



Demystifying Diversional and Recreational Therapy

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新潟青陵学会

Niigata Seiryō Academic Society

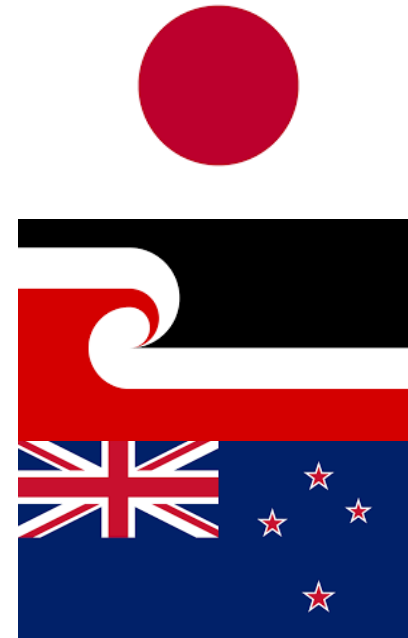
Opening Karakia

Mā te rongo, ka mōhio
Mā te mōhio, ka mārama
Mā te mārama, ka mātau
Mā te mātau, ka ora
Haumi e, hui e, taiki e!

聞くことで知識が生まれる
Kiku koto de chishiki ga umareru
知識から理解が生まれる
Chishiki kara rikai ga umareru
理解から知恵が生まれる
Rikai kara chie ga umareru
知恵から幸福が生まれる
Chie kara kōfuku ga umareru

*From listening comes knowledge
From knowledge comes understanding
From understanding comes wisdom
From wisdom comes well-being*

I'd like to begin by acknowledging the Traditional Owners of the land on which we meet today in Tāmaki Makaurau (Auckland) Aotearoa (New Zealand), and in Niigata Japan. I would also like to pay my respects to Elders past and present, as well as to emerging leaders in both our countries.





- ∞ Ko Ingarangi
Olmecas/Zapotecas te
whakapaparanga mai
- ∞ Engari Ko
Coatzacoalcos,
Veracruz the whenua
tupu
- ∞ Ko San Martin te
maunga
- ∞ Ko Coatzacoalcos te
awa
- ∞ Ko Gulf of México
(Atlantic) te moana
- ∞ Nō México ahau
- ∞ Ko Aotearoa te México
te kāinga
- ∞ Kei Tāmaki Makaurau
au e noho ana
- ∞ Ko Amado tōku papa
- ∞ Ko Esther tōku mama
- ∞ Ko Luis tōku tane
- ∞ Ko Orquidea tōku ingoa



**Tēnā koutou katoa
Shitalsha nuutu'**

**Nō reira, tēnā koutou, tēnā koutou,
tēnā koutou katoa
Xtyozēn yuad**

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Historical context of Diversional and Recreational Therapy in Aotearoa New Zealand



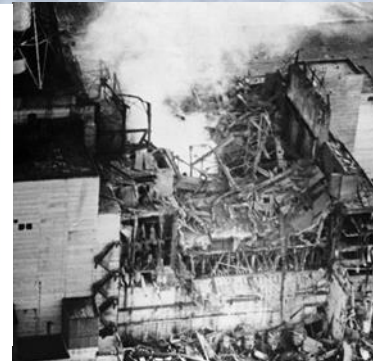
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1980s



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Cont'd



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The Tea Ladies – The Glue That Kept Offices Together

