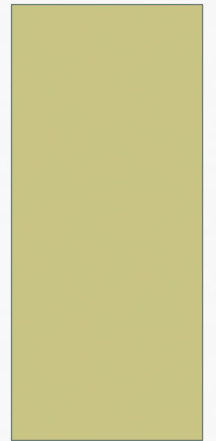


NEIGHBOURHOOD TIME

EMBRACING LEISURE WITH A NEW APPROACH

A WORLD OF POSSIBILITIES!



RECREATION TODAY

- Programming is based on meeting all the domains
- Outcome oriented to maintain or improve functioning
- Programs have a detailed description with goals and objectives
- Each program has a start & finish time
- A schedule of some kind is created to identify what programs are happening and when

RECREATION TODAY

- Who do we tend to program for?



Who do we NOT feel we are programming as well for?

RECREATION THERAPISTS ROLE

As recreation therapists we...

- Schedule **when** programs happen and **where**
- Plan **what** program happens
- Identify **goals** and write **care plans** to meet each resident's identified needs
- Are responsive to our resident's needs and preferences as much as possible
- Create a calendar to capture it all!



YOUR LEISURE

If you could be doing anything you wanted to do right now...what would that be?



MY LEISURE IS UNIQUE TO ME!

Leisure is shaped by each individual's:

- Experiences
- Interests
- Skills and gifts
- Personality
- Preferences
- Culture



Neighbourhood time promotes Home, and what you or I would do in a “normal” day at home.

It is about spending meaningful time together, sharing experiences and stories while living side by side.

It feels less institutional and prescriptive and more natural.

NEIGHBOURHOOD TIME: WHO?

Neighbourhood time is facilitated by Care partners:

- Their role is to support residents as they pursue their leisure choices
- These care partners can be team members, volunteers, family members and residents!
- The strength of Neighbourhood time lies in the care partners willingness to explore and support each resident's leisure journey!

NEIGHBOURHOOD TIME: WHEN?

- Neighbourhood time can happen any time during the day or evening!
- It is most successful when enough time has been made available to allow for a variety of opportunities to happen.
- There should **not** be a stopwatch in Neighbourhood time...time should be more fluid and flexible.



NEIGHBOURHOOD TIME: WHERE?

- Neighbourhood time can happen in any of the living spaces available!!
- For individuals who prefer their leisure time to be private, it can happen in their rooms
- For people who share interests it can happen in a lounge, or activity space.
- Bring a small activity table or TV tray to work on something right where someone is if they don't want to move!



NEIGHBOURHOOD TIME: WHY?

- Individuals feel empowered to choose what they want to do and when they want to do it!
- It feels familiar...doing things they did at home and that are meaningful to them
- It provides opportunities to try new things
- Smaller groups and pairings tend to happen more naturally and are less intimidating



NEIGHBOURHOOD TIME: WHY?

WHY DOES NEIGHBOURHOOD TIME NOT JUST HAPPEN ON ITS OWN?

- Many residents living with dementia experience “Apathy” which means they are less likely to initiate leisure activities on their own.
- We have created a culture of LEARNED HELPLESSNESS and our residents are waiting for us to tell them what we are going to do next!
- Lack of access to supplies
- Because our typical programs do not meet the needs of our most “at risk” residents!



NEIGHBOURHOOD TIME: WHAT?

How is it structured? It isn't!!

- Care partners come with TIME and RESOURCES

Assess your space...

- Where are your residents? What are they doing?
- Are there any other care partners there who could help?

Share some possibilities...

- What would they like to do? Ask them!
- Show some resources...you should have resources that reflect what you know about your residents & their story!



NEIGHBOURHOOD TIME:



Neighbourhood time is based on:

- Knowing their STORY!
- Knowing what is MEANINGFUL to them!
- Knowing what is good TIMING for them!
- ...and then making it HAPPEN!

NEIGHBOURHOOD TIME:



- Utilize small groups right where people are
- Gather a small group who shares an interest in one location
- Take care of the “LUCY LOUNGE LIZARDS” first!!
- Your visits do not have to meet a “time” requirement in order to count...they just have to be meaningful!!

NEIGHBOURHOOD TIME:



- Visit in people's rooms
- Don't overlook the obvious...sometimes we miss the simple pleasures that people enjoy!!
- Some Residents just need you to get them set-up and then they are fine on their own, or perhaps they can help each other!
- It looks different every time! There are endless possibilities!

NEIGHBOURHOOD TIME
GALLERY OF RESOURCES

NEIGHBOURHOOD TIME RESOURCES



- iPad/iPods
- Movies/CD's
- Lotion/Nail Care
- Photo Books
- Jigsaw puzzles
- Word Searches and Crosswords
- Magazine/Newspaper
- Games/cards
- Keurig, Baby Cakes
- Craft & Art Supplies
- Putting Green

PRACTICING NEIGHBOURHOOD TIME

Table Activity:

Each table has been supplied with 2 case studies to review collaboratively.



After reading about your “Resident”, please have a 5 minute table discussion about what neighbourhood time could look like for this individual.

Take some time to review the gallery of resources to identify some possible options you may wish to have available to support that resident in their leisure time.

PRACTICING NEIGHBOURHOOD TIME

Group Reflection Time:

- Who is willing to share?
- What other resources might have been helpful?
- What other information might you have wanted?
- Who could support the resident in this way?



GETTING STARTED...STEP BY STEP!

Have a discussion where you share the vision!

- With your residents
- With your team
- With your volunteers
- With your family members



Ask for input and ideas!!

- when would be the best time for this?
- Who is interested in supporting it?

Education...plan a training session!!

GETTING STARTED...STEP BY STEP

Gather Resources...

- What do you have?
- What will you need?
- What do you know about your residents?
- What do you need to find out?
- Ask for donations!
Get people involved!



TRIAL AND ERROR

Give it a try!!

- There are no “right” and “wrongs”
- Start small...set reasonable expectations!
- Try different things
- Ask the residents for their feedback
- Take time to de-brief about your successes and challenges
- Be flexible!!



NEIGHBOURHOOD TIME & CULTURE CHANGE



- It is Resident-Centred
- It offers our Residents choice and control
- It encourages Resident decision making
- It promotes spontaneity and flexibility
- Meaningful and shared activities can happen between residents and care partners
- Authentic relationships are formed
- Residents can take on leadership roles as they support one another!

QUESTIONS??