Leisure: The Forgotten Occupation

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Objectives

1. Understand how Occupational, Recreational, and Cognitive Therapy are linked to leisure activities.

1. Discover new opportunities and gain a greater understanding of leisure activities.

3. Understand the importance of engagement in leisure activity after a brain injury

4. Advance your knowledge of assessing leisure engagement.

5. Grasp the advancements in adaptive leisure activities.
What does Occupation Mean?

In Occupational Therapy, occupations refer to the everyday activities that people do as individuals, in families and with communities to occupy time and bring meaning and purpose to life. Occupations include things people need to, want to and are expected to do.
History of Occupation and Leisure in Treating Patients

- The earliest evidence of using occupations as a method of therapy can be found in ancient times. Both Greek and Roman physicians treated patients with a mental illness humanely using therapeutic baths, massage, exercise, and music.

- In the 18th Century, revolutionaries such as Philippe Pinel and Johann Christian Reil reformed the hospital system. Instead of the use of metal chains and restraints, their institutions promoted use of literature, music, exercise and work to improve one’s ability to perform activities of daily living. This was the Moral Treatment Era.

- In the early 1900s use of therapeutic activities as part of treatment reemerged for mental illness and later for veterans hospitalized for long periods of time. Occupational Aides used

- In 1917, the National Society for the Promotion of Occupational Therapy was founded.
Definition of Cognitive Therapy

“Cognitive rehabilitation is a systematically applied set of medical and therapeutic services designed to improve cognitive functioning and participation in activities that may be affected by difficulties in one or more cognitive domains…. Cognitive rehabilitation is often part of comprehensive interdisciplinary programs” (Katz et al. 2006).
Definition of Recreational Therapy

Recreational therapy, also known as Therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being.
What is the definition of leisure?

The Practice Framework of the American Occupational Therapy Association classifies leisure as: **a non-obligatory activity that a person is engaged in during discretionary time when one is not working, engaged in self-care or sleeping and it is also described as intrinsically motivating.** (AOTA 2008)

The Cambridge Dictionary defines leisure as: **the time when you are not working or doing other duties.**

World Health Organization defines leisure as: **free time that people can spend away from their everyday responsibilities to rest, relax and enjoy life.** (World Health Organization 2010)
If you are losing your leisure, look out; you may be losing your soul.

- Logan Pearsall

Leisure experiences are essential to growth and development throughout the lifespan.

- Albert Bandura

Leisure is key to achieving well-being

- John Finnis

Leisure gives a sense of purpose for living for its own sake

- John Dattilo
Research

The Importance of Leisure Activities in the Relationship between Physical Health and Well-Being in a Lifespan Sample. Paggi, Jopp, Hertzog Gerontology (March 2016)


Role of the Occupational Therapist in Maximizing Leisure Participation. Gillen, Stroke Rehabilitation (2016)

Real-Time Associations Between Engaging in Leisure and Daily Health and Well-Being. Annals of Behavioral Medicine, August 2015, Volume 49, Issue 4, pp 605–615

Leisure time exercise. Harvard Health Publishing. Harvard Medical School

Updated: March 25, 2017, Published: June, 2009
Although researchers have identified leisure participation as a major concern across the lifespan, the nature of changes in leisure performance has not been well studied in people with brain injuries.
Research: Leisure and Brain Injury

A study completed in 2010, examined the impact of moderate to severe TBI on participation in leisure activities at 1 year post injury. Their results found that, one year after injury, 81% of people with TBI were not participating in leisure activities at the same level they did before injury. The most popular new leisure activity after injury was watching television. These changes contributed to a more sedentary, less social life—which dissatisfied most participants. Most participants (60%) were moderately to severely bothered by these changes. Although decreasing some leisure activities, such as partying or drug and alcohol use, were considered to be positive changes, participants felt there were few new activities that could replace the lost ones.

How do we Measure Participation in Leisure
Functional Outcome Measures

**Functional Status Exam (FSE)** The Functional Status Examination was designed to evaluate change in the activities of everyday life as a function of a sudden event or illness. It compares current functional status to pre-injury status in physical, social, and psychological domains (Staudenmayer, Diaz-Arrastia, de Oliveira, Gentilello, & Shafi, 2007).

