

Recreation Revolution:

Using Life Redesign and RTSS to Illustrate our True Value

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THIS SLIDE CONTAINS A VIDEO

PLEASE REACH OUT TO

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IF YOU WOULD LIKE TO SEE THE

VIDEO



“ I don't really see the rehab”

“I DON'T REALLY SEE THE REHAB”

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Overview

- ▶ Introduction
- ▶ Recreation Therapy: Perception vs. Reality
- ▶ CONNECT Communities
- ▶ Recreation at CONNECT
- ▶ Life Redesign Model
- ▶ Rehabilitation Treatment Specification System (RTSS)
- ▶ Breaking Down an Activity



WHAT PEOPLE THINK OF US



WHAT WE ACTUALLY DO



This Is What We Do Best

Hiding the peas in the mashed potatoes

Recreation makes:

Trying to do something really hard...sort of fun

Practicing something over and over...sort of fun

Having a reason to get up and try...sort of fun

Finding purpose...sort of fun

Life...sort of fun



Recreation Therapy at CONNECT



Doing With



**Integrated
Teamwork**



**What matters
MOST**

Being a 'Play Coach' at CONNECT

Traditional Rehabilitation Approach

**Improve stamina
Improve balance**

PT

**Organize calendar
Budget finances**

OT

**Improve ability to express complex thoughts and ideas
Engage with others in socially welcome ways**

SLP

Provide support and counseling to help adjust to new realities

SW

Find something to do with your days other than work

Rec

Paul

29 years old

10 years ago ABI after car accident

Had his fair share of therapy and therapists

Very depressed and no reason to get up

Life Redesign Model

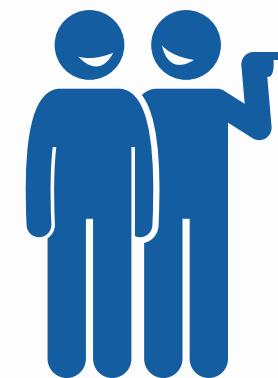
The Life Redesign Model™ is an innovative functional approach to have people participating in real-life activities, which are embedded with rehab activities



**Culture of Personal
Accountability**



**Services are Planned
Around What People
Want More of in Life**



**A 'doing with'
coaching approach**

Life Redesign:

The Secret Sauce

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Life Redesign Potholes

Getting everyone on the same page

Demonstrating outcome

Using consistent language

Showing what's REALLY going on!!



**SO HOW CAN WE SHOW OUR
TRUE VALUE?!**

Rehabilitation Treatment Specification System (RTSS)



~~short term goals
long term goals
shorter long-term goals
longer short-term goals~~

A theory-driven conceptual framework to better specify EXACTLY what is going on in rehabilitation

- **Compare approaches**
- **Duplicate approaches**
- **Research approaches**
- **Keeps people on the same page**
- **Acts as a map of where a program is headed**

AIMS

TARGETS

INGREDIENTS

Rehabilitation Treatment Specification System (RTSS)

AIMS: What is the big dream?

TARGETS: What are you going to
do **TODAY** to get there?

INGREDIENTS: What do you need
to make this happen?



Benefits of RTSS



LIFE REDESIGN PLAN

Example of an Old Life Redesign Plan

YOUR STORY

I grew up in a big town in India, where I went to elementary school. When I decided to come to Canada for University, my family was sad. They understood there were more opportunities for me there and gave me their blessing. My parents always wanted me to go into Business and be a Businessman. I also wanted to be successful, but I wanted to be a Businesswoman. When I found out that I was going to University in London, the only option I had was Business Insurance and that is what I chose. My family is taking my accident the hardest. They found out from my cousin, and my cousin found out about the accident from the police. My mom gets sad easily and it hurts her not to be here. I see the sadness when I talk to her on the phone. My sister makes me laugh and when she see's my mom is getting sad, she will make a joke. She doesn't like seeing anyone sad.

