



# Examples of Leisure Aligning with Culture Change Values

## Background

The following examples of programs and practices aligned with culture change values came from interviews with recreation professionals from across Canada who work in long-term care homes (LTC) that are engaging in a culture change process.

### Opportunities to share gifts

#### Emphasizing abilities, talents, gifts and aspirations

An example of an opportunity for residents living in LTC to give back by sharing their gifts and abilities is an initiative involving residents mentoring students. Together residents and students discussed global and local support that they could collectively provide. They then worked together to develop “Wheel and Walk for water”, a fundraiser that raised over \$2000 towards their long-term goal of raising \$30,000 to adopt a village in Sierra Leone.

### Enjoying spontaneous leisure

#### Flexibility

An example of having the flexibility to enjoy spontaneous leisure is an initiative called neighborhood time. For this initiative recreation staff load up a cart with fifteen different things and give the residents an option of what they want to do. Sometimes they want to play Uno, sometimes they want to bake cookies, and sometimes they want to listen to music. Staff spoke about being able to reach many more residents this way and have indicated that residents will spend up to two hours engaged in various spontaneous activities.

## **Residents having choice in their leisure time**

### **Choice and Self-determination**

An example of residents having choice is a residents' diner's club. For this program recreation staff accompany residents to the grocery store and residents pick their own groceries and come back and make whatever they choose. Staff are noticing that residents take a lot of pride in making their own meal. They are also thrilled to go the grocery store and pick all the vegetables and have a chat with the butcher. One resident explained that he hadn't been in a grocery store in over five years and he was amazed to discover grocery stores now have self-checkouts.

## **Leisure that supports a continuation of meaningful traditions and experiences**

### **Enabling, normalizing environments**

An example of residents being supported in continuing with meaningful traditions and experiences is hosting a Sunday night dinner with their family. Recreation staff understand that for some residents, Sunday night dinner has always been a big part of their family tradition so they help residents with the necessary preparation to keep hosting such dinners. Residents who have grandchildren have also been enabled to have their grandchildren over for a sleepover so these family relationships can continue to be nurtured.

## **Leisure that encourages fun and socialization**

### **Living Life**

An example of an initiative that encourages fun and socialization is a wine club in which residents make their own wine. This program started after a conversation between recreation staff and residents about how more people are making their own wine at home. Recreation staff then approached leadership and asked about starting a wine club and for over ten years, this club has been meeting once a week. People who attend help to make wine and then enjoy a glass of wine and appetizers.

## **Resident-directed leisure time**

### **Meaningful Engagement and Collaborative Decision-Making**

An example of resident-directed leisure time and collaborative decision-making is an initiative involving working with residents deciding which leisure programs should be discontinued and which new leisure programs should be introduced. This process sparked ideas for new programs that could be initiated and facilitated by residents. There are now many new initiatives including resident-led knitting clubs and resident-led memory games. This change has resulted in family needing to call ahead before visiting their relatives because residents do not want to be disrupted during certain programs that they find to be particularly meaningful. Shortly after this approach was implemented, a resident spoke to the recreation staff and expressed her appreciation for being given back the power to determine how she spends her leisure time.

## **Leisure time that strengthens relationships**

### **Close interdependent relationships**

An example of an initiative that strengthens relationships between residents and staff is a narrative program. This program engaged staff from all levels and from every department from housekeeping to nursing to dietary. Each staff worked one-to-one with residents and completed the resident's biography. As a result staff really got to know the resident, the resident got to know the staff, and deeper relationships developed.

## **Leisure that focuses on the person**

### **Knowing and focusing on the person**

An example of knowing and focusing on the person involved recreation staff going the extra step to surprise a resident. When a resident saw an outing to a particular restaurant listed on the calendar she mentioned that she used to go there on dates with her husband. Although her husband visits every day, he had never participated in an outing. Recreation staff spoke to her husband, explained that she really lit up when they talked about the restaurant, and asked if he would consider going on the outing. He agreed. Staff then made arrangements with her hairdresser to have her all made up for the outing. On the day of the outing, while she was waiting for the bus she saw her husband and asked what he was doing there so early. When he responded by saying that they were going on a date to their favourite restaurant, she was so happy that she started to cry.

## **Additional links and Resources related to Culture Change**

Partnerships in Dementia Care (PiDC) Alliance – a collaborative research network and initiative focused on enhancing the care experiences for persons with dementia, family partners in care, and staff in long-term care homes and community care settings. More information available at: [www.pidc.uwaterloo.ca](http://www.pidc.uwaterloo.ca)

PC P.E.A.R.L.S.: 7 key elements of person-centred care – more information available from Alzheimer Society Canada at: <http://www.alzheimer.ca/en/About-dementia/For-health-care-professionals/culture-change-towards-person-centred-care/seven-key-elements-of-pcc>

By Us For Us series of guides - a series of guides created by a group of talented and passionate persons with dementia and/or partners in care. Available at: <https://uwaterloo.ca/murray-alzheimer-research-and-education-program/education-and-knowledge-translation/products-education-tools/by-us-for-us-guides>

The following link features a story on the culture change work being done at Sherbrooke Community Centre in Saskatchewan:  
<http://www.ctvnews.ca/w5/sherbrooke-community-centre-a-canadian-success-story-1.1474069>

The following links feature De Hogeweyk (or Hogewey), a gated model village setting in the Netherlands. Hogewey has been designed specifically as a pioneering care model for people living with dementia.

CNN (25 min.) <http://www.youtube.com/watch?v=LwiOBlyWpko>

CNN (5 min.) <http://www.youtube.com/watch?v=bz5FYSmvDeQ>

De Hogeweyk (youtube channel) <http://www.youtube.com/watch?v=AfF3-9gF2NM&list=PLC9A918D1E0FB1342>

For more information or an electronic copy of the links above, please contact:

Darla Fortune, PhD  
Post-Doctoral Fellow  
Partnerships in Dementia Care (PiDC) Alliance  
University of Waterloo  
[dbfortune@uwaterloo.ca](mailto:dbfortune@uwaterloo.ca)  
519-888-4567, ext. 36884

Sherry Dupuis, PhD  
Co-Principal Investigator  
Partnerships in Dementia Care (PiDC)  
University of Waterloo  
[sldupuis@uwaterloo.ca](mailto:sldupuis@uwaterloo.ca)  
519-888-4567, ext. 36188