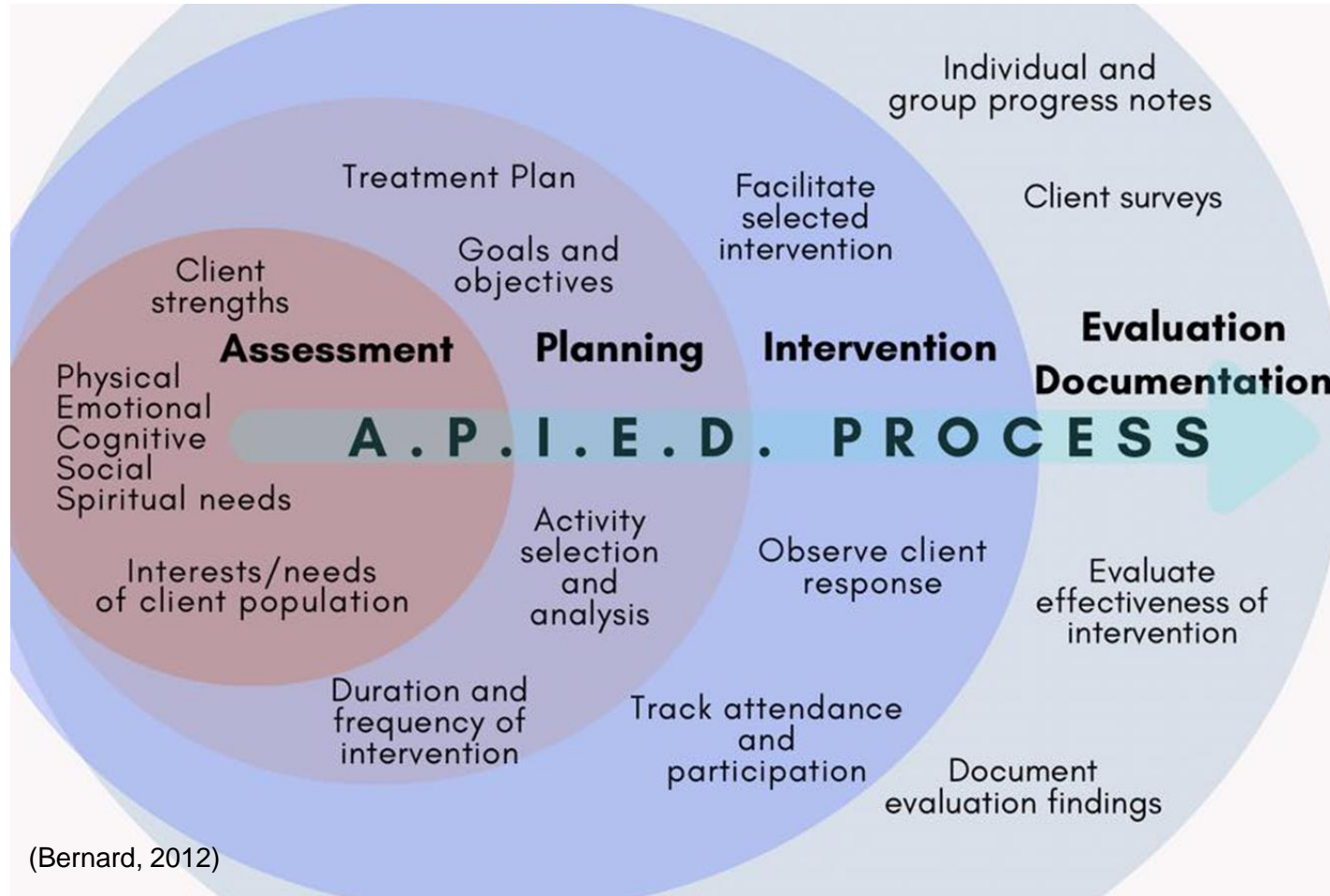
Millie Cottam, parliamentary tea lady, poses with her trolley on the Beehive's eighth floor in 1982. In that year Prime Minister Robert Muldoon announced that Cottam's position had been abolished as a cost-saving measure. She was shocked at being given notice after four years in the job.

友人とお茶を飲む - Yūjin to ocha o nomu



Sharing a cup of tea has a spiritual meaning of savouring the moment, realizing its transiency, enjoying the inner peace and bonding with a guest.

