pm 45 min paper	<p>Completing the puzzle: Expanding mental health diversionary therapy services.</p> <p>Kelsey Hoy, Senior Diversionary Therapist, Mental Health High Dependency Unit, Campbelltown Hospital BHLthSc (TR & HSM); Grad Cert App Mental Health Studies</p> <p>Kylie Rice, Diversionary Therapist, Older People's Mental Health Unit, Campbelltown Hospital, BHLthSc (TR)</p> <p><i>The redevelopment of Campbelltown Hospital has seen the expansion of its Mental Health services and tripled the size and scope of the DT workforce. The DTs have gained more support and recognition from the Allied Health department and aim to develop cohesion and consistency across the hospital and the region</i></p>	<p>ARE: Making the connection between flourishing and animals.</p> <p>Ruth Morgan BHLthSc (L&H), Advanced Recreation Officer, Acute Restorative Care (ARC) unit, Nambour General Hospital</p> <p><i>The human-animal bond (HAB) is the mutually beneficial and dynamic relationship between animals and humans that positively influences the health and well-being of both. Animal related engagements (ARE) contribute to our well-being and inspire us to flourish.</i></p>
1.00pm – 1.45pm	Lunch (45 minutes)	
1:45pm – 2.30pm 45 min paper	<p>Achieving best practice service delivery through data analysis</p> <p>Jacqueline Quirke, Engagement and Purposeful Living Manager, Southern Cross Care (NSW & ACT) MCommHlth; GradDipHlthSc; DipDT; AssDipAppSc (DT); Cert IV Hlth&Rec; Cert IV TAA</p> <p>Rachel Askew, Diversionary Therapy Advisor, Southern Cross Care (NSW & ACT), BHLthSc (RT)</p> <p><i>This presentation will provide an overview of the Model of Engagement and explore some of the strategies being utilised as part of the implementation of this model. The presentation will focus on the one-to-one support program and the in-depth analysis processes being utilised.</i></p>	
2:30pm – 3:15pm 45 min session	<p>The missing piece of the puzzle for professional recognition</p> <p>Australian Recreational Therapy Association</p> <p><i>An interactive practical session with opportunity for discussion and ideas exchange</i></p>	
3:15pm – 3.35pm	Afternoon Tea (20 minutes)	
3:35pm – 4.20pm 45 min paper	<p>Introducing RT to a general acute adolescent ward in the Royal Hobart Hospital Tasmania: A practice perspective</p> <p>Catherine Meredith, Diversionary Therapy Programme Coordinator, Tasmanian Health Service</p> <p><i>This presentation will explore the health strengths and challenges that are distinctive to adolescent Tasmanians and the link between their experience and the development of a new adolescent Recreation/Diversionary Therapy service at the Royal Hobart Hospital</i></p>	
4:20pm – 4.35pm 15 min Leisure bite	<p>Is Gaming for Everyone?</p> <p>Adam Wilson, Recreational Therapist, Royal Rehab, BHLthSc (TR)</p> <p><i>Anecdotal evidence has identified gaming as a recreational opportunity for people with spinal cord injury (SCI) irrespective of their injury level. Gaming has been associated with a 'sense of escape' and the ability for clients to express themselves when feeling a 'loss of identity'.</i></p>	
4:35pm – 5.00pm 25 min	Interactive Panel Discussion	
5:00pm	Close	
6:00pm-8:00pm	<p>Cocktail & Awards Event</p> <p>The ARTA Board welcomes delegates and special guests to join for a drink and canapés to celebrate the ARTA Recognition Award 2023</p> <p>Don't miss this important, fun event INCLUDED in your registration fee!</p>	

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Day 2 Saturday 9th September

9:00am	Welcome: Kim Bromley, ARTA Vice President	
	Plenary Room	
9:10am – 10:10am 1 hour	Keynote Speaker: Dr Mark Cross <i>Doctor Mark Cross is a psychiatrist with clinical experience spanning three decades. He was the lead psychiatrist on two series of the ground-breaking ABC series Changing Minds. He was also the medical consultant on the eight-part ABC drama series Wakefield. Mark also has lived experience of one of the conditions he treats - he's been anxious since he was four. His empathy and humour make him one of Australia's most loved psychiatrists.</i>	
10:10am – 10:30am	Morning Tea (20 minutes)	
	Plenary Room	Breakout room
10:30am – 11:15am 45 min session	Songbirds Murray Cook <i>Songbirds is an initiative of the Community Restorative Centre (CRC) that runs Songwriting, Art and Theatre workshops in NSW Prisons, filling a void created in 2016 when the Liberal Government sacked 180 highly experienced and skilled prison teachers in the name of privatisation.</i>	The Mysterious Case of the Missing Husband Grahame Cooper , Regional Wellbeing and Lifestyle Officer, Whiddon Redhead <i>A short comedy film made by residents, volunteers & supported by the local community during Covid. A wonderful creative and positive experience during difficult times and a great example of thinking creatively outside the square. Includes a screening of the film and brief address.</i>
11:15 am – 11:30am 15 min Leisure bite	'Living Life to the Full' through environmentally sustainable activities Elizabeth Burley , Recreation and Engagement Coordinator, Southern Cross Care NSW & ACT, Dip L&H Margaret Simpson , Recreation and Engagement Support, Southern Cross Care NSW & ACT, Cert IV L&H; Dip Dementia Care <i>The Recreation and Engagement team strive to bring a sense of purpose, independence and belonging to the residents which contributes to a home-like community. Using an environmentally conscious approach in engaging residents in the running of the home supports this vision.</i>	Life Story Sessions and the Importance of Meaning Briget Kelly , BHLthSc (L&H); End of Life Doula Training; Cert IV TAA; Cert III (Community Aged Care); Cert IV (L&H), lived experience of cancer, disability and unpaid caring. <i>People experiencing loss and grief due to ageing, chronic illness or terminal diagnosis are more likely to feel depression, anxiety and/or loneliness. There is a growing body of research in psychotherapy showing that meaning-centred approaches are contributing to positive outcomes for people's wellbeing and quality of life.</i>
11:30am – 12:15pm 45 min paper	Advance Care Planning: the missing link in Recreational Therapy Practice Kate Noble , Priority Population Program Advisor: Palliative Care & Dementia <i>As part of the Peace of Mind project run by South Western Sydney Primary Health Network, we aim to spread awareness and importance of having an Advance Care Plan and Directive to ensure people's preferences are followed at End of Life.</i>	Therapeutic Horticulture Practice in Recreation Leigh McGaghey , Ba Landscape Architecture; Grad Cert Ed Sustainability; Cert IV (L&H) <i>This practical session will provide an overview of the context and application of therapeutic horticulture (TH), with a focus on social recreation, prior to a demonstration of the planning and implementation of a typical TH session conducted in an aged care setting.</i>

