



Revitalising Life Through Leisure

23rd to 24th
September 2022

Programme

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Welcome

Diversional and Recreation Therapy Australia would like to welcome you to the 2022 Virtual National Conference. The conference theme has attracted both local and international speakers to present papers on a range of professional issues. The DRTA Board encourages you to embrace the variety of philosophies, ideas and concepts presented over the next two days as we celebrate Diversional and Recreational Therapy and examine the challenges and opportunities presented in this conference.

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 for the timing of presentations. To ensure that this event is as stress free as possible, we have tried to incorporate regular breaks, so please take note of start times of presentations. This booklet provides you with the abstracts for each presentation and we suggest you read them to familiarise yourself with the content of each one.
- > **Networking:** Following feedback from our previous Virtual conferences, we have endeavoured to facilitate more networking opportunities this year, so we are using the new Zoom platform called Zoom Events. This has a lobby where you can join the Main Lobby Chat throughout the conference and the presentation sessions will all be in the 'meeting' format, so you will be able to see all the other delegates and ask questions of the speakers, as you would normally do in a Zoom meeting. We also have a dedicated time at the end of the first day where the Board will be taking questions.
- > **Trade Partners:** One of the big differences from our previous Virtual conferences is that we will have an Expo, where you will be able to meet and talk to our sponsors/trade partners. The Expo will be open at lunchtime on both days, as well as a dedicated Expo time straight after lunch on Saturday. Visit the Expo (join by clicking on the Expo tab in the lobby) and go around and visit and chat to the sponsors in their 'booths'. It is just like visiting a trade table, but online! We also have their contact details in this booklet so that you can follow up on any queries. You will be able to find further information on each sponsor under the 'sponsor' tab. You will also be able to download their brochures and see images of their products there. Please support them as they very generously support our association every year.

On behalf of DRTA, have a wonderful conference experience and let's find inspiration in '*Revitalising Life Through Leisure*'.

Charlise Bennett

President

Diversional and Recreation Therapy Australia

Day 1 Friday 23rd September

9.00am AEST

Introduction and Acknowledgement of Country



9.10am AEST

Keynote Jerome Singleton

Revitalizing Life Through Leisure



10.15am AEST Morning Tea



10.30am AEST

Kate Noble

Those 4 White Walls: The importance of leisure and recreation in Hotel Quarantine



11.15am AEST

Lucy Carey

You're not called a "Diversional Therapist" any more so why should you remain connected to other DT's?

11.30am AEST 5 minute break



11.35am AEST

Anne Richards & Robin McNeal

NCTRC - Evolution through Chaos



12.20pm AEST Lunch

Day 1 Friday 23rd September



1.00pm AEST

Jessamine Chen

Maintaining motivation and social connections in older adults with depression and anxiety



1.45pm AEST

Laretta Kaldor

A regular reminiscing program in an aged care lifestyle program provides an enjoyable opportunity to look back on interesting aspects of past lives of the participants

2.00pm 5 minute break



2.05pm AEST

Lesley Fox

Creative Joy



2.30 pm - 2.50pm Afternoon Tea



3.00pm AEST

Lesley Jones

A pilot program that enables clients to remain connected to lifestyle staff during periods of isolation and lockdown. The program was designed to assist staff and clients remain connected during isolation and lockdowns.

3.45pm AEST

Questions to the board

4.00pm AEST

Close

Day 2 Saturday 24th September

9.00am AEST

Welcome/housekeeping



9.10am AEST

Keynote Jessica Ariss

Community-based Recreation Therapy and mental health recovery: a mixed-media participatory action research study



10.15am AEST Morning Tea (20 min)



10.30am AEST

Abigail Bernard

12 Steps to Sober Leisure, reclaiming contentment, serenity and happiness through sober leisure activities



11.15am AEST

Rozanne Di Bella

Tai Chi

11.30am AEST 5 minute break



11.35am AEST

Shannon Azzopardi

Early Identification of Leisure Needs during Admission – Supporting a Person to Transition to Residential Aged Care & Revitalise Leisure



12.20pm AEST Lunch

Day 2 Saturday 24th September

1.0pm - AEST

Expo

Talk directly to trade tables and view their products



1.15pm AEST

Dan Gray

To push, or not to push: The techniques and strategies to motivate, engage and connect with clients

2.00pm 5 minute break



2.05pm AEST

Gwen Korebrits

Join the DANCE together!



