

Stroke Educational Series- Recreation Therapy

Prevention of secondary stroke and the building blocks
of successful recovery

Recreation Therapy

What's your Quality of Life look like??

Recreation Therapy assists with bridging the gap to successful independence with leisure activities a patient has interest in and successful transition to the community setting.



Quality of Life

Quality of life – a complex, intertwined personal view of community and involvement in an individual’s recreation and leisure.



Secondary Injury Prevention: Why do we educate patients and family?

- Increase safety Awareness
- Safe re-integration to the community
- Educate prevention of Secondary Injury



Safety Awareness

Following a Stroke- possible impairments

Decreased insight

Safety awareness

Cognition

Visual difficulty

Left/Right sided weakness



Safety

- Becomes a huge factor in prevention of secondary injury
 - Falls
 - Second stroke
- Safety is the main priority after discharge from inpatient therapy

Safety Awareness

Leisure Education

- Identifying current leisure interests
 - Safe vs. Unsafe leisure activities (**continued on next slide**)
 - Ways of modifying interests to have a successful experience
 - Adaptation with adaptive equipment possibilities

- Insight
 - Determining insight at current state of rehab
 - Ability to problem solve and reason through difficult situations



Leisure & Safety (cont'd)

What's Unsafe?

- Competitive sports (contact sports, football, baseball, softball, hockey, basketball, lacrosse, rugby)
- Rollercoasters
- Driving (vehicles, bicycles, motorcycles, 4-wheelers)
- Smoking (cigarettes, other recreational drugs)
- Alcohol consumption
- Hunting (use of firearms, shooting, cleaning)
- Horseback Riding
- Use of power tools/equipment (hand held tools that require both hands to use, lawn mowers-riding/push)
- Cooking (by yourself)



Leisure & Safety (cont'd)

Importance of approval

- Always ask your Primary Care Physician
 - Driving
 - Traveling
 - Return to work



Re-Integrating into the Community

Are you READY??

- Transition to community setting is key for continued safety and prevention of injury post d/c
 - Progression through rehab
 - Will be determined with team on appropriateness for community outing
 - w/c management or propulsion
 - Ambulation
- Cognitive skills
 - Impulsivity
 - Insight/safety awareness
 - Being oriented
 - Ability to follow directions



Re-Integrating into the Community (cont'd)

Participation in Ind. outing

- To determine individual safety in community
 - Identification of areas of improvement
 - Problems that occurred during outing
 - Overstimulation factor
 - Communication

Participation in family training outing

- To determine overall success with your family
 - Socialization/communication with peers
 - Addressing areas recognized in individual outing
 - Overstimulation factor
 - Bringing together the 'whole' picture

Educate Prevention of Secondary Injury (cont'd)

Push/Ambulate Outing

- Overall management in community to 'push' or 'ambulate' to a destination
- Demonstration with family for:
 - w/c management
 - Completion of curb management
 - Accessibility knowledge
 - Bathroom etiquette/training

Vehicle Outing

- Practice of putting the 'whole' picture together
 - Preparing prior to outing
 - Transfer practice
 - Utilization of equipment
 - Demonstration of equipment breakdown
 - Communication of how loved one rode in vehicle
 - Problem solving with CTRS



Fatigue/Overstimulation

Definition

- protective mechanism in the body that alerts us to take a break or to decrease your dynamic activity
- A sudden onset of tiredness



Signs

- decreased physical performance in tasks
- Inability to express self, recall previous completed events, or difficulty focusing
- Decreased motivation in tasks in the moment
- Light-headedness
- Dizziness
- Rapid eye movement

Fatigue/Overstimulation

What to do?

- relax by sitting down on the nearest chair and/or bench
- Sit in w/c or on 4 wheeled walker
- Take approximately 5-10 minutes of a rest break

Benefits

- Likelihood of completion of activity or event will increase
- Blood pressure will decrease/stablilize
- Muscles relax
- Always have a plan B

Time Management (Planning outings)

Importance

Management of time post d/c assists with prevention of injury

- Over-planning can turn into an activity that becomes unsafe, secondary to:
 - Overstimulation
 - Loss of balance
 - Loss of attention
 - Possibility of fall, or other injury

Benefits

Good time management results in:

- Prevents being in a “rush” that could lead to possibilities of injury
- Successful completion of activities/outings
- Continued success in your road of recovery

Accessibility Awareness

ADA (Americans with Disabilities Act) education

Accessibility

- Identifying problem areas in the community setting
 - Unlevel surfaces
 - Utilization of access (Ramps, curb cuts, wide doorways, accessible bathrooms, table heights)
 - Practice of completing each requirement
 - Demonstration of safety



Will all places be accessible??

ADA says...

It should be!

All public areas in the community setting are required by law to be accessible for persons with disabilities.