Day 2 Saturday 9th September

12:15pm – 1:15pm 60 min paper	<p>The impact of Recreational Therapy on an Olympic hopeful: A three-year rehabilitation case study</p> <p>Renee Rizzo, Senior Diversional Therapist, Brain Injury Rehabilitation Unit Liverpool Hospital, BAppSc (DT)</p> <p>Kai Sakakibara, TBI Survivor and Para Rower</p> <p>Adam Wilson, Recreational Therapist, Royal Rehab, BHLth Sc (TR)</p> <p><i>Perspectives from two neuro rehabilitation recreational therapists supporting Kai Sakakibara, BMX athlete who sustained a traumatic brain injury. This presentation will demonstrate the challenges, opportunities and lessons learned from this collaboration, with Kai sharing his personal story as a TBI survivor and the role RT played in his recovery.</i></p>	<p>VR and Wellbeing</p> <p>Colin Pudsey, SiVR Adventures</p> <p><i>When used effectively, virtual reality (VR) can provide meaningful support to each of the seven domains of well-being. And when partnered with a deep knowledge of the individual, VR can transform the quality of life and well-being of care recipients at every stage of life.</i></p>
1:15pm – 2:00pm	Lunch (45 minutes)	
2:00pm – 2:45pm 45 min paper	<p>Cognitive Stimulation Therapy – An effective and fun brain fitness program</p> <p>Shannon Chin, CEO, Fit Minds Australia</p> <p><i>This practical session will give the audience an experience of how cognitive stimulation therapy can stimulate higher levels of brain activity while it brings on a new level of fun, engagement, and human interactions.</i></p>	<p>Exploring the use of recreational therapy to rebuild social capital in the aftermath of domestic violence.</p> <p>Kelly Lewer, Lecturer, School of Nursing, Faculty of Science, Medicine and Health, University of Wollongong; RN, PhD, MEd, BN</p> <p><i>This presentation will discuss findings from a doctoral study investigating university students with lived experience of DV, and a recent study which looked at how women who experience domestic violence fared during the COVID-19 pandemic restrictions.</i></p>
2:45pm – 3:15pm 30 min paper	<p>Social Prescribing in Recreational Therapy- Is it a new frontier?</p> <p>Renee Smith, ARTA President & Charlise Bennett ARTA Executive Officer</p> <p><i>This session will address the theory behind social prescribing with a practical session on how as a profession we could capitalise and leverage what we already do in practice.</i></p>	
3:15pm – 3:30pm 15 min Leisure bite	<p>AI: Coming Soon to a Place Near You!</p> <p>Diana Rizos, Quality Compliance & Risk Manager, Greek Orthodox Community Home for the Aged Earlwood, Cert IV L&H; Cert IV Fitness</p> <p><i>Much has been said about the increasing prevalence of AI in our society. The rapid progression of AI is imminent, and the health and aged care sectors are not immune. Yet, the evolution is nowhere near complete with the challenges and opportunities in Australian aged care facilities still being explored</i></p>	
3:30pm	Close	

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Posters – presented on screen from digital media

Therapeutic recreation based clinical placements: The missing piece in pre-registration nursing mental health education

Subtheme: Education/ Research

Abigail Leplaw, RN, BN, BN(Hons), PhD Candidate

Course of Study: Doctor of Philosophy (Health Sciences) The University of Wollongong, Australia

Abstract: With an aim to restore an individual's physical, cognitive, social, emotional, and spiritual functioning, therapeutic recreation takes a holistic approach to an individual's health journey (American Therapeutic Recreation Association, 2021). Today's pre-registration nursing students are taught throughout their undergraduate degree to provide holistically appropriate care to their consumers or patients. However, there is a dearth of adequate education and practical opportunities for pre-registration students in all nursing specialities to provide holistic care (Kinchen and Loerzel, 2018; Chua et al. 2021). An Australian first mental health therapeutic recreation program provides pre-registration nursing students the opportunity to learn holistic care through therapeutic recreation driven activities.

Mentioned by name in the 2020 Australian Government's Productivity Commission's Inquiry Report into Mental Health, *Recovery Camp*, brings together pre-registration student nurses completing their mental health clinical placement and experts by lived experience during a 5-day, 4-night cabin-based camp and encourages learning among all camp participants. Identified as an alternative mental health clinical placement, *Recovery Camp*, provides an opportunity for pre-registration students nurses to learn about mental illness and those who have experienced poor mental illness outside of the traditional in-patient or community mental health care settings.

This presentation will explore this therapeutic recreation mental health clinical placement and the recent findings from a scoping review analysing non-traditional mental health clinical placements for pre-registration nursing students. This discussion will then aim to uncover the increased need for more diverse mental health clinical placements and exposure, in a means to address the missing piece in today's pre-registration student nursing education.

References:

American Therapeutic Recreation Association. (2021). What is recreational therapy?
<https://www.atra-online.com/page/AboutRecTherapy>

Chua, W. W., Kuek, J. H. L., & Goh, Y. S. (2021). Nursing students' perceptions toward recovery in mental health: A descriptive qualitative study. *Journal of the American Psychiatric Nurses Association*, 29(3), 215-223. doi: 10.1177/10783903211023564

Kinchen, E. V., & Loerzel, V. (2018). Nursing students' attitudes and use of holistic therapies for stress relief. *Journal of Holistic Nursing*, 37(1), 6-17. doi: 10.1177/0898010118761910

Productivity Commission (2020). Productivity Commission Inquiry Report Volume One: Mental Health, No. 95, 30 June 2020. Australian Government.
<https://www.pc.gov.au/inquiries/completed/mental-health/report/mentalhealth.pdf>

Posters – presented on screen from digital media

The Ronnie Gardiner Method – A multisensory approach for the brain

Subthemes: Aged care/Dementia care

Tamayo Mortera, Orquidea; Summerset Retirement Villages

A Registered Diversional and Recreational Therapist (RDRT) who loves seeing others achieving success. She is the Head of Therapeutic Recreation Services for Summerset Retirement Villages. She has a B.A on International Relations & Human Rights (MEX), New Zealand Certificates in Therapeutic Recreation, Business Growth and Development, Management and Leadership, Operational Health and Safety, Community Support Services, Mental Health, Disability and Aged Care, Adult Literacy and Numeracy, and professional assessing, Health Promotion and currently doing a diploma and her master's degree.

National and International Award Winner and presenter, consultant, mentor, and coach, who is also a trustee, board member and chair of several organisations. In her leisure time she loves networking, traveling, and learning.

Abstract: The Ronnie Gardiner Method (RGM) was developed by jazz musician Ronnie Gardiner, RGM is a cheerful, structured, multi-sensory exercise method for the brain, in which rhythm and music are used to stimulate memory, balance and motor skills. Originally intended to help children with musical and motor development, the method has been used successfully in groups with dementia, stroke, Parkinson's disease, depression, multiple sclerosis, as well as healthy aging.

Using innovative therapeutic recreation approaches like RGM is key for enhancing wellbeing, optimising health and for quality of life. RGM helps to activate multiple areas of the brain (sight, hearing, motor skills, speech, memory), and it has helped Diversional and Recreational Therapists to enrich residents' programming.

RGM sessions combine rhythm, music, movement, speech, hearing, vision and feeling in a playful way. When doing RGM residents read the symbols and "translate" them to the corresponding movement that is performed to the rhythm of music. The colour of a symbol indicates whether the movement is to be carried out on the right, left or with both sides. The Diversional and Recreational Therapists (DRTs) use symbols to create tailor made exercises for a target group, on music that is suitable for the group and with achievable goals. While executing the movement associated with a specific symbol, the name of this symbol is also pronounced.

RGM has been adjusted from very simple to complex exercises, depending on residents' strengths. The music can also be adjusted to the taste of the participants and a tempo is chosen that is suitable for the group. Innovative approaches to care means providing our DRTs with tools like RGM which they can use to provide our people with meaningful moments, positive engagement, and purposeful leisure.

Posters – presented on screen from digital media

Bringing the Best of Life through Innovation and Technology in Aged Care

Subtheme: Digital health/Technology

Tamayo Mortera, Orquidea; Summerset Retirement Villages

Abstract: New technologies can enhance the wellbeing of seniors by empowering them to have more control over their own care and support experience.

Using innovative technology that has the potential to help people live happier, longer, and healthier lives, is the goal of Therapeutic Recreation Specialists. Innovative approaches to care means looking at solutions that provide our people with meaningful moments, positive engagement, and purposeful leisure.

For the last four years we have been introducing a suite of technology that has enhanced our teams to better support seniors in our care. Our technology hub is now available to all our residents, and include, Inmus, Virtual Reality, Tovertafel and MultiBall.

Inmu Touch, a unique sensory stimulating companion, which unfolds an interactive music universe of joy, and social contact – in co-creation with the person movements.

Virtual Reality, a unique device which allows people to explore significant places from their past by helping to reduce feelings of social isolation and bringing people together by removing physical and geographical restrictions.

Tovertafel, a unique device with games that enhance people cognitive, social, and sensory skills, facilitating 'purposeful play'.

MultiBall, and interactive wall full of games that provides fun and fitness in less than five minutes.

