

4 Quadrants of Care

Overview of a Therapeutic Recreation (TR)
Service Delivery Model that Embodies
Rehabilitation Beyond the Traditional
Medical Model

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BACKGROUND

Perception that Therapeutic Recreation's (TR) main role is...

- entertainment ... OR...
- support Occupational Therapy (OT), Physiotherapy (PT) & Speech-Language Pathology (SLP) goals

5 domains: cognitive (communication), physical, social, emotional and spiritual

KEY CONSIDERATIONS

- 2 F/T & 1 P/T Recreation Therapists
- 7 day coverage
- 58 beds (28 Rehab + 30 Continuing Care)
- TR manages both units as a whole caseload
- Patients are never discharged from TR caseload



REFLECTION FOR MODEL DIRECTION



1) Unity



2) Expectations



3) Team growth opportunities

4) Problem solving

PURPOSE OF THE MODEL

- Improve prioritization of caseload and focus on intervention
- Optimize TR uniqueness and skillset
- Align with best practices, organizational values and strategic plan
- Improve team collaboration, patient care, recovery, and discharge readiness

MODEL OVERVIEW

4 Quadrants of Care: Areas of Focus

1. **Responsive Behaviours & Advanced Dementia**
Intervention and **Transition** Care Planning
2. **Coping & Adjusting & Isolation** Risk Reduction
3. **Functional, Social, Leisure** Skills Development
4. **Social Support** Network Development &
Community Engagement and **Transition**

1. RESPONSIVE BEHAVIOURS & ADVANCED DEMENTIA INTERVENTION AND TRANSITION CARE PLANNING

- Identify **responsive behaviour** triggers
- Implement successful **management strategies**
- Reduce **barriers** to increase engagement
- Improve **discharge transition** & transfer of successful strategies

2. COPING, ADJUSTING & ISOLATION RISK REDUCTION

- **Reduce risk** for social isolation and depression
- **Increase awareness** of activities that stimulate **positive emotion & sense of wellbeing**
- Increase **receptiveness & accept** support
- Improve **motivation** & increase active engagement
- Maintain sense of **self, worth, & esteem**
- Improve **copng skills**

3. FUNCTIONAL, SOCIAL, LEISURE SKILLS DEVELOPMENT

- **Reduce barriers** of cognitive, communication & physical deficits
- Support overall **functional recovery** goals & promote **practice of skills**
- Increase awareness of **transferable** social recreation activities/resources that promote recovery

4. SOCIAL SUPPORT NETWORK DEVELOPMENT & COMMUNITY ENGAGEMENT AND TRANSITION

- Reduce barriers to successful **community transition**
- Develop positive **social support network**
- **Connection** to community social, recreation & accessible transportation **resources**
- Support **discharge** planning, reduce risk for discharge failure & **caregiver burnout**

SINCE IMPLEMENTATION...

- Improved...
 - efficiency of TR service delivery
 - recognition of TR's role & value
 - interdisciplinary collaboration
 - inventory of standardized outcome measures
 - community transition for high needs behavioural and dementia patients
- More comprehensive patient care planning
- More patient needs are being met

FOOD FOR THOUGHT...

- Has opportunity been embraced to better explain or understand the role of Therapeutic Recreation in your organization?
- How can you optimize the value and efficiency of Therapeutic Recreation for your organization, interdisciplinary team & patients/family?

RESOURCES

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