2.50pm AEST

Anthony Van Ballegooij

Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) Inclusive practices for Diversional Therapists



3.05pm AEST

Diana Rizos

It's My Life!!

3.20pm AEST

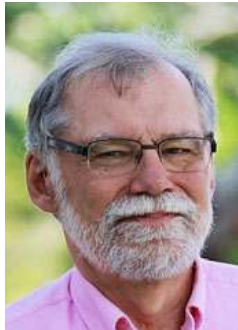
Closing

3.30pm AEST

Close conference

Abstracts - Day One

Keynote: 9.10am Friday 23rd September



Jerome F. Singleton, PhD, CTRS

is a Professor Emeritus who taught in the Recreation and Leisure Studies department in the School of Health and Human Performance at Dalhousie University for 37 and half years. He was also cross appointed to the School of Nursing, Sociology and Anthropology, and Faculty of Management at Dalhousie. Dr. Singleton's research is focused on Leisure and Aging. He graduated from the University of Waterloo with a Bachelor of Recreation honours degree then completed his Master of Science degree in Recreation at Pennsylvania State University and his PhD in Leisure Studies at the University of Maryland. He also completed the academic requirements for a Doctorate Certificate in Gerontology at the University of Maryland. Dr. Singleton is a Certified Therapeutic recreation Specialist since 1979. Dr. Singleton taught courses in Therapeutic Recreation and Aging, Therapeutic Recreation Techniques, and Introduction to Recreation and Leisure and Aging at Dalhousie University. He was made a Fellow of the World Demographic Association in 2006 and was named Canadian Therapeutic Recreation Association Professional of the Year in 2007. He was recognized by the Recreation and Leisure Studies program at the University of Waterloo as a Distinguished Alumni in 2008 and is also founding member of the Leisure and Aging Research Group, which was established in 2008. Dr. Singleton received the Dr. Gonzaga da Gama memorial award from the Canadian Therapeutic Recreation Association in 2011 and was made a fellow of the Academy of Leisure Science by the Society of Parks and Recreation educators in 2011. Dr. Singleton was awarded the Friends of the Faculty of Health Science from the Faculty of Health Science in 2018 for his work in developing a Therapeutic Recreation program at the University of Lethbridge. Dr. Singleton provided guidance for Dalhousie's Therapeutic Recreation program to be accredited by the Council for Recreation Therapy Education, which was accredited in 2019. Dr. Singleton advised 26 graduate students who have investigated questions related to Leisure and Aging areas and has published over 120 articles during his career and made over 500 presentations locally, nationally, and internationally, related to the area of Leisure and Aging. Dr. Singleton has served on the Board of the National Council for therapeutic recreation Certification (2018-2021). He currently sits on the International Therapeutic Recreation Consortium. He has served on the editorial boards for the Therapeutic Recreation Journal, American Therapeutic Recreation Annual, Topics in Geriatric Rehabilitation and the Journal of Recreation and Society in Africa, Asia, and Latin America, and has reviewed articles for *Loisir*, *Leisure Science* and *Topics in Geriatric Rehabilitation*.

“Revitalizing Life Through Leisure”

We reside in a global community. The recent pandemic illustrated the impact of one condition, COVID, on the everyday lives of individuals globally. COVID impacted on community engagement from work to leisure engagement and enabled individuals to find other ways of reconnecting using technology such as Zoom, Facebook, Facetime, and Instagram etc. COVID was devastating to the world but provided the world the opportunity to see Therapeutic Recreation. The term leisure has been criticized for being androcentric, Eurocentric and as a term, may not be used within other cultures (Henderson, Bialeschki, Shaw, (1996); Iwaskaki, Nishino, Onda & Bowling, (2007)). The International Classification of Function (ICF) provides a framework to understand person first involvement in leisure within the societal norms of that culture (Skalko and Singleton, 2019). The purpose of this presentation is to provide insights into how and why Therapeutic Recreation service delivery needs to be placed within the persons interests versus the providers perspective of the people's interest. The presentation will provide insights into how assessment planning, programming and evaluation of the persons culture, abilities, and the resources available within society to the delivery of RT services and supports for the RT professionals providing the service within ICF. These combined with how Intersectionality Theory (Crenshaw, 1989), the ICF, and Person-Centered Care (Santanna, Manalil, Jolley, Zelinsky, Quan, Lu ,2018) would assist in understanding the people RT professionals serve within their society.