Our focus is for seniors to lead their lives, and for us, our people are at the centre of everything we do. By providing them with key technology our people lives have been enriched in many ways, and we are upholding our philosophy of Bringing the best of life.

Posters – presented on screen from digital media

Sogetsu Ikebana: a practical means to connect with nature and others

Subthemes: Aged care/ Dementia Care / Mental Health

Karen Thode RPN4, Master of HS Gerontology, Sogetsu Ikebana teacher “Shikoku”
Residential Support Program
St Vincent’s Hospital Melbourne

Abstract: The gentle Japanese art of Ikebana or flower arranging has a powerful impact on those who engage with it as a recreational activity on a regular basis. It is much more than western flower arranging and is studied in Japan and around the world following a curriculum according to different schools of thought and tradition just as fine arts are studied in the West.

It is a creative, meditative art and sensory practice known to help practitioners connect with others, nature, and the seasons by using seasonal floral materials used in group activities that cultivate participants dexterity, practical skills using secateurs, measuring floral materials, and placing flowers and branches according to the desired angle to achieve the required design (Sato 2013). It promotes visual design appreciation and sense of calm, purpose, and achievement. Ikenobo et al (2015) studied its usefulness in a nursing care environment and found it especially beneficial in reducing anxiety and depression.

This eposter provides insights into the therapeutic benefits witnessed by a clinician who consults about behaviours that challenge related to mental illness or dementia in Aged care, community and hospital settings and has used Ikebana as a therapeutic modality. Analysis of case studies of individual and group Ikebana activities are presented following video clips of *An introduction to Ikebana and Nature Therapy*. As a recreational activity, Ikebana may just be the ‘peace’ you’ve been missing!

Ikenobo, Yuki & Mochizuki, Yusaku & Kuwahara, Akinori. (2015). Usefulness of Ikebana a Nursing Care Environment. 441-447. 10.1007/978-3-319-21070-4_44.

Shozo Sato. (2013) *Ikebana: The Art of arranging flowers* Tuttle Publishing

Posters – presented on screen from digital media

NCTRC – Technology to Support You!

Subtheme: Digital health/Technology

Anne Richard, MS, LRT, CTRS, Executive Director

Robin McNeal, CTRS, Director of Credentialing

Abstract: This session will focus on the use of technology to support the NCTRC certification process. Discussion around certification standards that were modified to support remote supervision for internships and paid experience will be reviewed. We will also discuss the option to complete coursework virtually to complete the eligibility requirements, as well as maintain certification. Review of the NCTRC testing option of Live Remote Proctoring will also be discussed.

Abstracts - Day One

9.10am Friday 8th September Keynote Address – Plenary Room



Jason and Megan van Genderen, Dementia Advocates

The documentary film “Everybody’s Oma”, debuted at the Sydney International Film Festival, follows the life of Hendrika van Genderen, a mother and grandmother who gained global attention for her Facebook-shared home videos documenting her journey with dementia. Megan Van Genderen, Hendrika’s daughter-in-law and carer, has spoken about her experiences and what she learned while caring for Hendrika.

Jason; ever the creative tinkerer, Jason’s career has traversed the advertising and media industries right through to being both the director and subject of the 2022 theatrical documentary ‘Everybody’s Oma.’ It was this end journey that had the most impactful resonance on Jason, flipping his career for the role of Co-Carer with Megan and adapting to life inside the heart of a story that had captured the world’s media eye. A self-confessed obsessive rule breaker, he’s presented workshops at festivals for over a decade and has mentored teams within Apple, Sony, Nokia, Nikon, Google, 7West Media and Newscorp as well.

Megan, a registered nutritionist and mother of two young children, found caring for Hendrika challenging on top of her other responsibilities. She highlighted the pressure women often face in assuming most unpaid care work and encouraged partners to share care duties equally. Megan emphasised the importance of having a robust support network, ensuring that carers have time for self-care, and balancing caregiving with other aspects of life, such as work and hobbies.

During the pandemic, Megan and her husband, Jason Van Genderen, cared for Hendrika full-time, adjusting their work schedules to ensure they could provide her with constant support. The couple relied on teamwork and the support of their children to create a loving and nurturing environment for Hendrika.

As Hendrika’s dementia advanced, she developed dysphagia and difficulty swallowing and eating. Drawing on her nutritionist expertise, Megan prepared meals that were both nutritious and easy for Hendrika to consume. Notably, she aimed to recreate flavours and meals from Hendrika’s teenage years, invoking pleasant memories and comforting Hendrika during meal times.

Megan plans to continue advocating for unpaid carers and the elderly. She intends to create resources that foster the well-being of older Australians, focusing on elements such as movement, socialisation, and nutrition. Additionally, she aims to develop a ‘Carer Empowerment Program’, providing carers with strategies for maintaining their well-being while offering care to others.

Abstracts - Day One

10.30am Friday 8th September – Breakout Room

New Restrictive Practices law: Is this our moment? RT strategies to reduce the use of restraint.

Subtheme: Aged care/ Dementia care

Judy Greenidge

B App Sci (Medical Science) B Health Sci (Leisure & Health) C4 Train & Assess

Previous: Medical Scientist, Diversional Therapist & TAFE Teacher

Currently: Author - Sailing the 7Cs to a Satisfying Lifestyle, Guide for RAOs in residential Aged Care.

Abstract: 'Prevention is better than cure' and who better to design satisfying leisure activities to help prevent the application of restraint than the Recreation Therapy team?

We may feel we are already trying our best, but the sad fact remains that residents of aged care are chemically restrained far too often. Surely 'care' can be better than this? This presentation encourages reconsideration of delivery priorities, with a focus on resident perceptions.

The quandary is, how can we evaluate the success of our preventative measures, when the best result is something not happening in the first place? This is where 'Behaviours of contentment' make great goal posts.

This session suggests how our professional empathy, combined with an understanding human desires and motivational techniques can reduce behaviours that risk mind-altering medication and assist with Behavioural Support Planning, a new requirement of the Act.

It is hoped attendees will be willing to share their expertise, and be part of the conversation to design a more contented life for the individuals in our collective care.

Notes:

Abstracts - Day One

11.15am Friday 8th September – Plenary Room

A new path of learning: An introduction to the Recreational Therapy Internship for Western Sydney University Students

Subtheme: Education, Leadership

Renee Rizzo

Senior Diversional Therapist, Brain Injury Rehabilitation Unit Liverpool Hospital.
Ba Applied Science (Diversional Therapy)

Christine Lee

Third Year Ba of Health Science (Recreational Therapy) Student, Recreational Therapy Internship Student, Brain Injury Rehabilitation Unit Liverpool Hospital.

Abstract: Student placement is an opportunity for university students to link theory, knowledge and skills learned in university settings into real world contexts with a variety of clients in clinical and non-clinical environments. Third year Recreational Therapy students from Western Sydney University have the opportunity to experience an internship in the final year of their degree. The internship requires completion of 560 placement hours over a minimum of 14 weeks. The internship learning outcomes are guided by the six NCTRC Knowledge Domains and Job Tasks including competencies in Professionalism, Assessment, Planning, Implementation, Documentation and Evaluation, and Administration. The successful completion of 560 hours and satisfactory rating in final performance evaluation provides students with the requirements to sit the NCTRC exam to become a Certified Therapeutic Recreation Specialist.

A long-held criticism by some of the diversional therapy/recreational therapy alumni has been the limited clinical placement hours embedded into the curriculum of the bachelor degree program with considerable impact to the preparedness of graduates for the workforce and retention of early career professionals. The introduction of the Recreational Therapy internship spiked favourable commentary amongst established clinicians. In its inaugural year, the internship presents with challenges and new learning experiences for both the student and their clinical supervisor. Perspectives from the student and supervisor aim to inform future students and supervisors about the internship process, demands, application and benefits. It will be demonstrated that providing continuous opportunities for exposure and practice, supported by an experienced recreational therapy professional, that growth and consolidation of skills and knowledge is optimised. Strategies to foster an enriched and mutually beneficial learning experience for the student and supervisor will be shared.

