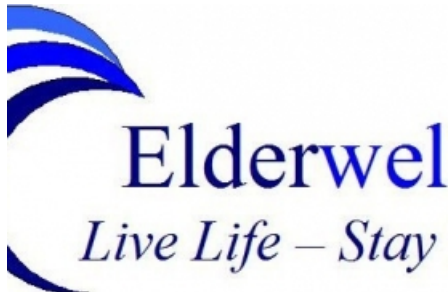


Therapeutic Recreation Training

Clontarf, Ireland
David Ahern



Project Stage:

Start-Up

Website:

<http://www.elderwell.ie>

 SHARE

- [Aging](#)
- [Health education](#)
- [Recreation](#)
- [Vulnerable populations](#)

Project Summary

Elevator Pitch

Concise Summary: Help us pitch this solution! Provide an explanation within 3-4 short sentences.

A training for people doing recreation with the elderly to develop their skills into a truly therapeutic practice by being Goal and Outcome orientated

About Project

Problem: What problem is this project trying to address?

Elderwells' ethos is about delivering therapeutic recreation predominantly to the elderly in residential care. If therapeutic recreation is facilitated correctly then it can impact on a persons; physical abilities and decrease their dependence, improve motivation and cognition, and increase social and emotional functioning. Each of these three aspects when improved lead to an increase in quality of life. We at Elderwell have developed a model for delivering therapeutic recreation in a way that is appropriate for people with a variety of disabilities; this model bases itself on improving physical, cognitive and social aspects of a person. We have designed the recreation activities to be age appropriate, to be doable enough not to cause frustration but difficult enough that there is a sense of achievement once completed. We have built a variety of activities into each recreation session. Over the years we have adapted and adjusted our activity resources to include hundreds of different activities. We have employed a clinical model to recreation to make it therapeutic. We do this by having activities that are goal orientated and that have measureable outcomes. By being able to assess how an activity went in relation to its goals we can adjust the next activity accordingly. My vision for the future is moving away from Elderwell doing the session and instead teaching people all over the country to do it themselves. I believe in the old saying "Give a man a fish feed him for a day. Teach a man to fish and he can feed himself." We hope to teach staff in all care facilities to "fish" their own recreation. We have developed a six module training course that teaches the skills and helps give the resources they need to run recreation sessions to the Elderwell template and to the Elderwell standard.

Solution: What is the proposed solution? Please be specific!

The problem facing all care facilities, both public and private is cost and funding. The provision of recreation as an important need for each individual within a care facility has been recognised by the standards authority and the care community in general. However when it comes to competing for funds with the daily running expenses of any care facility it really is the poorer cousin. By training the staff of care facilities to provide the recreation. Each care facility has an inbuilt team of Recreation Therapists giving greater access to recreation. This mitigates the problems of making recreation affordable. For example: A one and a half hour recreation session, facilitated by external recreation therapists costs approximately €140. The cost of having it in house can be as little as €50. Allowing almost three times recreation for the same cost. The training for the on site personal to become recreation facilitators follows a specific fool proof model and using this model ensures that the Elderwell standards are continually kept and improved. Facilitators using this model for facilitating recreation sessions can design their own sessions or use ones that others have created. The idea is that by pooling resources and ideas together never again will a facilitator be looking for something to with residents and that ideas become refined and improved upon by all. We are hoping to facilitate an open source resource for all those with Elderwell training.

Impact: How does it Work

Example: Walk us through a specific example(s) of how this solution makes a difference; include its primary activities.

The pilot took carers that were caring for elderly of different abilities. It taught them the principles of the program and how to implement the different aspects in a safe and appropriate way. Most importantly it taught them to take the results from their own experiences of running the program and improve the goals for the next time. By linking these carers we have begun to develop a network of Therapeutic Recreation Facilitators that can pass on advice and experiences and use us as a resource for the future

Sustainability

Marketplace: Who else is addressing the problem outlined here? How does the proposed project differ from these approaches?

In house recreation co-ordinators are already in place in some homes, however there is no official training for these roles. There is another training program but it is focused on dementia and hence not as appropriate

About You

About You

First Name

David

Last Name

Ahern

Email

dave@elderwell.ie

Implementer(s) and cooperation partners

Name

Elderwell

Type

Private company

Country where main implementer is located

, DB, Clontarf

How long has the main implementer been operating?

More than 5 years

Please provide a short description of the main implementer.

Elderwell is a family led organisation started in 2002 to provide high quality recreation within the care setting.

Our facilitators, with over 50 years combined experience in geriatric care, run over 20 group recreation sessions per week.

With our commitment to actively setting standards of quality recreation programs in residential care, we have extended our scope to include high quality training.

We are committed to ensuring each trainee becomes confident in the knowledge that they have can effectively facilitate recreation activities.

The information you provide here will be used to fill in any parts of your profile that have been left blank, such as interests, organization information, and website. No contact information will be made public. Please uncheck here if you do not want this to happen..

Cooperation partner

Name**Type**

Please select

Website

How does this cooperation partner support the initiative? What competencies and resources does this partner bring to the initiative?

Cooperation partner

Name**Type**

Please select

Website

How does this cooperation partner support the initiative? Which competencies and resources does this partner bring to the initiative?