Abstracts - Day One

3.00pm Friday 23rd September

Traditional Paper: **Navigating a COVID world**

Lesley Jones

My presentation is a traditional one that explains a pilot program that enables clients to remain connected to lifestyle staff during periods of isolation and lockdown.

The pilot program was designed to assist staff and clients remain connected during isolation and lockdowns.

It is essentially a zoom session for isolating clients or up to groups of 3 clients to enable the continuation of lifestyle during minimal staffing levels and at any time needed.

I have put together a session plan and continuous improvement plan that outlines the benefits, steps and matches the standards.

Slides will be :

Zoom Activity Session Plan.

Understanding Continuous Improvement – Tools and Techniques for staff to use.

Standard 4 Plan for continuous improvement (Quality Standards)

Guidance and resources Standard 4.

Step one was informing the organisation of the pilot and gaining consent.

I trained one of my students up on how to put this in place.

This student is currently completing her Cert 4 Leisure and Health qualification.

Has now completed the theory and some practice in the L and H course and has agreed to help trial this pilot program

Staff responsibilities:

It's quite simple just takes organising an I pad or an I phone and zoom connection setting it up at a scheduled time for 60 mins.

Each site or facility can book the student for a session for 1 to 3 clients.

The documentation has been started as a template.

As it's a pilot program there is no cost to the organisation and it may assist with those clients choosing to stay in their room or isolating for Public health reasons.

The student will have a choice of 3 activities for clients to choose from and also understands that the standards also accept un scheduled topics of choice.

The student will need a contact mobile number for each site coordinator and email address.

This is in case clients get sick during her time with them and she understands she needs to email a summary of the activity and participation after wards for their records. (see session plan for more detail).

The activity will be 45 mins and 10 mins for documentation.

Other benefits:

Gift vouchers for family to use as presents.

Business opportunity for lifestyle staff

Families can gift a valuable present to their loved one or when that are unavailable for visits.

Notes:

Abstracts - Day Two

11.15am Saturday 24th September

Leisure Bite: **Tai Chi**

Subtheme: Navigating a Covid World

Rozanne Di Bella

Bachelor of Health Science in Therapeutic Recreation

Diversional Therapist- Therapy & Recovery Service, South Ward Liverpool Hospital

Rational:

Government Covid Enhancement funding introduced yoga at Sutherland Mental Health unit. Feedback from patients was that they were not able to hold their attention, or the static poses required for the duration of the 45 minute session.

This brought on further discussions during unit meetings of other groups conducted on the unit, where consumers were struggling to participate in. One other group also identified was mindfulness.

Research was conducted into the benefits of Tai Chi on Mental Health. Tai Chi's sequences of flowing movements have improved effects in mental focus, breathing, coordination, and relaxation. (Chan, Cheung, Sze 2011). Tai Chi has been found increased frontal EEG wave activity, suggesting increased relaxation and attentiveness. (Field, Diego, Hernandez-Reif 2010)

Abbott & Lavretsky (2013) conducted a review on RCTs in the benefits of Tai Chi on mental health outcomes. Twenty-one of the 33 RCTs found that in a community setting, participants that regularly participated in regular Tai Chi, had increased psychological well-being, reducing stress/ anxiety /depression, and enhanced mood. This ten brought forth if consumers were introduced to Tai Chi in an inpatient setting, would they be more likely to continue this practice if found beneficial in a community setting.