**Community Integration Questionnaire** The CIQ is a 15-item questionnaire developed to assess three domains of community participation: home integration (4 items involving household chores and child care), social integration (8 items involving leisure and social networks), and productivity (3 items involving work and school or volunteer participation).
Bancroft Recreation/Leisure Interest Survey

- Social/Group Activities
- Solitary Activities
- Physical/Leisure sport Activities
- Creative Activities
- Spectator Events
- Games
New Measures may be coming soon....

The National Institute on Disability and Rehabilitation Research (NIDRR) has prioritized research that "leads to the development of the next generation of valid and reliable measures of health and functional status among people with disabilities. Most recently, two measurement initiatives are creating item banks examining social participation using state-of-the-art measurement development approaches. Specifically, the TBI-Quality of Life (TBI-QOL) and the Polytrauma-Quality of Life Tools.

Quality of Life after Brain Injury

Part 1
- Thinking Abilities
- Emotions
- Independence and function in daily life
- Relationships

Part 2
- How bothered by your feelings
- How bothered by your physical problems

### QOLIBRI - QUALITY OF LIFE AFTER BRAIN INJURY

In the first part of this questionnaire we would like to know how satisfied you are with different aspects of your life since your brain injury. For each question please choose the answer which is closest to how you feel now (including the past week) and mark the box with an "X". If you have problems filling out the questionnaire, please ask for help.

**PART 1**

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<tr>
<th>A. These questions are about your thinking abilities now (including the past week).</th>
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<td>1. How satisfied are you with your ability to concentrate, for example when reading or keeping track of a conversation?</td>
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<td>2. How satisfied are you with your ability to express yourself and understand others in a conversation?</td>
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<td>3. How satisfied are you with your ability to remember everyday things, for example where you have put things?</td>
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<td>4. How satisfied are you with your ability to plan and work out solutions to everyday practical problems, for example what to do when you lose your keys?</td>
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<td>5. How satisfied are you with your ability to make decisions?</td>
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<td>6. How satisfied are you with your ability to find your way around?</td>
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<td>7. How satisfied are you with your speed of thinking?</td>
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<th>B. These questions are about your emotions and view of yourself now (including the past week).</th>
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<td>1. How satisfied are you with your level of energy?</td>
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<td>2. How satisfied are you with your level of motivation to do things?</td>
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<td>3. How satisfied are you with your self-esteem, how valuable you feel?</td>
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<td>4. How satisfied are you with the way you look?</td>
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<td>5. How satisfied are you with what you have achieved since your brain injury?</td>
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<td>6. How satisfied are you with the way you perceive yourself?</td>
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<td>7. How satisfied are you with the way you see your future?</td>
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**PART 3**

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<th>C. These questions are about your independence and how you function in daily life now (including the past week).</th>
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<td>1. How satisfied are you with the extent of your independence from others?</td>
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<td>2. How satisfied are you with your ability to get out and about?</td>
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<td>3. How satisfied are you with your ability to carry out domestic activities, for example cooking or repairing things?</td>
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<td>4. How satisfied are you with your ability to run your personal finances?</td>
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<td>5. How satisfied are you with your participation in work or education?</td>
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<td>6. How satisfied are you with your participation in social and leisure activities, for example sports, hobbies, parties?</td>
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<td>7. How satisfied are you with the extent to which you are in charge of your own life?</td>
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Standardized Assessments

- **Leisure Competence Measure**: Measures changes in individuals functioning over time. Marita Kloseck, Richard G. Crilly, 1997

- **Leisure Satisfaction Scale (LSS)**: Looks to see if individual feels their needs are being met through leisure activities. Beard and Ragheb, 1980 and DiBona 2000.

- **Activity Index**: Measures Interests and frequency of participation. Gregory, 1983

- **Meaningfulness of Activity Participation Assessment (MAPA)**: Measure meaningfulness of activities in the past few months. Gregory, 1983.
The Barth Time Construction

- A tool used by occupational therapist in behavioral health to look for a balance of activities for personal well-being. Looks at how an individual spends their time, personal roles and underlying skills and habits. **A quick tool to reflect on how much time is spent doing daily activities.**
- There are specific instructions. The person is given a Time Chart that is color-coded to depict how their time is spent hourly during a typical week. For ex: brown - sick, red - drinking or drugs, pink - meetings or groups, blue - sleep, orange - eating, black - TV, green - grooming and dressing, grey - work, tan - home maintenance, yellow - shopping.
- It is not scored, but there is a summary form to be filled out by the therapist to document behavior during the activity and calculates the percentage of time in each category. The findings are discussed in individual therapy or in a group setting.