Cooperation partner

Name**Type**

Please select

Website

How does this cooperation partner support the initiative? Which competencies and resources does this partner bring to the initiative?

Cooperation partner

Name
Type

Please select

Website

How does this cooperation partner support the initiative? Which competencies and resources does this partner bring to the initiative?

Problem and solution

Which of these fields of Active and Healthy Ageing are addressed by your initiative?

Health literacy and patient empowerment, Personalized health management, Assisted daily living, Social inclusion (intergenerational practice, work and volunteering).

If none of the above, answer here:

Please describe if and how your stakeholders (cooperation partners, funders, users, etc.) have been participating in defining the problem and developing the solution.

Has your solution been tested in trials, experimentations, or pilot projects? If yes, please describe the process and outcome.

The pilot took carers that were caring for elderly of different abilities. It taught them the principles of the program and how to implement the different aspects in a safe and appropriate way. Most importantly it taught them to take the results from their own experiences of running the program and improve the goals for the next time. By linking these carers we have begun to develop a network of Therapeutic Recreation Facilitators that can pass on advice and experiences and use us as a resource for the future

How long has your solution been in operation?

for less than a year

Please select the relationship between your solution and related solutions currently established in our society. Is your solution...

complementary (your solution is complementing existing solutions and compensating their weaknesses while not intending to substitute them)

What barriers might hinder the success of your initiative? How do you plan to overcome them?

The current accreditation is an Bord Altranais Category 1 this is the nursing board continuing professional development and may not be widely known outside of nursing circles and so limit the take up by other people interested in recreation.

There are only about 400 nursing homes spread around Ireland and take up from these homes may be slow as they wait for budgets and cut backs. Currently my mother and I are the only people we know who would be able to deliver the training to the standard that we would want. This would limit our ability to roll out training if there is a big demand for it.

Because of our small budget advertising the course effectively, getting the message to the right people and convincing them it's a good idea is difficult to do and may impact on the courses demand.

Taking payments and other administration aspects of a nationwide training business has not been undertaken by me before and would prove a hurdle.

Developing an aspect of the website that could be used as an open source for sharing ideas or developing the news letter idea are still to be worked out.

Organization and funding

Regularly paid employees

7

Volunteers

Trainees

External advisers and experts

2

Others (please specify)

What are the specific professional backgrounds and competencies your team brings to the initiative?

David Ahern, Principle Trainer and Director

B.A. Natural Science T.C.D

B.A. Physiology T.C.D

MSc Physiotherapy Q.M.U Edinburgh

Trained Trainer Fetac Level 6

Mary Ahern, Facilitator and Director

Registered General Nurse

Tutor with FÁS for Care of the Elderly

Facilitator with the Cork Social and Health Education Project

O.U. Certificates in "Care of the Elderly"

Please describe your management or coordination structure in the initiative.

I am the chief person driving all aspects of this venture with Mary willing to do the training if required.

Please provide the total yearly budget in Euro that your initiative spends on implementing the solution.

National public funding

%0

European Union public funding

%0

Economic return from own products/services

%0

Foundations and philanthropy capital

%0

Single donations from private individuals

%0

Donations from private companies

%0

Crowdfunding platforms

%0

Participation fees

%100

Other (please specify)

%0

Target group, scale and impact

Which target group(s) do you want to reach with your solution?

Anybody working with the Elderly in Care facilities or at home who do any form of recreation,

- Recreation teams
- Carers
- Activities Co-Ordinators
- Day care workers
- Nurses working in Care of the elderly

Please estimate the number of persons within your target group (users, clients, etc.) that you currently reach directly with your solution. In which local/regional/national area(s) is the solution currently implemented?

Cork and Dublin

What is the impact on your target group (users, clients) you want to generate?

If Elderwell Therapeutic Recreation Training is Successful then at least 2 people in each of the 400plus care homes will be trained and every person in care could benefit. If all carers do the training then a network of Therapeutic Recreation Facilitators could impact on every older person receiving care

What is the wider impact on society you want to generate?

If Elderwell Therapeutic Recreation Training is Successful then at least 2 people in each of the 400plus care homes will be trained and every person in care could benefit. If all carers do the training then a network of Therapeutic Recreation Facilitators could impact on every older person receiving care

What are the impacts on your target group you already achieved?

How has the impact of your initiative been assessed?

Experience-based self-assessment (you assessed the impacts based on your experiences with the target group), Feedback-based self-assessment (you assessed the impacts based on feedback from the target group without using specific methods), Self-evaluation (you used qualitative and/or quantitative methods to assess impacts).

Public information and strategy

What information on your initiative is publicly available?

Mission and strategy, Working method and 'theory of change'.

Please indicate webpage or contact for obtaining the respective information.

What are your milestones for further developing, implementing, and establishing your initiative in the next three years? Please describe 1-3 milestones.

Facilitating the Elderwell programme in its current form of us facilitating the sessions has almost grown to its capacity. Logistics of travel and appropriate times for sessions make it infeasible The next logical step is the training program, our hope is to go nation wide with the Elderwell Therapeutic Recreation Training program and train people in every care facility public and private throughout Ireland.

Following on from this I envisage special training for things like reminiscence, dementia, individual recreation and once every two years a refresher of the initial course.