Notes:

Abstracts - Day One

11.15am Friday 8th September – Breakout Room

On Loneliness

Subtheme: Aged care/ Dementia care

Ross Bell

M Bioethics, M of Social Work BSW
B. Ed Dip T Cert IV Leisure and Lifestyle

Abstract: Loneliness is a pervasive and inescapable challenge for consumers in Residential Aged Care Facilities. Schopenhauer's porcupine fable¹ helps us see that while cooperating is essential, it's often problem-filled and challenging. We all struggle with loneliness, but we can also struggle with the fear of loneliness. Loneliness has a severe health impact and has been assessed as being roughly equivalent to smoking 15 cigarettes daily. Literature reveals that loneliness and boredom are issues for many consumers in Residential Aged Care. This paper will then use this understanding to look for models of helping that may be helpful.

¹End Note

Hedgehog's dilemma
https://en.wikipedia.org/wiki/Hedgehog%27s_dilemma

Notes:

Abstracts - Day One

11.30am Friday 8th September – Plenary Room

Using technology to deliver personalised and meaningful engagement to improve mental health and reduce changed behaviours in aged care

Subtheme: Digital health/Technology or Aged Care /Dementia.

Alison Harrington

BA LLB UNSW, Post Graduate Diploma Social Impact UNSW
Founder and CEO Resparke (formerly Moove and Groove)
www.resparke.com

Abstract: Person-centred care is widely regarded as a foundation to providing meaningful and engaging activities for residents in aged care. The challenge in this environment has been for staff to be able to create and access dynamic personal preference information about the residents they care for. This is especially a challenge with high staff turnover, high proportions ESL care staff and all staff having limited time.

In this session, you will learn how Resparke has used technology to assist care staff to build dynamic personal profiles for residents in aged care and how this data is then used to person centred music and video playlists. These profiles and playlists are available for all staff to access 24/7 to build rapid rapport with a resident and create meaningful interactions. Families are also encouraged to be involved creating even greater connection and impact.

Resparke has been working with over 250 homes in across Australia evolving the program and will also share the most recent research results that they have been able to achieve via the personalisation with respect to dementia and wellbeing including;

- a 70% reduction in agitation or verbal behaviours.
- a 12% clinically meaningful reduction was seen in psychotropic administrations
- 75% of residents with Cornell Depression Scale (CDS) scores above 10 showed a decrease in their CDS score after using the program
- 80% of staff reported improvement in job satisfaction when using the program.

Resparke will also share

- how they have worked across both lifestyle and clinical teams to operationalise the program in aged care
- how the headphones technology makes a real difference to impact and can be used for residents
- how this program has increased productivity for lifestyle team members and enabled them to more time for personal connection with residents and supported compliance

Notes:

Abstracts - Day One

12:00pm Friday 8th September – Plenary Room

Stories that made us stop and think

Subthemes: Rehabilitation

Suzanne Stacey

BAppSc (L&H), BSc University of Sydney
Professional Leader of Recreational Therapy at Royal Rehab

Abstract: Measuring impact of a service is always challenging. At Royal Rehab, part of our development as a discipline is to explore how best to do this.

One of the great things about working in rehabilitation is the multidisciplinary context and this is how we were introduced to a qualitative approach, the Most Significant Change (MSC) technique.

MSC is used for participatory monitoring and evaluation. It fits with person-centredness as a philosophy which is now strongly advocated for health, aged and community services because it privileges the client's voice.

MSC was introduced to our recreational therapy team in discussions about the use of outcome measures in a planning day. The team of 5 recreational therapist working across 3 inpatient and 3 community rehabilitation services jumped on board with the idea. Training in how to collect and use MSC stories was provided by a colleague who had successfully used this technique in her service.

We started collecting MSC stories from our clients in Dec 2021 and have continued to collect and review stories twice yearly. We now have 15 stories. At each review, we vote which of the 5 stories heard collectively we feel has had the most significant change because of our service and why. Discussions about the rationale for voting have generated rich professional dialogue which has helped us grow as a discipline.

While MSC stories are enabling recreational therapy at Royal Rehab to demonstrate not only the difference that we make but how we make that difference, we now see more clearly how our discipline fosters functional wellbeing by contributing to identity, purpose and meaning. This has helped unite us with a shared vision and provide a strong platform for further development of recreational therapy in rehabilitation.

Notes:

Abstracts - Day One

12.15pm Friday 8th September – Plenary Room

Completing the Puzzle: Expanding Diversional Therapy Services

Subthemes: Mental Health, Leadership, Innovation, Quality & Safety

Kylie Rice

Bachelor of Health Science - Therapeutic Recreation
Diversional Therapist, Older Peoples Mental Health Unit, Campbelltown Hospital

Kelsey Hoy

Bachelor of Health Science- Therapeutic Recreation & Health Services Management, Graduate Certificate
Applied Mental Health Studies
Diversional Therapist, Mental Health High Dependency Unit, Campbelltown Hospital

Abstract: The redevelopment of Campbelltown Hospital has seen the expansion of Mental Health services across the lifespan. This includes areas of specialty that were previously unavailable such as Civil Rehabilitation, Older Peoples, Mental Health High Dependency & Mental Health Intensive Care. Prior to the expansion of services, there were 66 mental health beds available at Campbelltown Hospital. Once all units are operating at full capacity, there will be 128 mental health beds servicing South Western Sydney and the state of NSW.

As part of the redevelopment, the size of the DT workforce has tripled, and expanded into areas of specialty where there were previously no employment opportunities at Campbelltown. With the recruitment to new positions there are currently eight DT’s employed at Campbelltown Hospital including 1.4FTE Senior Clinician roles. This expansion in DT services is the largest in NSW Health. Previously DT’s were working in isolation with minimal peer interaction, however this recruitment has allowed for the development of a collaborative team which has manifested in various ways such as a structured clinical supervision program, dynamic discipline-based leadership, opportunities to work on profession related improvement projects and discussions around career progression opportunities.

The importance of DT has been shown in the expansion of services and in the development of an Allied Health department. While the reporting line is through Occupational Therapy, it has provided DT’s increased support to advocate for our needs and respecting the DT scope of practice. The overarching objective is to develop cohesion throughout DT Service provision not just within individual units but throughout Campbelltown Hospital and Mental Health Services as a whole. We are optimistic that through this redevelopment we can address the issues of career progression, professional recognition and continued expansion of DT services across South Western Sydney and beyond.

Notes:

Abstracts - Day One

12.15pm Friday 8th September – Breakout Room

ARE - Making the connection between flourishing and animals. Fur real, Virtual, Robotic and more

Subtheme: Education/Research

Ruth Morgan

Bachelor of Health Science (Leisure and Health),
Advanced Recreation Officer, Acute Restorative Care (ARC) unit for the elderly
Nambour General Hospital, Sunshine Coast, Queensland

Abstract: The human-animal bond (HAB) is the mutually beneficial and dynamic relationship between animals and humans that positively influences the health and well-being of both. I would dare to say that all of us have witnessed and/or experienced the positive impact of animals in our lives. Animal related engagements (ARE) contribute to our well-being and inspire us to flourish.

According to Martin Seligman, “flourishing” is the goal of positive psychology in well-being theory. The five key components are:

- Positive emotion
- Engagement
- Relationships
- Meaning
- Achievement

It is easy to see how the in-person interactions between animals and people contribute to the five key components listed. But what happens when in-person interactions are not possible or practical such as what occurred when Covid hit?

Research and experience gained through the pandemic has confirmed the amazing connection we have with animals is not limited to personal presence or context. Just looking at cute images of animals like quokkas and baby animals can improve our mood, reduce stress and have a positive effect on behaviour. There is widespread application of this knowledge which Pet Partners refers to as animal-related engagement (ARE). It is “any engagement opportunity that allows participants the benefits of the human-animal bond by encouraging the remembrance of feelings that are commonly associated with interaction with an animal.”

