Benefits of Therapeutic Recreation for Older Adults in Long-Term Care: *Interventions to manage difficult behaviours and promote social engagement for older adults in long-term care with dementia.*

**AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS**

When: Monday, October 18th to Sunday, November 14th, 2021 (4 weeks) ONLINE weekly at your discretion
Cost:    $240 (Students $120) *Registration Deadline: Monday, October 11, 2021*  
This workshop will be offered only if there is sufficient enrolment.

**Course Objectives:**
- Explore the changing dynamics of long-term care (LTC) and how therapeutic recreation (TR) has developed interventions to meet the needs of older adults with dementia who reside in LTC.
- Examine select research on the potential medicinal benefits of TR interventions for older adults living in LTC with dementia.
- Build a personal repertoire of interventions.

**Week 1 – What is therapeutic recreation and why is it important?**  
- Understand the goals and role of TR in the health and quality of life for older adults living in LTC.
- Explore the need for TR interventions and understand the outcomes for older adults living in LTC unable to initiate TR for themselves.

**Week 2 – The changing dynamics of LTC**  
- Discuss how TR has adapted to meet the needs of a changing LTC population, including the increased prevalence of dementia and challenging behaviors.
- Explore how health care professionals can adapt to the TR needs of older adults through a person-centred approach using examples of evidenced-based interventions.
- Discuss older adult’s rights and ethical considerations regarding the delivery of TR interventions in LTC.

**Week 3 – Understanding dementia behaviors and the contribution of TR interventions in their reduction**  
- Examine the main theories used to understand underlying causes of challenging dementia behaviours.
- Discuss the contribution of TR in reducing challenging behaviours.
- Explore interventions aimed towards older adults with dementia through peer reviewed research and case studies.
  - Discuss the benefits of exercise and music therapy for older adults living in LTC.
  - Discuss the benefits of technology in the delivery of TR interventions.

**Week 4 – Assessing your approach to TR amid changing cultural contexts and heightened infection control**  
- Discuss how outbreaks (ex. COVID-19) impact the delivery of TR and explore alternative interventions.
- Explore the need for culturally relevant interventions that consider ethnicity, background and sexual orientations and how healthcare professionals can better adapt to meeting the growing need for TR interventions in a diverse cultural climate.

**Instructor: Heather McDougall, M.Sc, B.Kin**  
Heather has a Master of Science in Aging and Health from Queen’s University. Heather is currently working as a Research Coordinator at Dalhousie University, exploring nursing care for people with dementia. She has seven years of professional experience working in long-term care in recreation and volunteer coordination. Research interests include dementia, quality of life in long-term care, the influence of TR on dementia behaviours, long-term care models and inter-generational programming.

Registration and payment available online at [www.aging.utoronto.ca](http://www.aging.utoronto.ca)