Diversional and Recreational Therapy (DRT): An Allied Health Profession



(Bernard, 2012)

DRT is also known as Therapeutic Recreation (TR). It is a person-centered healthcare profession that uses evidence-informed leisure and recreation interventions to improve, optimize, and maximize health, physical function, social, cultural, spiritual, and emotional well-being and overall quality of life.

Cont'd



ALLIED HEALTH
Aotearoa New Zealand

Collaboration, Cohesion, Coordination



Hidden in plain sight



NZIER
NEW ZEALAND INSTITUTE OF
ECONOMIC RESEARCH

Optimising the allied health professions for better, more sustainable integrated care

NZIER report to Allied Health Aotearoa New Zealand (AHANZ)



MINISTRY OF
HEALTH

MANATŪ HAUORA

Allied health - Hauora haumi

Allied health professionals are qualified health practitioners who prevent, diagnose and treat a range of conditions.



Diversional and Recreational Therapist (DRTh): The Professional



Health care professional that engages people in recreational activities for health and wellbeing.

A DRTh assess, plan, implement, evaluate, and document recreation-based treatment programs to help maintain or improve individuals' well-being based on the person needs, strengths, preferences, abilities, goals or objectives.



A DRTh is a qualified and registered person; it is NOT an 'activities' person who organizes activities only for distraction



Step 1) Become Qualified

Different pathways:

- Bachelor's Degree in Health or other + NZQA approved DRT Qualification
- International Recognize DRT Degree or Certification
- NZ Qualification in DRT

Step 2) Become Registered

- Member of NZSDRT Inc. for a minimum of 12 months or MOU organisation e.g., DTAJ
- Meet requirements e.g., qualification, fee, working hours, membership status
- Undergo a National Assessment and interview with the National Registration Board

Step 3) APC and Renewal

- Once the Registration has been approved by the National Registration Board, an Annual Practicing Certificate is provided
- Known as a Therapeutic Recreation Specialist, and able to use the term Registered DRTh
- Renew APC every 12 months

Approaches to Therapeutic Recreation

- Recreation services (e.g., social prescription)
- Therapeutic approach (e.g., coping skills)
- Umbrella or combined approach (e.g., Dementia)
- Leisure ability approach (e.g., addiction)



Domains of Leisure



Eight domains of leisure:

- Leisure
- Leisure awareness
- Leisure attitudes
- Leisure skills
- Community integration skills
- Community participation
- Cultural and social behaviors
- Interpersonal skills

Activity, Activity of Daily Living, Meaningful Activity or Therapeutic Recreation Intervention



Activity: Is something you do, or just the state of doing e.g. waking up

Activity of daily living (ADL): Comprises the basic actions that involve caring for oneself and body e.g. shower

Meaningful Activity (Recreational Activity): It is any activity that is tailored to the needs and preferences of each person – this is an individual process e.g. listening to music while showering

Therapeutic Recreation Intervention (Evidence Based): It is an act initiated by a TRS in conjunction with the person, loved ones and/or MDT team. Uses the APIED process, and aims to educate, create self-awareness, encourage positive change, and achieve specific goals / objectives e.g. music therapy

Life Story & Care Plans



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Goal Directed Care Planning Template

Name: _____ Date Care Plan Developed: _____
People Involved: _____ Date for Review: _____

WHAT DO YOU WANT TO ACHIEVE BY WORKING TOGETHER?						
CURRENT SITUATION	GOAL	ACTIONS	PERSON RESPONSIBLE	TIMEFRAME	COMPLETED	OUTCOMES

Care plan provided to:		Client	Yes / No
Family / Carer	Yes / No	Name/s:	Client Consent: Yes / No
Other Staff:	Yes / No	Name/s:	Client Consent: Yes / No
Other Services:	Yes / No	Name/s:	Client Consent: Yes / No
Client Acknowledgement:		I understand and agree to this care plan Client: _____ and/or Carer: _____	

Through stories, we share passions, fears, sadness, hardships and joys and we find common ground with other people so that we can connect and communicate with them. Stories are universal, conveying meaning and purpose that help us understand ourselves better and find commonality with others.