The opportunities are endless and can be adapted to suit all ages, abilities, and environments. Virtual visits and robotic animals have proven to be useful where real animals are not practical and not always available. Reading stories about animals, photos of staff pets on the walls, and knitting dog coats for the local shelter are all examples of ARE. Of course, ARE must be person-centred to have meaning and to be beneficial for the individual. By incorporating ARE into our work environments and recreation programs, we all can benefit and flourish.

Notes:

Abstracts - Day One

1.45pm Friday 8th September – Plenary Room

Achieving best practice service delivery through data analysis

Subthemes: Aged Care

Jacqueline Quirke

MCommHlth; GradDipHlthSc; DipDT; AssDipAppSc(DT); CertIVHlth&Rec; CertIV Training & Assessment
Engagement and Purposeful Living Manager, Southern Cross Care (NSW & ACT)

Rachel Askew

BHlthSc(RT)
Diversional Therapy Advisor, Southern Cross Care (NSW & ACT)

Abstract: To support the movement towards a best practice approach an innovative Model of Engagement was created by the Engagement and Purposeful Living Manager and Diversional Therapy Advisors at Southern Cross Care (NSW & ACT). The aim of the model is to guide best practice service provision, to provide the ability to define, analyse and communicate concepts, components and requirements to achieving best practice service provision, to support staffing levels and budget allocations and as a communication tool as to the expectations of service development and delivery.

The main focus of the Model of Engagement is to ensure all engagement and recreation programs and initiatives are resident driven and focussed, that a holistic approach to program development and delivery is achieved and to ensure service provision is accountable.

Some key strategies to support this include:

- (1) the development of a one-to-one support program that focuses on those residents who are identified as most at risk of social isolation and depression;
- (2) the development of a resident engagement analysis tool; and
- (3) data collection and analysis processes to support quality and informed evaluation.

This presentation will provide an overview of the Model of Engagement and explore some of the strategies being utilised as part of the implementation of this model. In particular the presentation will focus on the one-to-one support program and the in-depth analysis processes being utilised.

Notes:

Abstracts - Day One

3.35pm Friday 8th September – Plenary Room

Introducing Recreational/Diversional Therapy to a general acute adolescent ward in the Royal Hobart Hospital, Tasmania. A practice perspective.

Subthemes: Youth Health

Catherine Meredith

B. Applied Science (Leisure & Health)

Diversional Therapy Programme Coordinator, Occupational Therapy Department, Tasmanian Health Service (THS - South)

Abstract: Young people in Tasmania face multiple challenges to optimal health by the time they reach adolescence. This presentation will explore the health strengths and challenges that are distinctive to adolescent Tasmanians and the link between their experience and the development of a new adolescent Recreation/Diversional Therapy service at the Royal Hobart Hospital. The presentation will outline the steps taken to implement the service in a complex paediatric acute care environment on a dedicated adolescent ward that is providing a mix of general medical acute care alongside specialist mental health support from the Child and Adolescent Mental Health Service (CAMHS).

Young people present to the adolescent ward with health issues requiring what are now considered simple health interventions such as removing an appendix or tonsils to more complex injuries from physical trauma. They experience a range of episodic and chronic challenges including changed eating patterns (eating disorders), intense changes in mood (bipolar affective disorder - BPAD), neurological changes (transverse myelitis/FND) all the way to life limiting illnesses (Leukemia). Young people with neurodiverse backgrounds are more highly represented in adverse health outcome figures and providing affirming support for them is a feature of the Recreation/Diversional Therapy programme in the hospital. A significant component of some of these presentations is situational crisis and the Recreation/Diversional Therapy programme is designed to work alongside a multidisciplinary team to respond with care that supports the young person's leisure identity as they navigate their admission and work towards a future that can at times be characterised by uncertainty. A Recreation/Diversional Therapy perspective on responding to opportunities and risks, emerging dilemmas, and appropriate practice frameworks for delivering evidence-based recreation outcomes will also be explored. Opportunities for evaluation and engagement in co-design with young people and their families are shared along with case studies that reflect stories of resilience and change that are taking place in young people, their families and the staff who work with them in the Tasmanian Health Service (South).

Notes:

Abstracts - Day One

4.20pm Friday 8th September – Breakout Room

Is gaming for everyone?

Subtheme: Rehabilitation

Adam Wilson Bachelor of Health Science (Therapeutic Recreation)

Breanne Bradley Bachelor of Health Science (Therapeutic Recreation)

Suzanne Stacey Bachelor of Applied Science (Leisure and Health)

Abstract: Anecdotal evidence has identified gaming as a recreational opportunity for people with spinal cord injury (SCI) irrespective of their injury level. Gaming has been associated with a ‘sense of escape’ and the ability for clients to express themselves when feeling a ‘loss of identity’.

Following discussions with other recreational therapists (RTs) across Royal Rehab, it was considered other client cohorts, for example brain injury clients, may also benefit from gaming. Our team were keen to explore gaming opportunities for their clients but expressed concerns about being unfamiliar with gaming in general.

In a survey, RTs indicated that they did not feel confident in 1) identifying an appropriate game for their clients, 2) modifying the accessibility of games and 3) identifying appropriate adaptive gaming equipment to support client participation in gaming.

To directly address these three areas, the Project Team developed decision aids to identify: appropriate games and equipment to trial based on cognition/physical demands of the game matched to the individual client’s functional abilities.

The Project Team presented these decision aids to the RT team. Post survey results indicated a significant increase in confidence levels in all areas, with all clinicians reporting they were now able to provide clinical justification for their recommendations.

Refinement of these decision aids continue, and planning has begun for a robust evaluation of their effectiveness for both clinicians and clients. So, is gaming for everyone? May be not for all clients, but all Royal Rehab’s RTs are now skilled facilitators for clients who choose gaming.

Notes:

Abstracts - Day Two

9.00am Saturday 9th September Keynote Address – Plenary Room



Dr Mark Cross, Consultant Psychiatrist and best-selling author

Dr Mark Cross is one of Australia's most loved and respected psychiatrists. As an openly gay man who has experienced anxiety since childhood, his empathy and humour imbue his practice with a unique perspective and approach.

Throughout his three-decade-long career, Mark has gathered a wealth of clinical experience. He commenced his medical journey in Cape Town, undertook specialisation in the UK, and has provided specialist services in Sydney since 2005. In recognition of his significant contributions to psychiatry, Mark was awarded the Royal

Australian and New Zealand College of Psychiatrists NSW Branch Meritorious Award in 2015.

Mark holds esteemed roles as a senior conjoint lecturer at the Universities of NSW and Western Sydney, illustrating his commitment to education. His particular areas of interest include sexuality issues, mental health in the workplace, and enhancing the care and quality of life for individuals with firsthand experience of mental health conditions.

He is a board member of SANE and has made significant contributions to media productions to improve understanding of mental health. These include his role as the lead psychiatrist on the groundbreaking ABC series "Changing Minds" and as a medical consultant for the ABC drama series "Wakefield".

Mark is also the founder of "The Anxious Shrink" on Facebook, a platform providing anxiety advice that has reached over half a million people. As a best-selling author, he has shared his insights and expertise in two books, and he often makes appearances in the media and on podcasts to discuss mental health issues.

As an in-demand speaker, Mark is frequently invited to participate in conferences, professional development events, and sessions at educational and government establishments. His focus areas are varied: difficult conversations, anxiety, mental health in the workplace, LGBTQIA mental health issues, resilience and recovery for young people in the post-pandemic world, the pursuit of happiness, and strategies to avoid professional burnout.

In addition to his speaking engagements, Mark provides services to enhance mental health in the workplace. He collaborates with large corporates, educational institutions, and government agencies to improve their mental health policies and procedures. His services include reviewing and auditing workplace wellness assets, assessing and mitigating mental health risks in the workplace, and conducting regular webinars upon request.

Mark has been a trailblazer in demystifying mental health wards, championing the unprecedented move to allow film crews access. This initiative resulted in the award-winning series "Changing Minds", hailed by the Sydney Morning Herald as "one of the most important programmes in the history of Australian television".