Target Participants:

- Suitable for a diverse consumer population with regards to gender, age, and health status.
- Consumers that are able to follow simple directions
- As it is a low-impact, moderate-intensity aerobic workout, consultation with JMO/RMO to seek medical clearance prior to engaging in physical activity.
- This group has successfully been facilitated in a Mental Health Acute, Sub-Acute and Rehabilitation settings; and has more recently been implemented within Brain Injury.

Outline

The group utilises 'Tai Chi 5 Minutes a Day' YouTube Channel. There are 6 modules within the program where consumers can progress the next level when ready.

This program has been selected as consumers tend to have access to a device with internet access that they can utilise on discharge.

The program requires no membership and ongoing cost, other than internet access.

During group facilitation, a projector or Smart TV/Board is utilised; during 1:1 sessions the consumers own device is used.

Prior to group and individual sessions all consumers are asked if they have any injuries and experiencing and area of pain. Activities are modified on the consumers needs.

During the session, an explanation of the benefits of participation is given to consumers and education is given on how to access the modules via YouTube.

References

Chan AS, Cheung MC, Sze SL, et al. Shaolin dan tian breathing fosters relaxed and attentive mind: a randomized controlled neuro-electrophysiological study. *Evid Based Complement Alternat Med.* 2011;2011:180704.

Field T, Diego M, Hernandez-Reif M. Tai chi/yoga effects on anxiety, heartrate, EEG and math computations. *Complementary therapies in clinical practice.* 2010;16(4):235-238.

Abbott R & Lavretsky H. Tai Chi and Qigong for the Treatment and Prevention of Mental Disorders. *Psychiatr Clin North Am.* 2013; 36 (1): 109-119.

Abstracts - Day Two

1.15pm Saturday 24th September

Traditional Paper: **To push, or not to push: The techniques and strategies to motivate, engage and connect with clients**

Subthemes: This presentation focuses on both subthemes, as it explores peoples motivations and fears when connecting and engaging in leisure activities post isolation.

Dan Gray

BA, Recreation Leadership. Adv Dip Management.

Recreation Manager, Wintringham, Director, Daniel Gray Training and Consulting.

In this presentation, Daniel Gray walks you through the key reasons why Motivational Interviewing is becoming the leading method in helping others discover their own motives for change. Daniel will demonstrate practical steps to implement these strategies to begin creating lasting change and evoking others to make their own positive transformation.

Do you have clients that don't engage or connect and resist your offers and suggestions for help? Even when they have been presented with a solution, a program, or an activity that know will help them live a happier, more fulfilling life, people can still resist these offers and even do the opposite of what we are suggesting. This is called ambivalence, a conflicted state where opposing attitudes or feelings coexist. This paradox is typical, yet it can also be navigated with the right techniques.

In this session, you will learn what is needed to be the guide, walking alongside the person to help build their own motivations for change. Learn what is required to be a practitioner who doesn't force action but instead empowers others to overcome obstacles and transform their own lives in a positive way. Discover how to understand the reasons behind people's actions and how to evoke motivations. These are the same strategies and tools that millions of practitioners around the world are using to help others find their own reasons for change and achieve the outcomes they are looking for.

This presentaion will outline, and provide and understanding, of:

- Stages of Behaviour Change
- Why people resist
- Common communication mistakes and how to counteract these.
- 4 Principles of Motivational Interviewing
- 4 Stages of Motivational Interviewing
- Clear strategies and tools to start using now

Notes:

Abstracts - Day Two

2.05pm Saturday 24th September

Traditional Paper: **Join the DANCE together!**

Subtheme: Community Engagement and Connection

Gwen Korebrits

CEO Dance Health Alliance

We are all in need of a little bit of light relief!

The effects of isolation have never been more apparent in the community, residents, and staff. Isolation has been one of our biggest challenges over the last 24 months, and we are all a little bit like a frog in a pot; we don't realise how hot the water is until we are almost cooked!

In the same way, we haven't realised how isolated we are until we are lonely.

Let's take a moment to play, dance to have some fun, release our inner child and embrace our creativity.