YOUR LIFE GOALS

- To move home to London
- Go back to school
- Feel like myself again

SHORT TERM GOALS

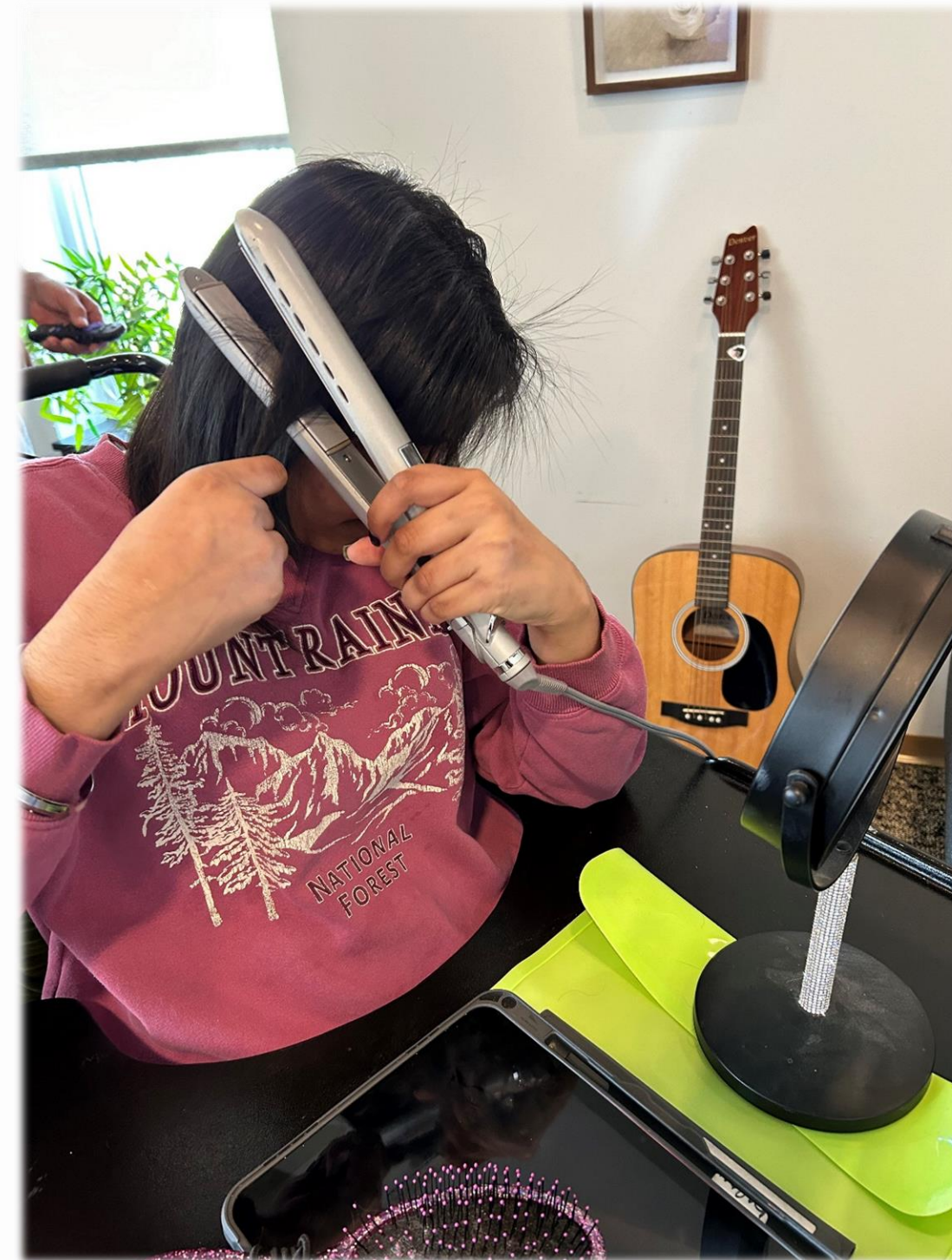
1. Improve my independence in ADLs
2. Manage my own finances
3. Find a new place to live closer to school since I can't drive.