Furthermore, his consultancy role in the drama series "Wakefield" created an authentic and multifaceted portrayal of mental health. Mark regularly comments on mental health issues, often as a podcast guest.

Finally, Mark has co-authored a book titled "Changing Minds: The go-to guide for mental health for family and friends" with Dr Catherine Hanrahan, providing an accessible resource for those seeking to understand and navigate mental health issues. He now also has a second book: "Anxiety: Expert Advice from a Neurotic Shrink Who's Lived with Anxiety All His Life".

Abstracts - Day Two

10.30am Saturday 9th September – Plenary Room

Songbirds

Subtheme: Justice/Forensic Health, Rehabilitation

Murray Cook

Director of the Songbirds Program

Abstract: Songbirds is an initiative of the Community Restorative Centre (CRC) that runs Songwriting, Art and Theatre workshops in NSW Prisons, filling a void created in 2016 when the Liberal Government sacked 180 highly experienced and skilled prison teachers in the name of privatisation. The Songwriting program was conceived and written by Murray Cook, who had previously taught music at Long Bay Correctional Centre for over 21 years, based on his teaching experience and playing, recording, writing and touring internationally with bands like Midnight Oil, Warumpi Band, Mixed Relations and Mental as Anything. The incredible restorative empowerment of Songwriting in a prison context has been demonstrated repeatedly by this successful and expanding program; 3 albums of original songs (over 50 tracks) written and recorded in prison workshops (then mixed and augmented by some of Australia's best musicians and producers) attest to this.

<https://songbirds.bandcamp.com/album/songbirds-3>

These CDs have received glowing reviews in publications such as Rolling Stone and Rhythms, and have sold in the thousands, with money going back into the program.

The program has also expanded to include art and theatre workshops and is in high demand. Murray has previously presented at the International Conference for Arts and Mental Health at the NSW Art Gallery in 2018 and the prestigious Addi Road Writers Festival in 2021 and 2023, and has appeared on national TV, radio and internet promoting and discussing the program.

Songbirds is unique because it operates both pre- and post-release, clients are guided on to further music studies, group participation at sister organisations such as Redfern Community Centre and Ozanam Learning Centre (OLC), and of course referred to CRC to assist with reintegration into society. Songbirds is currently running sessions at the OLC in the community with homeless and disadvantaged clients with great success.

Participants in Songbirds Art prison workshops have been successfully selling their works through the Boom Gate Gallery at Long Bay which provides them with valuable income for their families, and post release. They have also provided the artwork for the 3 Songbirds CDs

In this educational, entertaining, amusing and moving presentation Murray Cook, (recently returned from the International Conference on Arts in prison in Norway) recounts stories from his 27 years of prison teaching, talks methodology, do's and don'ts of dealing with prisoners and custodial staff, the state of prison education in Australia, the power of the Arts in rehabilitation (both mental and physical), demonstrates songwriting involving his audience, plays snippets of songs, presents artwork all with reference to other studies and academic research; and collaborations with sister organisations such as Vox Liminis, Gaol Guitar Doors (UK) and Bread and Roses, Jail Guitar Doors (USA).

Notes:

Abstracts - Day Two

10.30am Saturday 9th September – Breakout Room

The Mysterious Case of the Missing Husband

Subthemes: Innovation and creativity

Grahame Cooper

Diploma, Leisure & Health
Regional Wellbeing & Lifestyle Manager

Abstract: Background to the film project

When COVID19 Public Health Orders caused significant disruptions to normal life, it became obvious that Whiddon Redhead residents (and staff) would benefit from having an on-going project to look forward to. Without entertainers, outings cancelled and even family and friends unable to visit, there was clearly a need to implement something fun, creative and positive; and so the idea of making a film was born. Thankfully, creativity runs deep in our veins.

From inception, the agreed goals of the project were:

- To have something fun to work on and look forward to each week
- To remind society that the elderly are creative, adventurous, fun and capable of much more than playing Bingo
- To inspire other residents and motivate all aged care staff to think creatively about ways in which to engage residents

Originally, the "movie" was to be shot on an iPhone and shared with other residents as a bit of fun, but as the residents' passion and confidence grew, it was obvious that we needed to present something a little more professional to reflect the mischief of the residents. Recruiting volunteers and support from others was slow but relatively easy and everyone bought into the film project with enthusiasm. Learning of the film and lauding the originality & its aims, Lake Macquarie City Council's Visual Arts and Public Programs Leader made contact to offer LMCC support.

Needless to say we encountered vast hurdles, barriers and challenges during the whole project, but hopefully the result will show that the residents overcame all of them through tenacity, determination and team work.

The film premiered during Seniors week 2021 with Covid-safe ticketed public performances and was the centrepiece of the inaugural "Creative Aging Forum" held later that same year alongside a presentation by Grahame on the topic of building community partnerships.

Since the film project, residents have done astonishingly crazy things and have written and performed their own song, recreated masterpieces from the major art movements and made a "home amongst the gum trees" – themed gingerbread house (unfortunately almost to scale!)

Notes:

Abstracts - Day Two

11.15am Saturday 9th September – Plenary Room

Integrated & Inclusive Environment Sustainability

'Living Life to the Full' through Environmentally Sustainable Activities

Subthemes:

- Aged care/Dementia care
- Consumer engagement/Partnerships
- Environmental sustainability
- Innovation and creativity

Elizabeth Burley

Diploma Leisure & Health

Recreation and Engagement Coordinator, Southern Cross Care NSW & ACT

Margaret Simpson

Certificate IV Leisure & Health, Diploma of Dementia Care

Recreation and Engagement Support, Southern Cross Care NSW & ACT

Abstract: Southern Cross Care's Vision is to encourage residents to 'Live Life to the Full'. The Recreation and Engagement team strive to bring a sense of purpose, independence and belonging to the residents which contributes to a home-like community. Using an environmentally conscious approach in engaging residents in the running of the home supports this Vision. Environmentally sustainable engagement activities including gardening, worm farming, recycling initiatives, switching to re-useable cups for bus outings and partnering with BikEast for the Cycling without Age program are some of the key programs being implemented at SCC Daceyville.

The recycling program has proved to be most popular. We encourage residents, families and staff to donate their empty 10c bottles and cans. These are taken to a local recycling centre for cash and the residents elect how the proceeds will be spent. To reduce plastic waste further, we use re-useable cups for bus outings. Not only does this reduce our environmental footprint, the cups have a lid which prevents residents from spilling hot water and reduces risk of potential burns. Residents responded positively to the bottle recycling and recommended we recycle our newspapers as well. Newspapers collected are also used for crafts and insulating our worm farm which is fed with kitchen scraps.

Residents in our 'Green Thumbs Garden Club' plant seasonal vegetables and herbs that we use in our Cooking Club and for sensory based activities. Residents independently maintain the garden at times to suit themselves.

We have also partnered with BikEast who own multiple Trishaws as a part of the Cycling Without Age program. 'Pilots' volunteer their time to take residents out for 20-minute rides in the local park once a month. This activity gets our residents out in the community and has zero emissions.

In addition, the home also has solar panels and we are investigating water tanks and a beehive.

Notes:

Abstracts - Day Two

11.15am Saturday 9th September – Breakout Room

Life Story Sessions and the importance of meaning

Subtheme: Aged care/Dementia care, Palliative Care, Private Practice

Briget Kelly

Bachelor of Health Science (Leisure & Health), End of Life Doula Training, Certificate IV Training & Assessment, Certificates III & IV Community Services (Leisure & Health and Community & Aged Care), lived experience of cancer, disability, and unpaid caring

End of Life Doula & Recreational Therapist in sole trader business Rhiannon's Service

Abstract: People experiencing loss and grief due to ageing, chronic illness or terminal diagnosis are more likely to feel depression, anxiety and/or loneliness. There is a growing body of research in psychotherapy showing that meaning-centred approaches are contributing to positive outcomes for people's wellbeing and quality of life. Meaning has been described as the 6th stage of grief. And *The Power of Meaning* by Emily Esfahani Smith brilliantly outlines why meaning is so important.