What recreational activities do you enjoy doing alone?

一人で楽しんでいるレクリエーション活動は何ですか?Hitori de tanoshinde iru rekuriēshon katsudō wa nanidesu ka?

What recreational activities do you enjoy doing with other people?

**他の人と一緒に楽しんでいるレクリエーション活動は何ですか?
Hokanohito to issho ni tanoshinde iru rekuriēshon katsudō wa nanidesu ka?**

What are new recreational activities that would you like to try?

**試してみたい新しいレクリエーション活動は何ですか?
Tameshite mitai atarashī rekuriēshon katsudō wa nanidesu ka?**

What are recreational activities that you would like to do again?

**もう一度やりたいレクリエーション活動は何ですか?
Mōichido yaritai rekuriēshon katsudō wa nanidesu ka?**



Time flies when you
are having fun.

Albert Einstein

QuoteFancy, 2024

Literature

Individuals who engaged in more frequent enjoyable leisure activities had better psychological and physical functioning... greater life satisfaction... life engagement... lower depression... lower blood pressure... and better perceived physical function. Pressman et al. (2009)

Emerging evidence shows different leisure activities support physical and mental health in different ways and through different mechanisms. This research provides evidence of how various leisure activities might help support different health conditions and provides more detail on the 'dosage' of engagement needed. Elsdon et al. (2022)

People accessing games, gardening, participating in clubs — involve creativity, sensory engagement, self-expression, relaxation, and cognitive stimulation, are linked to good mental health and well-being. Taking part in groups keeps a person socially connected, helps reduce loneliness and isolation. Godman & Komaroff (2024)

Recreation is a Human Right. UDHR (1948)

The connection between DRT, feel-good hormones and neurotransmitters



ENDORPHINS

Natural Pain Relief



OXYTOCIN

Calm and Emotional Bonding



SEROTONIN

Mind, Mood,
Food and Sleep



DOPAMINE

Reward, Pleasure,
Achievement

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Tool: Hacking Happiness Chemicals through meaningful leisure and purposeful engagement

Dopamine

- Complete a task
- Cook and eat my fav food
- To do List

Oxytocin

- Hold hands and hug my husband
- Give a compliment
- Play with the neighbour's dog

