

Returning to a Self Motivated Leisure Lifestyle after Brain Injury

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What is Recreation Therapy

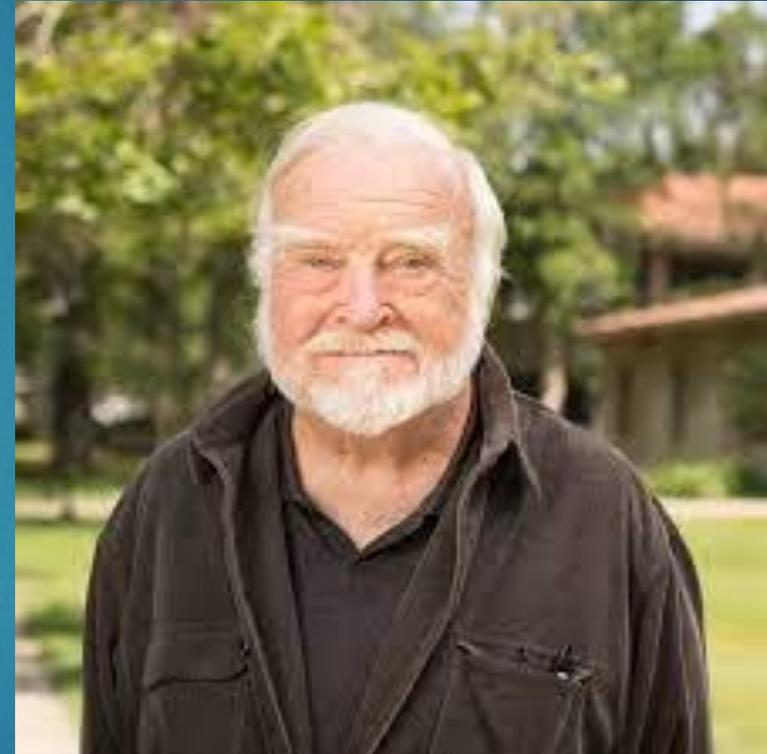
- ▶ Therapeutic Recreation/Recreational Therapy “is a treatment service designed to restore, remediate and rehabilitate a person’s level of functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition.” -ATRA

Role in the Rehabilitative Process

- ▶ As a member of the brain injury treatment team they have to look beyond rehabilitation toward the opportunities that a person with a brain injury will need to live a successful and fulfilling life.
- ▶ While “fixing” the individual with a brain injury is important, services need to focus on reconnecting the individual to the community and building independence and a meaningful life that continues long after rehabilitation has ended.
- ▶ It is a critical element to overcoming loneliness and isolation by reminding the individual and their family that accepting a new life doesn't mean accepting a bad life, and that there are good things to come.

Mihayl Csikszentmihalyi, PhD

- ▶ A Hungarian-American psychologist who recognised and named the psychological concept of flow, a highly focused mental state conducive to productivity. He received his PhD at the University of Chicago. Now he is the Distinguished Professor of Psychology and Management at Claremont Graduate University.



Flow State

- ▶ Csikszentmihalyi defines flow as “a state in which people are so involved in an activity that nothing else seems to matter; the experience is so enjoyable that people will continue to do it even at great cost, for the sheer sake of doing it.” (Csikszentmihalyi, 1990, p.4)
- ▶ What's so great about it?
- ▶ Who can reach it?
- ▶ How to obtain the flow state?
- ▶ When is a time that you might have felt flow?
- ▶ Or what leisure activity do you feel flow in?

Why is Leisure Time Important?

- ▶ Sense of Purpose/Self
 - ▶ Self Identity
 - ▶ Mental Health improvement
 - ▶ Improved Relationships
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- ▶ What do you do in your leisure time?

Adaptive Recreation

- ▶ Snow Sports
- ▶ Rock Climbing
- ▶ River Paddling
- ▶ Horseback Riding
- ▶ Hiking
- ▶ Fishing
- ▶ Ropes Course
- ▶ Camping
- ▶ Etc..
- ▶ Use of Adaptive Equipment
- ▶ Modification to interventions
- ▶ Increase Independence

Interventions



Community Reintegration/Inclusion



- ▶ to provide transitional services for patients returning to productive community-based activities such as work, school, or leisure participation.
- ▶ In a study by Gary J. Gerber & Judith Gargaro (2015) Participant who had increased community integration had also decreased family burden. Results suggest that the program was effective in reducing participants' social isolation and increasing appropriate interpersonal behaviors.