The Life Story Sessions program gives people the gift of TIME - to talk and be listened to; and their stories valued. The purpose of the program is to gently remind people about the meaning in their life at different life stages, including the present. This self-awareness may help to improve people's psychological wellbeing, resilience, and interpersonal relationships.

Recognising and valuing previous interests and recreational pursuits is another benefit. A recording of the interviews can be used to create legacy items; these can also be used for other purposes, such as reminiscence activities and even eulogy.

The program consists of four sessions with people in a comfortable space, where we have an audio recorded conversation guided by a set of questions designed around Esfahani Smith's 'four pillars of meaning'. Each session focuses on a different stage of life.

"To be able to go back...reliving some of this again...I've been finding this very therapeutic".

Testing the Life Story Sessions program has yielded positive outcomes for people and highlighted how the program can be further developed. This includes adaptations to make it more accessible and flexible, and expansion of the program into ongoing or more comprehensive activities. Furthermore, an awareness of the concept of 'the pillars of meaning' has been invaluable in my interactions with clients outside of the Life Story Sessions program, and in my personal life too.

Notes:

Abstracts - Day Two

11.30am Saturday 9th September – Plenary Room

Advance Care Planning the missing link in Recreational Therapy practice.

Subthemes: Palliative Care

Kate Noble

Graduate Certificate in Gerontology, Bachelor of Applied Science (Diversional Therapy)

Priority Population Program Advisor: Palliative Care & Dementia

South Western Sydney Primary Health Network

Abstract: As a society we plan and prepare for babies as they enter this world, but will often not plan for death due to the stigma attached to the word. Dead, Dying and Death are often taboo words in Western Society which bring barriers and opposition in assisting individuals to have a Good Death.

As part of the Peace of Mind project run by South Western Sydney Primary Health Network, we aim to spread awareness and importance of having an Advance Care Plan and Directive to ensure people’s preferences are followed at End of Life.

An Advance Care Plan helps a person to overcome these barriers and allows the individual to plan how they would like their final moments to be. It involves talking to loved ones about your values, beliefs and preferences. And having these important conversations at a time when you have the cognitive ability to make decisions for yourself.

This presentation will help to break down the barriers and provide information to link together an individual with their care team. It will look at what is important to the person and how to provide that in a variety of ways. It will also offer practical ways in which to have open honest conversations with our clients, residents and patients. Lastly it will highlight the importance of self-care and the need to operate your own oxygen mask first.

By creating individualised care around End of Life it not only promotes person centre care but it helps to provide a peace of mind and a Good Death to the individual.

Notes:

Abstracts - Day Two

11.30pm Saturday 9th September – Breakout Room

Therapeutic Horticulture Practice in Recreation

Subthemes: Aged care/Dementia care; Consumer engagement/Partnerships; Disability; Mental Health/Drug Health; Neurological Disorders; Innovation and creativity; Palliative Care; Rehabilitation; Private Practice

Leigh McGaghey

Bachelor Landscape Architecture, Grad Cert Education for Sustainability, Cert IV Health & Leisure
Consultant in business Wired for Nature; Vice President at Therapeutic Horticulture Australia

Abstract: Therapeutic horticulture [TH] has a long and distinguished history across three spheres: social engagement; therapeutic programs and vocational support for a wide spectrum of participants.

The impact of TH has been well documented and evidence-based research supports its efficacy. TH programs are goal-oriented and person-, or group-centred and are readily scalable according to participants’ and organizations’ requirements and resources.

As a recreational modality, gardening is accepted across genders, ages, cultures, languages and abilities. Practitioners of TH utilise horticultural [gardening] skills in combination with allied health skills to support individuals’ and groups’ goals.

This practical session will provide an overview of the context and application of TH, with a focus on social recreation, prior to a demonstration of the planning and implementation of a typical TH session conducted in an aged care setting. As the TH activity is demonstrated, the social, neurological, psychological and physical factors [collectively supporting recreation] aligned to the activity’s processes will be discussed together with reference to the current evidence-base. Time will be available for discussion and Q&As.

Notes:

Abstracts - Day Two

12.15pm Saturday 9th September – Plenary Room

The impact of Recreational Therapy on an Olympic hopeful: A three-year rehabilitation case study

Subthemes: Rehabilitation, Consumer engagement

Renee Rizzo; Ba Applied Science (Diversional Therapy)
Senior Diversional Therapist, Brain Injury Rehabilitation Unit Liverpool Hospital

Kai Sakakibara; TBI Survivor and Para Rower

Adam Wilson; Bachelor of Health Science (Therapeutic Recreation)
Recreational Therapist, Royal Rehab

Abstract: It's not every day that a recreational therapist crosses paths with an elite athlete in their clinical work. This presentation explores the perspectives of two neuro rehabilitation recreational therapists supporting Kai Sakakibara, BMX athlete turned traumatic brain injury (TBI) survivor, through his inpatient and community rehabilitation journey. Olympic hopeful Kai, sustained a catastrophic TBI during a race event which led to his hospitalisation and subsequent rehabilitation across two specialised services in NSW.

Enter recreational therapy. An unfamiliar profession to most but a profession highly capable of optimising a person's quality of life when they need it most. Establishing the therapeutic relationship with a patient and their family can, at times be met with challenge in the midst of trauma, grief and loss, adjustment and uncertainty. What possible role could recreational therapy play in the rehabilitation of a young sporting champion?

Person centredness underpins the practice of recreational therapy and shaping RT intervention, is the NSW Brain Injury Rehabilitation Programs (BIRP) goals framework developed by the Agency for Clinical Innovation. Person centred goal setting has been identified as essential to facilitate individualised rehabilitation. The implementation of meaningful goals has been identified to improve patient motivation and participation in the rehabilitation process (Malec, 1999). As an athlete, the goals process was already familiar to Kai, proving advantageous to his rehab program. Goal achievement and satisfaction are attributed by the therapeutic environment, meaningful activity, multidisciplinary collaboration, education and patient and family engagement. The provision of RT at different time points on the rehabilitation continuum curated exposure opportunities and practice of new recreational activity as part of the transition beyond hospital. RT has a strong place assisting patients, ability to adapt to new situations in everyday life and improving outcomes for reintegration to community life. This presentation will contextualise some of the difficulties, opportunities and learnings experienced by the rehabilitation RT's. Kai will share his personal story as a TBI survivor and how recreational therapy strengthened his recovery for the future.

Notes:

Abstracts - Day Two

12.15pm Saturday 9th September – Breakout Room

VR and wellbeing

Subthemes: Digital health/Technology

Colin Pudsey

Founder of SilVR Adventures

Abstract: WHAT IS WELL-BEING?

A fantastic approach for delivering holistic and meaningful care has been laid out by The Eden Alternative. Their framework, The Seven Domains of Well-Being shows us that physical assistance is the bare minimum of care, and we must strive for services that support all aspects of an individual's life.

When used effectively, virtual reality (VR) can provide meaningful support to each of the seven domains of well-being. And when partnered with a deep knowledge of the individual, VR can transform the quality of life and well-being of care recipients at every stage of life.

Identity

VR is ripe with opportunities for connecting and nurturing identity.

Growth

Receiving care doesn't exclude you from being able to learn, discover and experience amazing new things, and these can go well beyond ticking off bucket list items.

Meaning

As an immersive modality, virtual reality can help care recipients connect deeply to their beliefs and ideals.

Connectedness

Through the virtual world, care recipients are immersed in a brand-new experience alongside their friends and family

Security

With new experiences often comes apprehension, nerves, and excitement. But with the right story-led content, thoroughly trained care teams and a deep knowledge of the care recipients, VR can be a safe and supportive environment for care recipients to explore.

Autonomy

Virtual reality offers a lot of opportunities for the care-recipients to drive their own experience.