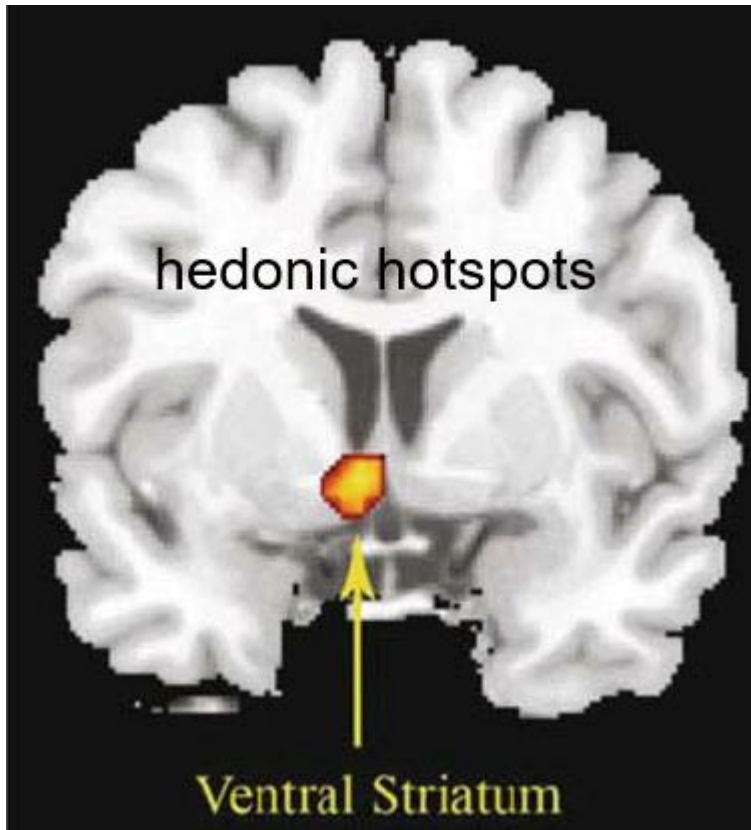
Serotonin

- Practice gratitude
- Riding my bike
- Be with Nature

Endorphins

- Watch Cat memes
- Dance
- Ask my husband to tell me a joke

Anhedonia & Apathy: Impact on enjoyment



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Anhedonia is the lack of enjoyment or pleasure, while apathy is a lack of energy or motivation to do things.

University of Sydney research has uncovered profound anhedonia as a key feature in early-onset dementia, with grey-matter deterioration in the so-called pleasure system of the brain.

Case Scenario 1 - Tumua

Tumua was a very active, and socially independent Samoan women. She used to love playing housie and different games with other aunties and uncles when she was younger.

She had a stroke which severely impacted her mobility and quality of life over time, and during the COVID lockdown her family was struggling to find ways to motivate her, to make her feel connected, loved and not forgotten.

Tumua was able to express her needs, she was able to move her hand, and only need support with her vision. The family created a bingo set out of cardboard, found old counters, and the grandchild drew up large numbers so she could see clearly.

She continue to be engaged in ping pong, target games, card games, bible games and memory games. These simple, low cost, yet meaningful **recreational activities** improved meaningful connection, enhanced Tumua's cognitive function, and together learnt new things which enriched their overall wellbeing.



Case Scenario 2 - John

John is 17, he was placed into rehab facility for 6 months due to his heavy abuse of alcohol. He relapsed 3 times as being sober was something he was not able to manage alone.

His family was extremely distressed, and this was taking a heavy toll on their mental and emotional well-being. Therapeutic recreation interventions played a key role to aid in the development of new skills for John so that healthy changes were implemented successfully into a recovery-oriented lifestyle.

Step one was addressing John's perceptions of recreation (core values and beliefs regarding recreation), was leisure valued by the family?.

John made a searching and fearless inventory of his interests, strengths and weaknesses in leisure. Made a list of all the people he didn't spend leisure time with and became willing to spend more time with them. Made direct plans with such people to participate in **sober recreational activities**.

This was not only an MDT approach; this required a compassionate approach in partnership with whānau, friends and community. They used adventure therapy, music and drama. John has been clean for 5 years.



Case Scenario 3 - Lisa

Lisa is 20, she has cerebral palsy. She was feeling isolated because of the condition, avoiding events or outings because of physical limitations. This was leading her to experience social isolation, anxiety, and depression which was overlooked because CP is primarily a physical condition.

She already had goals of improving mobility, decreasing pain, and prolonging energy. In partnership with her family goals around adaptative sports, community engagement, emotional support were added:

- Stress management strategies
- Socialization and one-on-one conversation role play
- Small group interactions
- Community integration

A **Recreational Activity** (Going to the Movies) is something she can now achieve alone. She also has a job!



Case Scenario 4 – Alexa

Lisa is 85, she is living with dementia. She is a former train operator for the NY Transit Subway. She was responsible for preparing trains for road service, move passengers over assigned routes, make announcements on trains, and operate trains between yards and terminals. The subway operates 24 hours a day, 7 days a week, 365 days a year. Her roster was between 12:00AM – 8:00AM for 30 years.