Complications/Barrier for Adults

- ▶ Difficulty with companionship
- ▶ Processing/Learning new skills can be challenging
- ▶ Lack of motivation
- ▶ Loss of self esteem and self ID due to lack of leisure lifestyle
- ▶ Leisure may become day to day life if can't return to work
- ▶ Change in income
- ▶ Transportation
- ▶ a substantial decrease in participation in leisure activities after injury, with a resulting negative impact on life satisfaction
- ▶ shift to more sedentary activities, and less social activities.
- ▶ concentration difficulties (51%), memory impairment (50%), and lack of initiative (40%) as barriers

Complications/Barriers for Youth

- ▶ Primary time in their development when they are building a sense of self ID. Lack of participation in leisure after injury hinders this.
- ▶ Difficulty with companionship
- ▶ Processing/Learning new skills can be challenging
- ▶ Lack of motivation
- ▶ In a study, Children with ABI participated in fewer activities and were less frequently involved in all the CAPE's (Children Assessment of Participation and Enjoyment) activity types except for intensity in social activities. (2011).
- ▶ Recreational and social participation of children with ABI is restricted in comparison to their typically-developing peers even in a sample where minor injury is predominant (2011).

Sad Truth About Leisure After Injury

- ▶ In a leisure study, activities with the largest decrease in participants at 1 to 4 years postinjury were (1) outdoor life (24%), (2) sports (21%), (3) hobbies (17%), and (4) reading periodicals/literature (15%).
- ▶ Increase in sedentary lifestyle; In the leisure study many survivors reported watching TV as a leisure activity either before or after injury , 11% reported before only, 30% reported before and after, and 59% reported starting after injury; thus, there were over twice as many reports of this activity.
- ▶ This newly found or increased sedentary lifestyle leads into mental health issues in the long run.

Domains Leisure Assists

- ▶ Social
- ▶ Cognitive
- ▶ Physical
- ▶ Emotional



Cognitive Improvements

- ▶ Neuroplasticity
- ▶ Neural stimulation
- ▶ Multistep processing
- ▶ Safety awareness
- ▶ Memory



Physical Improvements

- ▶ To promote well-being and overall fitness with the goal of improving, maintaining or restoring physical strength
- ▶ Improved overall health
- ▶ Increased independence
- ▶ Leisure education in adaptive devices
- ▶ Increased ROM



Emotional Improvements

- ▶ Confidence
- ▶ Happiness
- ▶ Stress management
- ▶ Coping skills
- ▶ Sense of self ID



Social Skills

- ▶ Increase interpersonal skills by encouraging clients/patients to join in activities that nurture social relationships
- ▶ Assistance in reminders regarding respecting social boundaries/rules
- ▶ Communication
- ▶ Friendship
- ▶ Confidence
- ▶ Building of a community



Relationships and Leisure

- ▶ A study to identify couples' joint perception of their satisfaction with life as a whole when one of the persons in the couple had acquired brain injury between one and five years earlier. The results showed that in 16 of the 55 couples both partners were satisfied with life as a whole. The joint experience of life satisfaction was significantly related to the couple's functioning in everyday life, and specifically to perceived participation in leisure time and in their social life. (Erikson, Tham & Fugl-Meyer 2005)
- ▶ Self-motivated leisure lifestyle plays into the interpersonal relationship survivors may acquire or keep/mend after injury.

Regain Sense of Self

- ▶ Self-Motivated Leisure Lifestyle
- ▶ Knowledge of adaptive services
- ▶ Understanding of accommodations to participate (Adaptive Equipment – Full assistance)
- ▶ Improved Quality of Life
- ▶ Renewed or New Identity

