

MXCC

Therapeutic Recreation Course RLS *221

Syllabus

Therapeutic Recreation

RLS 221

Snow Hall Room 50 8:30am - 11:30am

Course Description

This course emphasizes Therapeutic Recreation to meet the varied needs and ability levels of clients through learning and practicing skills in the area of assessment, planning , intervention and evaluation of Recreation Therapy .

General Course Objectives:

1. To understand general recreation program planning, Therapeutic Recreation program planning and acquire competency in these areas.
2. To understand agency chain of command and the meaning of agency organizational charts.
3. To understand the factors in the program planning process.
4. To develop competency in assessing participants
5. To develop understanding and skill in principles of writing goals and objectives
6. To understand the philosophy and techniques necessary for program design.
7. To develop competency in implementing Recreation Therapy programs
8. To understand approaches and techniques of program evaluation
9. To understand and implement evidence based practices and Long Term Care regulations

Text book

Elliot, Judith A and Elliot, Jerold E. (1999) Recreation for Older Adults. Pennsylvania: Venture Publishing, Inc.

Blackboard:

This class will make use of Blackboard (an online management system). You will need to log into myCommNet at <http://my.comnet.edu>. You will need your NetID and password

Course grading

Grades will be based upon the following:

Homework Assignments (as outlined in Syllabus) 10 %

Project 1 10 %

Develop a mission statement for the TR services for the department of the population you have chosen for your project. Include your agency's description and Agency's Mission statement. The TR model you will utilize A copy of the assessment you will use and justification for its use. Overall program goals. Description of you Population you serve (age range, reason clients are in treatment, length of stay in the facility etc.) This is due. It will be typed.12 pt font double spaced 1inch margins

Project 2 15 % Write two program descriptions one for a group and one individual intervention for your population based upon their treatment needs. (Typed.12 pt font double spaced 1inch margins at least one page per program description) This will include type of modality, size, purpose, goal and objective contraindications supervision level etc. Develop a list of individual and group interventions you wish to utilize as part of your TR/activities programming for your client population. Indicate what components you are targeting (activity analysis). Designate the % of time you will have for groups, individual interventions, % TR, recreation/activity and documentation in your TR program.

Provide reasons why (justification why you chosen these groups or individual interventions. Typed.12 pt font double spaced 1inch margins (at least 3 pages)

Project 3 35%

You will design your facility and present it to the class. In the project you will identify how many beds, type of facility, what your facility looks like, which populations you will service include an organizational chart mission statement, Description of the RT/TR department/services i.e. number of Recreation Therapists/ Therapeutic Recreational personnel it has, space to be used, list of activities offered for example and present at least one evidenced based treatment intervention for the specific population you have chosen. Provide research findings, demonstrate for the class bring in visual and items for intervention, have a program description for the intervention, (at least 5 pages. Typed.12 pt font double spaced 1inch margins

Therapeutic Recreation training module 20 %

Develop a therapeutic recreation training module that can be used with staff, volunteers and family members about the benefits of therapeutic recreation services you provide too your client population.

Demonstrating an individual and group activity intervention 10%

Each student will demonstrate and engage students in a group activity intervention. There will be a sign up list. The student will be graded on facilitation skills. The student will need to explain the purpose of he activity the benefits and target population and behaviors being addressed. (sign up for date)

Grading Scale

A 93-100	B 83-86	C 73-76	D- 60-64
A- 90-92	B- 80-82	C- 70-72	F below 60
B+ 87-89	C+ 77-79	D 65-69	

Course Outline

*Prior to coming to your first class 10/20/18:

Homework Assignments: read in your text Chapter 1 "Look at the Client First" page 2 and 3.

Write a description of a client you plan to provide Therapeutic Recreation Services (it can be related to your population of interest. Typed.12 pt font double spaced 1inch margins about a page.

Class 10/20 -Welcome & Overview of the course

1. Ice breaker group activity
2. In class you will partner up and swap descriptions and identify what areas would need to be assessed in your clients of interest for your final project.
3. "It's all about the assessment "presentation and discussion

Homework: Pick a leisure assessment for you to use (If you are not working in, volunteering or interning in the area you can utilize the library or internet or samples on Black board. If you can't find one specific to Therapeutic Recreation, please have it in area related to your client of interest identify the strengths and weakness of the assessment.) Practice a leisure assessment at least twice (you can pick from assessment on Blackboard) with each other, friends, family, ask them to rate you on the experience).

Watch YOU tube introduction to MDS and Section O. Be ready to discuss

Read presentation on Blackboard about LTC . Be ready to discuss

Read from Text page 3" Goal Planning and development, Playing the Numbers Game and Program Goals.

Read and review the TR models presentation on Blackboard. Write an explanation of which model you think works best for your plan to provide services and as your guide to providing services. You can choose more than one model if you wish. Your explanation will be typed.12 pt font double spaced 1inch margins and a minimum of one page.

Class 10/27 **P is for planning (who what where and why, how much)** Sign up for presentation of group and individual activity interventions. (facilitating skills) each class of 11/3,11/10,11.17

Homework Assignment: Look up the definitions of person centered/ Individualized program planning. Identify the components of this and be prepared to discuss next week

Assignment: Project 1: Develop a mission statement for the TR services for the department of the population you have chosen for your project. Include your agency's description and Agency's Mission statement. The TR model you will utilize A copy of the assessment you will use and justification for its use. Overall program goals. Description of you Population you serve (age range, reason clients are in treatment, length of stay in the facility etc). This Project will be at least 3 pages and due 11/3. The assignments will be Typed.12 pt font double spaced 1inch margins.

11/3 Person Centered Treatment – Intervention. Documentation- “If isn’t written it didn’t happen.”

Present project I in class

Group and Individual activities for students who signed up for today

Discuss Person Centered / Individualize Treatment

Homework assignment:

Read Page 5-9 in text.

Work on Project 2 due to be presented 11/10

11/10- “Evaluation is everything”

Presentation of Project 2.

Discuss Evaluation techniques and why they are important.

Homework Assignment: write 3 samples /examples of program evaluation techniques that can be used for the TR program you have for your client population (Typed.12 pt font double spaced 1inch margins)

11/17 Evidence based programming: Sensory programming/Integrative medicine

Presentation on sensory programming /integrative medicine

Homework Assignment: Read in txt page 8 and 9 Develop a therapeutic recreation training module that can be used with staff, volunteers and family members about the benefits of therapeutic recreation services you provide to your client population which is due 12/1

12/1 **Management styles, principles and philosophies** , Managing resources Staff Competencies, role of volunteers, staff development needs.

Present training modules

12/8 **Presentations of Project 3**