Joy

We've already clocked over 5,000 shared and meaningful VR sessions around the world, and happy faces and infectious excitement never gets old

Notes:

Abstracts - Day Two

2:00pm Saturday 9th September – Plenary Room

Cognitive Stimulation Therapy – An effective and fun brain fitness program

Subthemes: Aged care/Dementia care

Shannon Chin

CEO, Fit Minds Australia

Abstract: Older adults who went before us built the society we now enjoy. We owe them a debt of gratitude and we have a responsibility to support them to age and live well.

Helping older adults to stay engaged and motivated with a sense of purpose and accomplishment always bring lasting meaning. When they feel good, it encourages them to continue to create precious memories with family and friends. We feel good knowing that we have contributed to their lives and well-being.

Older adults with good cognitive ability are looking for different activities to keep their brain sharp, active and stimulated regularly. Family members of people living with dementia are looking for non-medical intervention to work alongside medications to support their loved ones. Cognitive stimulation therapy becomes an effective and fun brain fitness program to meet these needs.

Cognitive stimulation therapy was originally developed in the UK as a non-medical intervention for people living with mild to moderate stage dementia. Dementia changes relationships, it doesn't end them. People living with dementia still appreciate human interactions. The therapy is aimed at improving self-esteem and confidence, as well as providing the much-needed human interactions, social connections, meaning and purpose.

Research shows that cognitive stimulation therapy is effective in slowing the rate of cognitive decline associated with dementia. It also improves outcomes when used in conjunction with medications. Additional benefits observed include reducing apathy, increasing quality of life, reducing root causes of challenging behaviour and reducing stress for caregivers.

This practical session will give the audience an experience of how cognitive stimulation therapy can stimulate higher levels of brain activity while it brings on a new level of fun, engagement and human interactions.

Notes:

Abstracts - Day Two

2.00pm Saturday 9th September – Breakout Room

Exploring the use of recreational therapy to rebuild social capital in the aftermath of domestic violence

Subthemes: Diversity, Equity and Inclusion

Kelly Lewer

RN, PhD, MEd, BN
Lecturer, School of Nursing, Faculty of Science, Medicine and Health
University of Wollongong, Australia

Abstract: Domestic violence (DV) impacts more women than men on a global scale (World Health Organization, 2021). It is an abuse of control exerted by a relationship partner in forms such as sexual, physical, emotional and/or financial (Domestic Abuse Intervention Programs, 2018). This abuse occurs to women from all socioeconomic backgrounds (Ellsberg et al, 2008). Interest in understanding the trajectories of those who leave such relationships has pointed to a fracturing of social capital (Lewer, 2019; Larance & Porter, 2004). Rebuilding after years of ongoing trauma is a delicate, complex and possible process.

This presentation will discuss findings from my doctoral study which looked at university students with lived experience of DV, and a recent study which looked at how women who experience domestic violence fared during the COVID-19 pandemic restrictions. Both studies provide an insight into the nuances of a hidden cohort with diminished social capital. From these findings, we will aim to explore the use of recreational therapy as a part of rebuilding social capital in the aftermath of DV.

Notes:

Abstracts - Day Two

2.45pm Saturday 9th September – Plenary Room

Social Prescribing in Recreational Therapy: Is it a new frontier?

Subthemes: Innovation and creativity

Renee Smith

B. Applied Science (Diversional Therapy)

Charlise Bennett

PhD Candidate Professional Reasoning in Recreational Therapy Practice; Master of Health Services Management; Graduate Certificate in Research Studies; Graduate Certificate in Tertiary Teaching and Learning Practices; Bachelor of Applied Science (Diversional Therapy)

Abstract: Social prescribing is a term that has emerged recently as an innovative and holistic approach to healthcare, aiming to address the multifaceted nature of well-being by utilising non-clinical interventions. Recreational therapy, as a specialised profession, is uniquely positioned to play a pivotal role in the implementation of social prescribing. This abstract provides an overview of social prescribing within the context of recreational therapy, elucidating its concept and highlighting the reasons why recreational therapists are ideally suited to facilitate its effective application.

Social prescribing involves the utilisation of interventions, such as community activities, arts, and recreational engagements, to improve overall health and well-being. By recognising that health is influenced by a wide range of determinants including social, psychological, and environmental factors, social prescribing seeks to address the root causes of health issues rather than solely focusing on medical treatment. This approach fosters a comprehensive understanding of individuals, valuing their unique interests, strengths, and social connections.

Recreational therapy, a discipline centred around the use of recreational and leisure activities for therapeutic purposes, aligns seamlessly with the principles of social prescribing. Recreational therapists possess a deep understanding of human behaviour, psychology, and the potential of leisure pursuits to positively impact mental, emotional, and physical health. Leveraging their expertise, these professionals are well-equipped to curate personalised interventions that cater to an individual's preferences, needs, and goals.

In conclusion, social prescribing in recreational therapy represents a promising avenue for enhancing well-being by addressing the diverse determinants of health through non-clinical interventions. The inherent strengths of recreational therapists in understanding human behaviour, designing tailored interventions, and fostering social connections position us as key professionals in the successful implementation of social prescribing initiatives. As the healthcare landscape continues to evolve towards a more holistic approach, the collaboration between social prescribing and recreational therapy holds immense potential for positively impacting individual and community well-being.

Notes:

Abstracts - Day Two

3.15pm Saturday 9th September – Plenary Room

AI: Coming Soon to a Place Near You !!!

Subtheme: Digital Health / Technology

Diana Rizos

Certificate IV in Leisure and Health, Certificate IV in Fitness, Accredited NDIS Service Provider – Improved Health & Wellbeing Registered AUSactive Professional – Level 3, Civil Marriage Celebrant, Justice of the Peace Quality Compliance & Risk Manager – Lifestyle / HSE / Hospitality
Greek Orthodox Community Home for the Aged – Earlwood, NSW

Abstract: Much has been said about the increasing prevalence of AI in our society. The rapid progression of AI is imminent, and the Health and Aged Care sectors are not immune. Yet, the evolution is nowhere near complete with the challenges and opportunities in Australian aged care facilities still being explored.

Academics and healthcare practitioners in the aged care sector have voiced their concerns regarding the potential risks of using AI in our aged care facilities. It is presently not known exactly how AI will be used in nursing homes. Ethical considerations are at the forefront of the profession's concerns along with the challenges and prospective opportunities prone to arise in the not too distance years. An abundance of legal implications presents our Australian Government with a massive headache in trying to foresee and navigate around the impacts in time for the eventual onslaught of AI.

AI is already being used on many fronts in our society on a daily basis but how can we envisage AI impacting on our Aged Care system? We know healthcare and Aged Care have been losing staff in record numbers since Covid and robotics are being looked at as a way forward in combating those shortfalls in staffing levels.

How will AI and robotics engage with our residents, patients and staff?

Will they be friendly? Will they have a personality?

Will they have the "human touch"?

Will they make friends with us?

Will the future see robotic Facility Managers, Care Managers or even Board Members?

Will AI take over the admission process?

What about the Kitchen operations? Can you envisage a robotic Chef?

Will residents be content to go on the bus with a robotic driver?

Let's imagine the future of Aged Care even further

Can you envisage a robotic Aged Care Commissioner?

Or even a robotic Health Minister?

Notes:



Notes:

Lined area for notes with 28 horizontal lines.



ARTA Professional Development Award

Congratulations to these ARTA members who have achieved their award by giving evidence of completion of 100 points or hours of recognised professional development within any 2-year period.

Natalie White, Facilitator, Centre for Dementia Learning, Dementia Australia Parkville, VIC

Ai Hwee Leow, Diversional Therapist, Balmain Hospital, Balmain, NSW

Bernice James, Diversional Therapy Programme Coordinator, Royal Hobart Hospital, Tasmania

Aashis Shrestha, Lifestyle & Wellbeing coordinator - UPA Melrose Village, Pendle Hill NSW

ARTA is proud to present these members with their awards during the Awards Cocktail Party Event Friday 8th September – don't miss this special celebration!



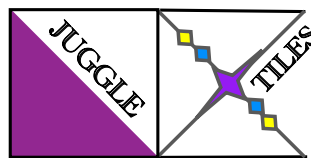
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