New Purpose

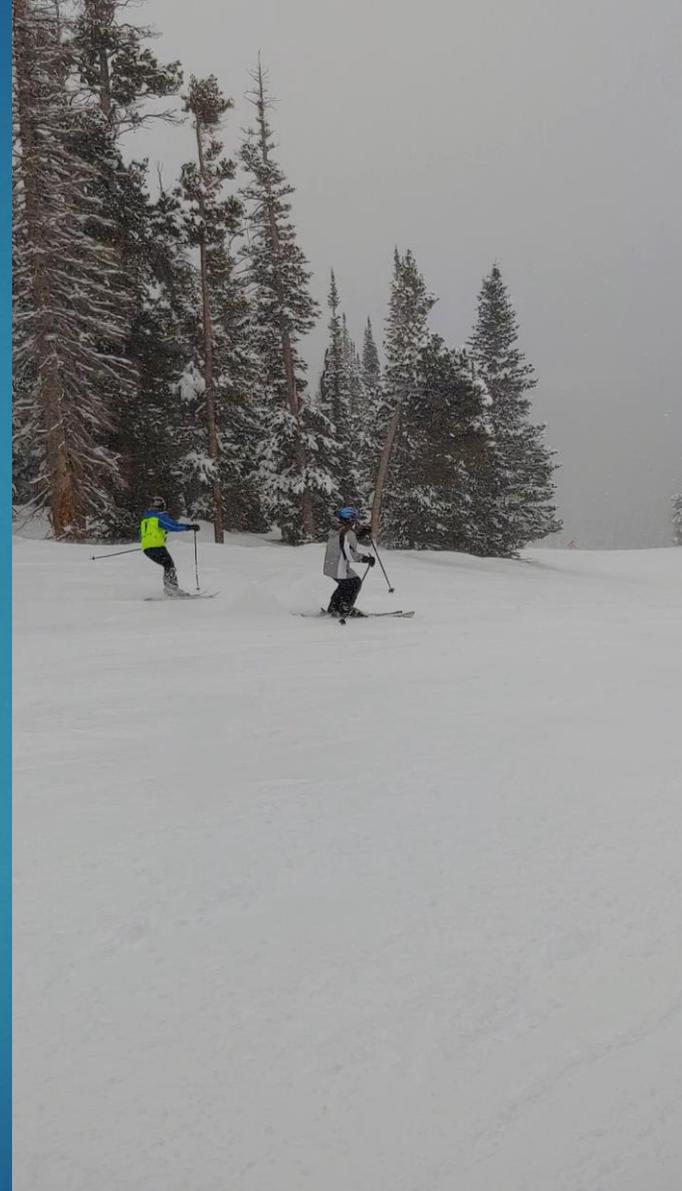
- ▶ A different life doesn't have to mean a bad life
- ▶ Find meaningful work through new found interest
- ▶ The story of my good friend Nick Dover



Testimonials

- ▶ “The ski day brought me more than a day of skiing. I was transformed from my daily rehab and struggles of self worth to freedom. It was truly a blessing for me. Thank you to all the people who donated to make that day of skiing happen. In Gratitude” - Sheri
- ▶ “Thank you for giving me my life back! My family is soooo impressed!!And jealous, too. I don't know where I will ski again or when. I am relieved to know that I can do it!... The barrier has been broken and I will do exactly what I did at Eldora wherever I go. Ski and be silent and happy in the woods!” – Anonymous participant

Success!



In conclusion..

- ▶ Leisure involvement can provide a sense of purpose and meaning in one's life, as well as strengthen an individual's identity or one's sense of who they are
- ▶ Persons living with BI have a need for ongoing social, recreational and life skill coaching services after formal rehabilitation has been completed.
- ▶ All professionals play a role in achieving a patient's leisure independence after formal rehabilitation

BIAC Classes and Workshops

- ▶ Adaptive Yoga
- ▶ Mindful Brain
- ▶ Art Therapy
- ▶ Social Wellness
- ▶ Poetry
- ▶ Music Therapy
- ▶ Grief and Loss
- ▶ Tai Chi & Breathwork
- ▶ Recreational Therapy
- ▶ Parenting with a Brain Injury
- ▶ Cooking
- ▶ And more to come!

BIAC Recreation Opportunities

- ▶ Hikes – Front Range, Durango, Grand Junction,
- ▶ Park days
- ▶ Camping Trips
- ▶ Fly Fishing/Fly Tying
- ▶ Adaptive Skiing/Snowboarding Opportunities
- ▶ Horseback Riding
- ▶ Adaptive Biking
- ▶ Multi day camps with Breckenridge Outdoor Education Center
- ▶ Yoga
- ▶ Etc.

Other Adaptive Recreation Organizations/Programs

- ▶ BIAC
- ▶ NSCD
- ▶ STAR
- ▶ VAIL
- ▶ BOEC
- ▶ Ignite
- ▶ Adaptive Adventures
- ▶ No Barriers
- ▶ Ignite Eldora
- ▶ Bike on
- ▶ Fishing Has No Barriers
- ▶ Colorado Parks and Wildlife
- ▶ Buckmasters Disabled Hunters
- ▶ Outdoors Without Limits
- ▶ Physically Challenged Bow Hunters of America
- ▶ Denver Urban Gardens

Questions?



Thank you & Contact Info

- ▶ **Brain Injury Alliance of Colorado**

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