

**THE GURWIN JEWISH NURSING & REHABILITATION CENTER
ADULT DAY HEALTH PROGRAM
POLICIES AND PROCEDURES**

SUBJECT: THERAPEUTIC RECREATION/LEISURE TIME ACTIVITIES

- A. The primary purpose is to assist individuals to eliminate leisure barriers, to develop leisure skills and attitudes, and to optimize leisure functioning.
- B. Three specific types of services (therapeutic recreation, leisure recreation, and social recreation) are provided to reach goals; and the determination of where and when the services are provided is based on the assessment of the individuals' needs, interests, and capabilities.
- C. A clear implication is that the therapeutic re-creator is equally trained and prepared to provide all three services and is fully trained to assess individual needs, and to determine the type of services indicated by each assessment.

POLICY:

The Therapeutic Recreation Specialist (TRS) strives to sustain the registrant's dignity and sense of continuing usefulness to self and to the community.

GOAL:

The TRS will develop a program consisting of meaningful social, leisure, and diversionary activities for each registrant. It must be designed to be broad enough in scope to stimulate participation by individuals and groups within the facility and the community.

The purpose of the TR Program is to provide physical, intellectual, creative, social spiritual and emotional experiences. To achieve this end, the TRS will carefully select, plan, coordinate, and structure appropriate activities to meet the individual needs, interests and capabilities of the registrants of the Adult Day Health Program.

All individuals, no matter how extensive their disabilities, will receive some form of TR services. Our goal is to provide activities which encourage and motivate people to want to participate and achieve, with the belief that achievement brings with it dignity, self-respect, and self-reliance.

OBJECTIVES:

- 1. To develop a TR Program that will be broad enough in appeal and content to give every registrant an opportunity to participate.
- 2. To develop the abilities of each registrant and provide opportunities for self-expression through participation in a variety of programs spanning physical, social, creative, intellectual, and spiritual interests as well as interest/opportunities for employment if so expressed upon interview.
- 3. To provide all equipment and supplies for the operation of the TR program.
- 4. To develop a program that adds to the total services of the facility and inspires the confidence and cooperation of the staff.
- 5. To develop a program that in direction and content will minimize the isolation of the registrant from community life; to arrange for transportation to and from special events and outings.
- 6. To involve volunteers and to utilize community resources, both in the facility and within the community.
- 7. To aid registrants in the restoration of self-respect, independence and decision-making.
- 8. To encourage participation but also respect the right to privacy of each registrant.
- 9. To provide a pleasant upbeat atmosphere which will encourage families to visit and participate with their relatives.

SUBJECT: GUIDELINES FOR THERAPEUTIC PROGRAMS

POLICY: Registrants shall have the right to select and participate in activities commensurate with their abilities, interests, and needs.

PROCEDURE:

- 1. Consider recreational interests, desires, abilities and needs of the registrants.
- 2. Relate TR programs to the physical, cognitive, social, emotional and spiritual characteristics of each registrant.
- 3. TR programs should provide an opportunity for registrants to function at varying levels of proficiency.
- 4. Utilize available resources that can provide variety and enrichment.
- 5. Involve registrants in decision-making when appropriate, to ensure their interests are considered, and to encourage and reinforce independence through self-determination.
- 6. Inquire during initial assessment regarding interest in employment opportunities