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PIE OF TIME

- A worksheet with a blank clock or “pie” is broken into hourly sections.

- Looks at a typical week or weekend in a 24 hour period. Categories can include personal care, sleep, work, leisure, home management (or chores).

- Each category is given a color.
How much leisure time is normal?
Leisure time on an average day

- **Total leisure and sports time = 4 hours and 59 minutes**
- **Watching TV (2 hours and 47 minutes)**
- **Other leisure activities (12 minutes)**
- **Socializing and communicating (41 minutes)**
- **Reading (19 minutes)**
- **Participating in sports, exercise, recreation (18 minutes)**
- **Playing games; using computer for leisure (25 minutes)**
- **Relaxing and thinking (17 minutes)**

**NOTE:** Data include all persons age 15 and over. Data include all days of the week and are annual averages for 2015.

**SOURCE:** Bureau of Labor Statistics, American Time Use Survey
Benefits of Leisure Activity

- Enhanced quality of life
- Perceived sense of freedom, independence and autonomy
- Enhanced self-competence through improved sense of self-worth, self-reliance and self-confidence
- Better ability to socialize with others, including greater tolerance and understanding
- Heightened creative ability
- Greater adaptability and resiliency
- Leisure lowers stress and depression
- Improve physical well being
Negative impact of lack of leisure activity on a person with a Brain Injury
Barriers to Participation

- Financial
- Transportation
- Physical
- Cognitive
- Speech
- Socialization
- Lack of accessible facilities
- Time
- Lack of independence
What Can we do?
Fishing

1. Reel
2. One arm fishing aids
3. Arm guard for fishing
4. Adapted fishing rod
5. Standup StrikeFighter™

www.sheltonproducts.com
Yoga or Tai Chi
Strength Training
Kayaking

1

2

3

4
Kayaking
Biking
Archery
Painting

1.

2.

3.
Knitting and Needlepoint

1

2
Gardening
Cards
Board Games
Computers / tablets / Smartphone
Video Games

1. One Handed

2. One Handed

3. One Handed

4. Finger Dance Mat
additional Video Game adaptations

Wii forearm strap
Beep Baseball
Case Study: Justin

- 38 year old male admitted to Bancroft in 2007
- Justin was diagnosed at age 5 with a left frontal oligodendroglioma which was resected and treated with chemotherapy.
- At age 11, he underwent another resection, after which he was aphasic and hemiplegic.
- Justin had another resection on March 6, 2006, at the age of 26. This surgery was complicated by a CSF leak and required placement of a VP Shunt.
- Justin has also suffered significant medical complications: diabetes, kidney dysfunction, elevated blood pressure.
- Justin has also dealt with many personal issues and loss of family and friends who were a significant part of his support system.
An Interdisciplinary Approach

**Cognitive Therapy**- Problem solving, exploration of appropriate activities, identifying a safe plan when engaging in community activities,

**Occupational Therapy**- Adapting equipment, problem solve adaptive techniques and ways to use equipment independently and safely. (drone platform, tattoo skins, adapted surfing)

**Physical Therapy**- Endurance and stamina to participate in activities, physical adaptations for equipment, discuss appropriate activities for Justin’s physical abilities.

**Speech Therapy**- Assist Justin to safely and effectively communicate to participate in community activities.

**Psychology**- Assists with frustration management, adapting to medical and personal changes.

**Music Therapy**- Explore different instruments with adaptive techniques.
Adapted Leisure Activity

First flight of the drone!
Resources

1. New Jersey Commission on Recreation for Individual with Disabilities (NJ CRID) (njcrid.org)
2. Association of Blind Athletes of New Jersey (abanj.org)
3. Operation Beachhead- Sea Girt
5. Pennsylvania Center for Adaptive Sports
6. Disabled Sports USA ([http://www.disabledsportsusa.org](http://www.disabledsportsusa.org)) * In NY and PA
8. Heroesonthewater.org
9. Team River Runner in Lehigh Valley Pennsylvania
10. Pennsylvania Center for Adapted Sports
Resources

11. Athletes with Disabilities Network Northeast


13. DiscountRamps.com


15. Metropolitan Museum of Art in New York City (guided tours for visitors who are blind or low vision).

16. ablegamers.org