

Therapeutic Recreation Department

Overview

Our TR program consists of diverse groups, treatment, special events, and aquatic therapy. Weekly, there are 10 groups in which each resident is assigned to one group in particular. Each group has a primary focus theme with most of the groups also having a secondary focus. Focuses include but not limited to social, auditory, communication, physical, vestibular, visual, and life skills. Residents are assigned to groups based on goal, interest, and/or sensory preference. Our aquatic program includes co-treatments with OT, CTRS's and our TRAs with 6 groups at on-site Jacuzzi weekly. CTRS's participate in 2 co-treatment groups, one with OT and one with SLP weekly. Each week we have one field trips for community integration and to provide typically childhood experiences. Throughout the year we have special events around holidays. 1:1s are also scheduled throughout the week based on assessment and need of residents. During the summer, the department provides 9 weeks of Camp Play, a day camp that partners with local volunteer programs where peer volunteers attend camp each week with the residents. In addition to therapeutic recreation, music therapist come once a week during the school year, therapy animals visit occur throughout the year, and local schools visit on a regular basis throughout the year with a program called Friend to Friend.

Department Staff

The therapeutic recreation department at CMFC consists of a TR and Volunteer Manager (CTRS), Recreation Therapist (CTRS), and 5 Therapeutic Recreation Assistants (CNA 2). The TR and Volunteer Manager oversees the department, trains and supervises volunteers, and leads 2 TR groups that co-treat with OT and SLP. The Recreation Therapist completes admission, quarterly, and annual assessments and reviews, evaluates and updates goals on all residents, and directs and creates the programs and group content with the TRAs. The Recreation Therapist leads one co-treat group with OT and leads aquatic co-treat groups and weekly groups with TRAs as needed. TRAs lead the 10 groups throughout the week and co-treats with OT with all aquatic programs.

APIED Process

CMFC currently has 54 beds with a census of about 30. A little more than half of those are long term residents while the other beds are short term care for respite, subacute (8 beds), or skilled nursing(PT/OT/SLP). We recently had a large number of long term care residents age out and are in a transition. Assessment is completed within 10 days of admission to CMFC on all residents. At least one goal is established for all residents while at CMFC. All TR department staff chart to goals for residents after working with them. The recreation therapist reviews all documentation on goals, evaluates progress, and then updates goals and group placement as needed. CMFC currently uses EPIC as their electronic medical record for all documentation. We work with an interdisciplinary team of doctors, nurses, physical therapy, speech therapy, occupational therapy, dietitian, respiratory therapist, and social work. The interdisciplinary team meets 3x a month to discuss quarterly and annual progress with initial admission review meetings scheduled as needed. When there are residents receiving a higher level of care, the interdisciplinary team meets weekly to discuss care and plan of treatment.