PROGRESS TOWARDS GOALS

1.2
2.1
3.1

1=just started
2=Working on it
3=Getting closer (>75% there)
4=Achieved

Life Redesign Plan using RTSS

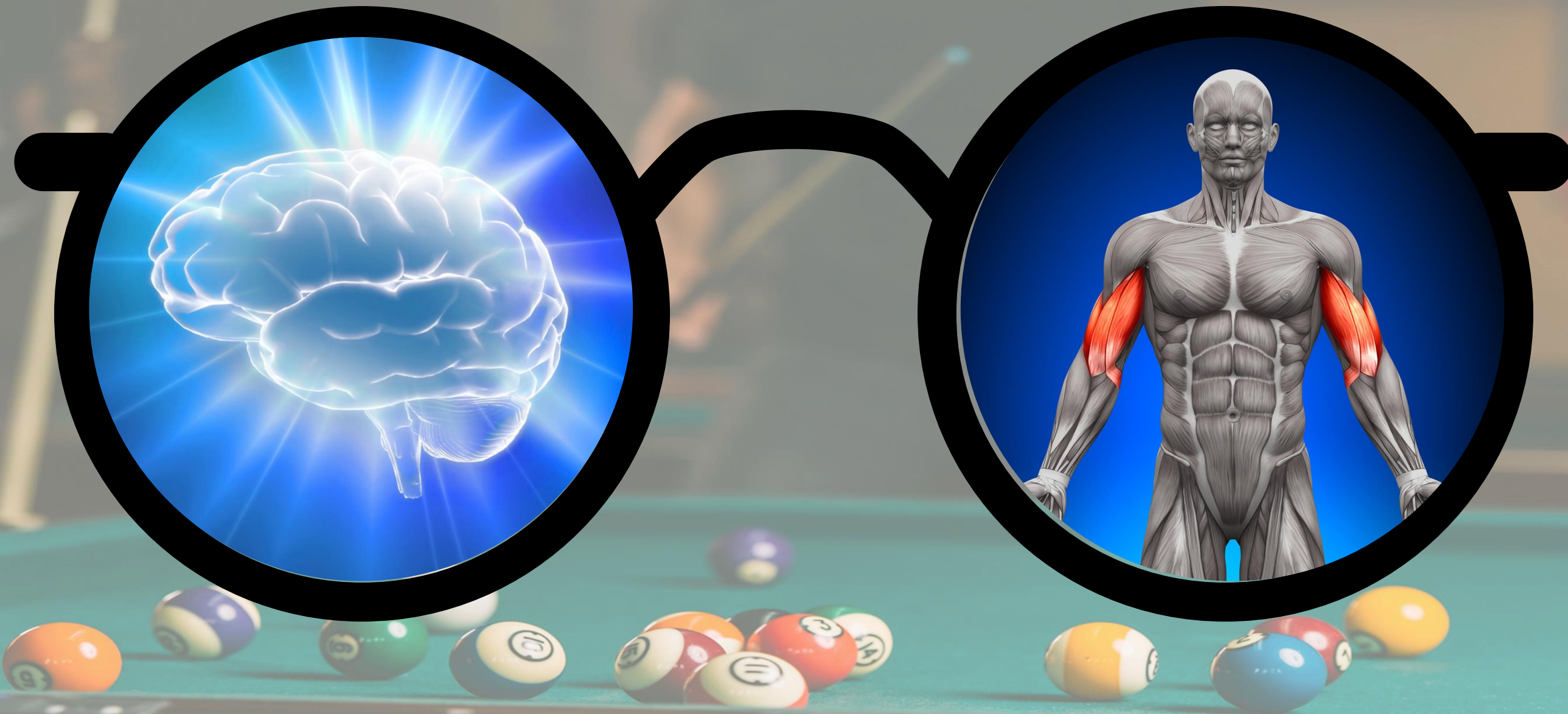




Seeing Beyond the Obvious

Pool Tournament

RTSS Glasses



Life Redesign Opportunities



01

Hang out with friends

02

Organize an event like I used to do at work

03

Get stronger so I can do things I like

04

Like the new me

Targets



01

Stand 15 times by taking all of my shots out of the wheelchair

02

Keep cool even if I don't win

03

Remember everyone's name

04

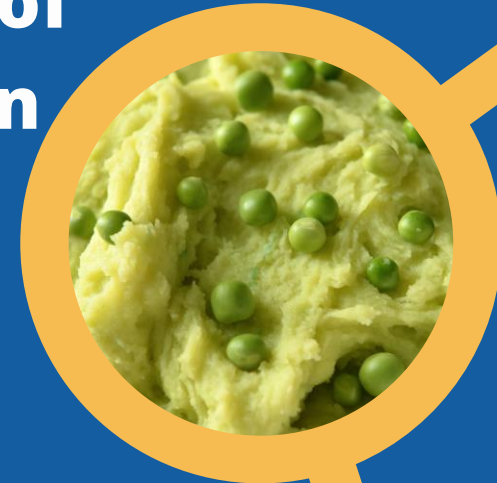
Stay for the entire game without having to take a break

RTSS + Life Redesign + Therapeutic Recreation =

Able to measure progress



The hard work of rehab is hidden



Better team communication



Outcomes are positive



We keep getting better at helping people get better



RTSS + Life Redesign + Therapeutic Recreation =



People getting back to what matters most to them after stroke or brain injury

**IF YOU ARE INTERESTED IN
FURTHER INFORMATION,
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QUESTIONS



THANK YOU



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