

DTA AWARD FOR EXCELLENCE 2014

This submission and Program

ARMCHAIR TRAVEL TALK TASTE AND FUN WITH GLENDA

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PROGRAMME OUTCOMES –

- ✦ Provide reminiscence on travel and opportunity to talk taste and experience.
- ✦ Stimulate conversation and cultural awareness on countries and cultures
- ✦ Provide virtual electronic options to walk in a different country in real time
- ✦ Provide a travel experience to those who may have not ever travel or will do so
- ✦ Provide cultural awareness and recognition within our community meeting the cultural and spiritual requirements in Standard 3 Aged Care Accreditation
- ✦ Provide an inclusive activity with sensory stimulation

FACILITATION/LEADERSHIP STRATEGIES

As the Diversional Therapist, I source all equipment necessary to present Armchair travel and Celebrate the cultural diversity. I source all information and Provision of

- ✦ visual aides and DVDs from library, internet, maps on country
- ✦ Include Personal experiences, photos taken travelling on memory stick or DVD and souvenirs, articles from countries , including DVDs from tourism boards.
- ✦ Use the computer and internet to gather information on the country to include icons, places and things all tourists must see, population, pastime, interesting facts. Local food and dishes examples and source food to taste
- ✦ Collect from Travel agents old travel brochures for great visual impact on tables, white board the room and area you hold the event including flags
- ✦ Source Music from country to play to set the scene.
- ✦ Source and wear identifiable article of clothing from the country
- ✦ Research and tie the event in with the Country of choice National Day , or day of significance or recognition of a resident's origin.
- ✦ Facilitate verbal contribution from all attendees & participation in games, quizzes

I Consult with residents with different cultural background on their memories of home and incorporate them in the session. I also involve volunteers in the delivery of the days' event. The activity uses a sensory approach of verbal, visual, taste and smell, which all residents respond to and joyfully participate in with family and staff

Feedback has been positive and attendances large and engaged.

The staff share memories and will dress up and join in. This also provides an insight to staff and establishes connections with them and their culture and family

PROGRAMME DESCRIPTION

Invite residents to armchair travel to a particular country in monthly planner,

Family are also welcome to attend and poster promote the day providing opportunity for care and other staff to dress up and participate.

On day of event I dress up and wear items from the country – it could be a hat , or article of clothing and remind when to attend as well as greet in the language of the country

Set up room with visual aids on tables and around room, including pictures of icons, places, foods, flags, props, and articles of interest.

Prepare food to taste. Serve size in lined Muffin trays or small bowls to assist all participants to hold and manage food.

Prepare food ready to heat and serve- also provide options to suit those with special dietary requirements.

Play music 1 hour before up to starting time.

Encourage conversation, social interaction, show and tell, and sharing of memories.

This is the time for show and tell by residents attending

Establish where geographically we are travelling with the use visual aides.

If any residents were indigenous of country provide opportunity to share experience and language including basic greetings.

Provide a talk on the country 20 to 30 minutes

Include – map, size, famous people place and icons, places I have visited or would like to. Some customs, festivals and local foods.

Have games -I design one physical one verbal and offer prizes.

Partner staff or family with residents to play with volunteer assistance

Arrange for a photographer(usually a volunteer) during the event to capture those special moments.

Talk about icons, landmarks, customs favourite places, tell a personal story or connection as ask others to share their travel experiences in this country

Conclude with a DID YOU KNOW- TEN AMAZING FACTS OR TRIVIA

Before you cook start DVD on country and allow for conversations and reminiscing to continue. Then cook and serve food whilst DVD is playing.

To stimulate and exercise all senses in an event establishes or reconnects memory pathways providing longer periods of reminiscence after the event particularly on an individuals strongest sensory pathway either taste or vision

With the use of a tablet and interface with TV, you can do a virtual work via the internet to walk or stand next to a city or countries icon. For example, walk under the Eiffel Tower or Streets of London or Amsterdam. Post photos the next day on notice boards

EQUIPMENT

- travel posters, maps, table toppers and A5 size flags
- travel DVD both personal and lonely planet or tourism board.
- travel photos burnt on disc/DVD music cd of country or DVD
- food of country, small bowls/muffin cases, spoons
- props and clothing of country
- tablet/Computer/or memory stick

EVALUATION STRATEGIES

By keeping the facts simple and more visual I find participants feel like tourists

Use the senses music- hearing, visual-vision and taste as it adds and enforces memory.

These events provide opportunities for reminiscence and conversation well after the

event The displayed photos of the event are requested by residents and their families,

Attendance has risen with each day held.

Residents ask where they are going to next and are starting to source items to wear

when they attend.

Everyone can participate in this activity and reminiscence on these days is lasting longer

for those with dementia. The use of all senses leaves multi memory pathways and this

makes recall easier and varied.

FEEDBACK

The feedback from residents, staff, family and volunteers has been only positive

Including the following comments on feedback sheets and Residents Meetings

Fantastic event I had no idea that food from that country taste so delicious

I learnt a lot today about places I have always wanted to visit

Thank you for sharing my culture and going to the trouble of learning some language, you bought back many happy memories of home.

Thanks Dad loves the fact you can say good morning and greet him in Russian, his face just lights up, we were amazed that with his dementia he would speak in that language again, as well as request food.

I feel like I have actually travelled with you.

Thanks for taking my Mum travelling and giving back happy memories to share and talk about with us

Staff enjoy the music and get in the spirit with dressing and dancing as well as continue

discussions with residents providing conversations and shared memories during care.

PROFESSIONAL DEVELOPMENT ASPECTS

Integration of this program as a monthly event for our facility was I felt necessary to celebrate and recognize the cultural diversity of our facilities residents and staff and provide an opportunity to bring them together.

Delving into, and researching the heritage and geographical and cultural journey of residents as a new facility provided awareness and understanding and broke down many barriers and preconceived ideas people had. By having a well-known food to taste provided extra challenges to meet all dietary requirements working with the catering manager.

Researching and presents 10 facts or trivia proved to be the most astounding to the residents as they loved to tell their family and discuss this at that dining table

The guessing game on how many bolts are in the Eiffel Tower had the engineers and builders revisiting old skills they forget they knew to compete and calculate with.

I have learnt many facts and different languages basic greetings as well as recipes and received many family favourite recipes from different countries as well.

All of this event also aims at Personal Centred Care and finding out more about each other and what makes each of us who we are. Many residents have travelled and equally many have not, due to financial or geographical restraint, my challenge has been how to have everyone enjoy, participate, and engage without any restraint.