We often underestimate the power of feeling good; it sometimes comes across as self-indulgent and unnecessary. However, it is one of the most critical keys to keeping healthy mentally, physically and socially.

Research has placed dance as one of the most powerful tools to engage clients, residents and staff. A recent study by the University of Sydney on the effectiveness of dance intervention on physical health proved that dance interventions significantly improved body composition, blood biomarkers, and musculoskeletal function. People stayed engaged in the dance-based programmes longer than in exercise programmes.

When we dance, we release a cocktail of chemicals in our body, chemicals like serotonin, endorphins, oxytocin, and dopamine.

Dance works in so many layers, our thoughts create emotions, and dance is emotionally satisfying.

Specifically developed dance programmes have many benefits, including improvement of balance, postural control, endurance, motor skills, cognition, mood, coordination, motivation, flexibility, problem-solving, self-image, participation, and inclusion.

This interactive demonstration will explore the power of therapeutic movement and discuss the benefits of music on the aging brain.

Encouraging and inspiring the audience to activate their creativity.

Reminding the audience that brain training, memory stimulation, creative inclusion, physical activity and social interaction can all be neatly packaged under the umbrella of Dance!

Notes:

Abstracts - Day Two

3.05pm Saturday 24th September

Leisure Bite: **It's My Life!!!**

Subtheme: Navigating a Covid World

Diana Rizos

Certificate IV in Leisure and Health, Certificate IV in Fitness, Accredited NDIS Service Provider - Improved Health & Wellbeing, Registered AUS Rep Professional - Level 3, Civil Marriage Celebrant

Quality Compliance & Risk Manager - (Lifestyle / HSE / Hospitality) - Greek Orthodox Community Home for the Aged

Navigating a Covid world has thrown many challenges at every one of us which has transitioned from being a necessity to being a pain in the neck !!! The rules of dos and don'ts for Aged Care Homes persist. Lockdowns and virtual screen visits vs freedom for excursions and going out for lunch.

How many years shall we be compelled to be RAT tested? Until the world runs out of them? How many changes to the protocols of infection prevention and control? How many changes to the way we execute outbreak management? It's all a whirlwind effect.

All our Aged Care Homes went broke keeping up with the escalated costs of Covid lockdowns, PPE and surge staffing yet the irony is that when all our budgets were blown sky high, the Government graciously sends such an abundance of PPE but where to store the mass of newly acquired gifts of PPE and RATs ??? Have you ever heard of that saying BEWARE of Greeks bearing gifts ??? That's our NSW Government being so generous. Do you think Mr Perrottet might just have a tiny bit of Greek blood in him? On the last delivery, we needed a separate warehouse to store everything. The whole carpark was taken over by massive boxes of those lovely blue and yellow gowns, N95s and those rather trendy face shields.

The RATs are sent out to Aged Care Homes free of charge yet some Homes are out off-selling them to the visitors for \$10 a pop !!!!! Not a neighbourly gesture at all is it? I think in the Rock Concert world they call it SCALPING !!!!!

Out of the blue, a couple of new beings arrived on the scene and quickly headed out onto the floor to ask if our staff were happy. The answer returned, "Yes, today we are happy but we don't know about tomorrow or next week. Depends on what's going on." The word got around the Greek grapevine very quickly and you know what? The residents were the ones to fill in the staff on all the goss "They're selling our place !!!!! They're selling our place !!!!!" Before too long, Mr Man asked one of our Greek carers, "do you know what brand your eye protection is?" What sort of question is that? How would the poor girl know because there's no branding stuck on those goggles but no flies on her. Our Virginia just as quickly replied in her spunky Greek accent, "Well, my goggles Chanel !!!! Yep !!! Counteract a nonsense question with quick wit.

Then there's those challenging visitors. You know those beings that attempt to hide their illnesses and keep it secret because they still want to come in? What the? Are they trying to finish their beloved parents off? I'm uncertain as to why but one thing is undeniable. Navigating a Covid World has brought out so many of the alien beings existing amongst us.

Notes:

Trade Partners

The Board and members of DRTA warmly acknowledge the support of all our valued Trade Partners



AGED CARE MUSIC RESOURCES

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