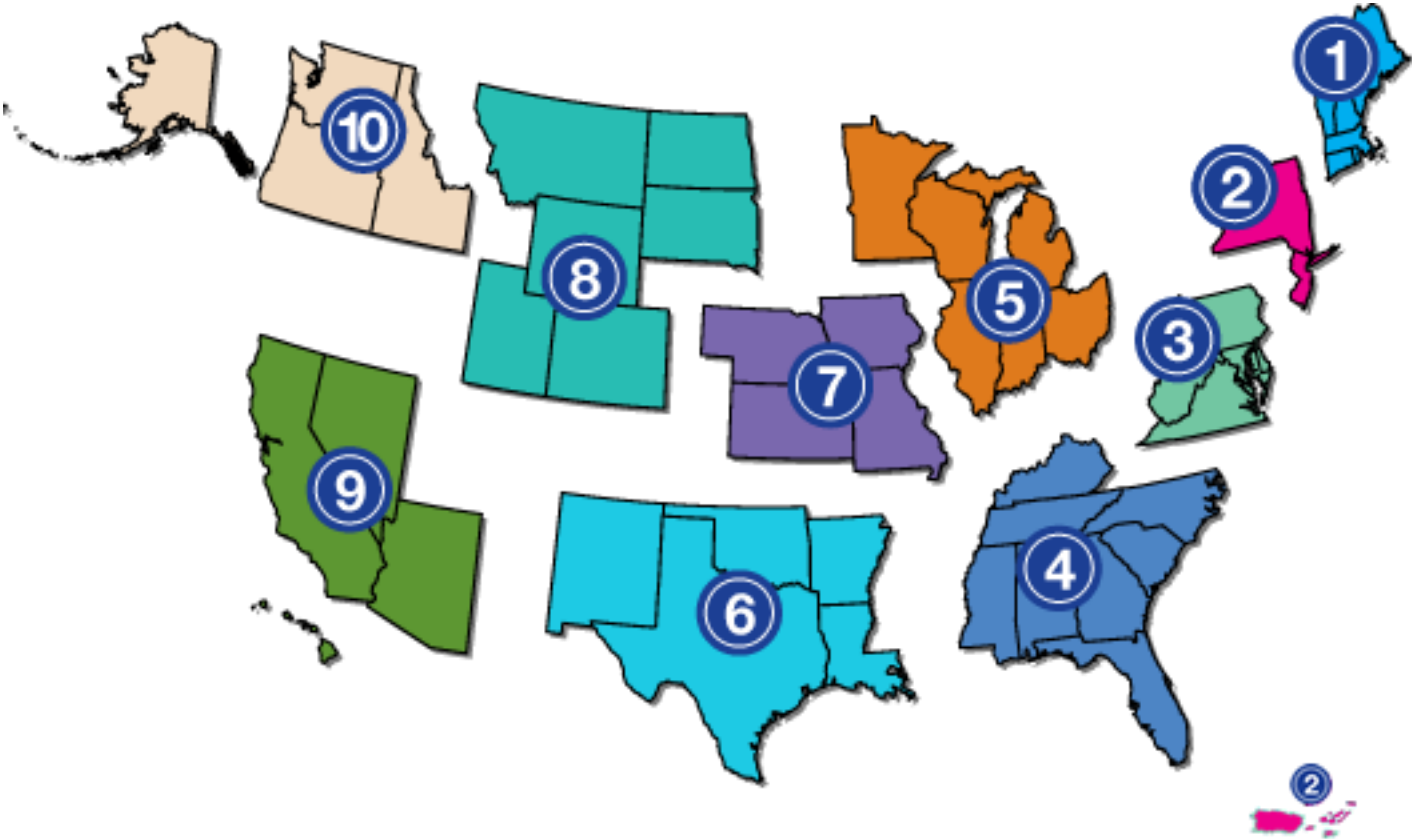
Passed in 1990 (ADA):

- For access
- Employment
- Education/School

Are these accessible??



ADA Centers in the US



ADA Centers in the US (cont'd)



- [Northwest ADA Center](#)
(Alaska, Idaho, Oregon, Washington)
nwadacenter.org

Transportation

Considering that driving is unsafe at this moment, options are vital in your successful return to such an activity. Here are the options to think about:

- Spokane Transportation Association (STA)
 - Busing routes
 - Mobility Training
 - STA Para-transit services
- Family support
 - Relatives
 - Spouse
 - Significant Other



Mobility Training

Purpose

To educate an individual who is on the cusp of being completely independent in the community setting on:

- Determining consistent routes to destinations
- To ensure safe travel
- Making the right bus connections
- Getting on/off on the bus at the right stop
- Developing a routine

Benefits

- An individual from STA will assist you on your transition up to 30 days
- STA trainer will ride with you to make sure of safe arrival/departure times

STA Paratransit

Purpose

To assist individuals who cannot ride the normal bus secondary to decreased:

- Fatigue
- Endurance
- Balance
- Safety
- Mobility in w/c or walker
- Transportation support

Benefits

Will arrive at your address within the active busing routes if you live in these areas:

- Spokane
- Spokane Valley
- Medical Lake
- Liberty Lake

Any Questions??