She sleeps during the day, will not go to sleep at night, and wants to go to work at 10:00PM. She was becoming very agitated at times. TR Goals and strategies included:

- Doing the Farrington Leisure Interest Inventory (life story, identify strengths, abilities, skills, preferences, needs)
- Setting up a routine
- Taking part on recreational activities like trips that involved going on subway rides
- Making a collage of the different types of subways and subway related activities
- Inviting a Subway Operator (uniform)



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Global business of belonging through Therapeutic Recreation



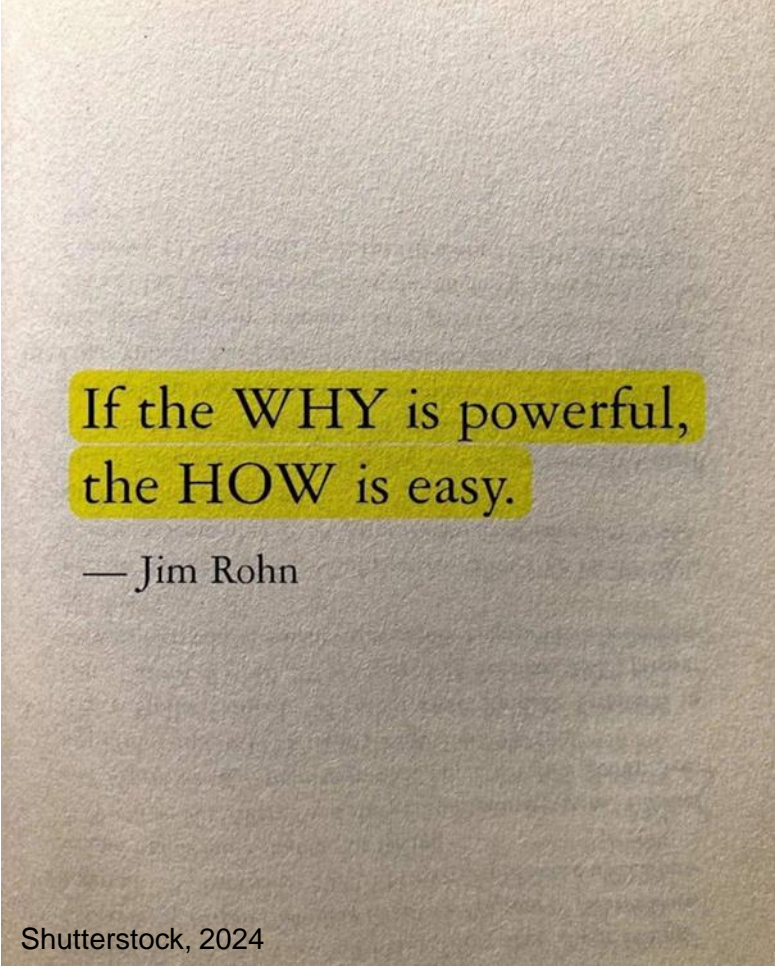
1) Recreation is a Human Right (UDHR, 1948)

2) *Recreation leads to Fun...Fun is Link to Positive Psychology...When we have fun, we easily release Happy Hormones...Happy Hormones enhance health and wellbeing*

- ✓ *Life of enjoyment* = Pleasure and Positive Emotions
- ✓ *Life of engagement* = Finding leisure that challenge us and bring us into a state of flow
- ✓ *Life of meaning (Ikigai)* = Finding a purpose or calling and contribute to something greater than ourselves



Conclusions



If the WHY is powerful,
the HOW is easy.

— Jim Rohn

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This form of therapy needs to be integrated into treatment programs to ensure that individuals receive comprehensive care and support that addresses all aspects of their well-being.

Recreation is living, recreation a human right, and to uphold this for our people, we must know their life story!

Closing Karakia

Kua mutu a mātou mahi

Mō tēnei wā

Manaakitia mai mātou katoa

O mātou hoa

O mātou whānau

Āio ki te aorangi.

Our work has finished

For the moment

Bless us all

Our colleagues

Our families

Peace to the universe

私たちの仕事は終わった

Watashitachi no shigoto wa owatta

今のところ

Imanotokoro

私たち全員を祝福してください

Watashitachi zen'in o shukufuku shite kudasai

私たちの同僚

Watashitachi no dōryō

私たちの家族

Watashitachi no Kazoku

宇宙に平和を

Uchū ni heiwa o

Ngā mihi nui - Thank You



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