



MOVING FORWARD IN TRANSFORMING LTC FACILITIES TO BECOME MORE HOMELIKE

CTRA 2022

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Learning Objectives

1

Participants will be able to identify what three factors contribute to a sense of home for residents in LTC.

2

Participants will be able to identify what three organizational structures enable or impede a LTC home's ability to actualize the factors that help them feel homelike.

3

Participants will be able to identify at least three ways that recreation therapy professionals can apply the findings from this study to their practice.

Presentation Outline

- Overview of study, guiding research questions, and methods
- Findings & Discussion
- Conclusion



Overview of Study

Home is deeply interwoven into the human experience and has significant importance throughout a person's life. *Need to feel at home*

Increased demand for LTC services (aging population, complex health conditions)

Public pressure to transform LTC facilities into more homelike environment (culture change movement)

Homelike initiatives are being implemented without evidence of effectiveness

- Missing/limited research:
 - Conclusive understanding regarding the combination of home and institutionalized care-based living environments (LTC)
 - Rural perspective regarding healthcare, including LTC

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This study explores the notion of home in Rural Alberta LTC



Research Questions



What factors contribute to a sense of home for people living and working in rural LTC facilities?

What organizational structures enable or impede a rural LTC home's ability to actualize the factors that help them to feel homelike?

Methods

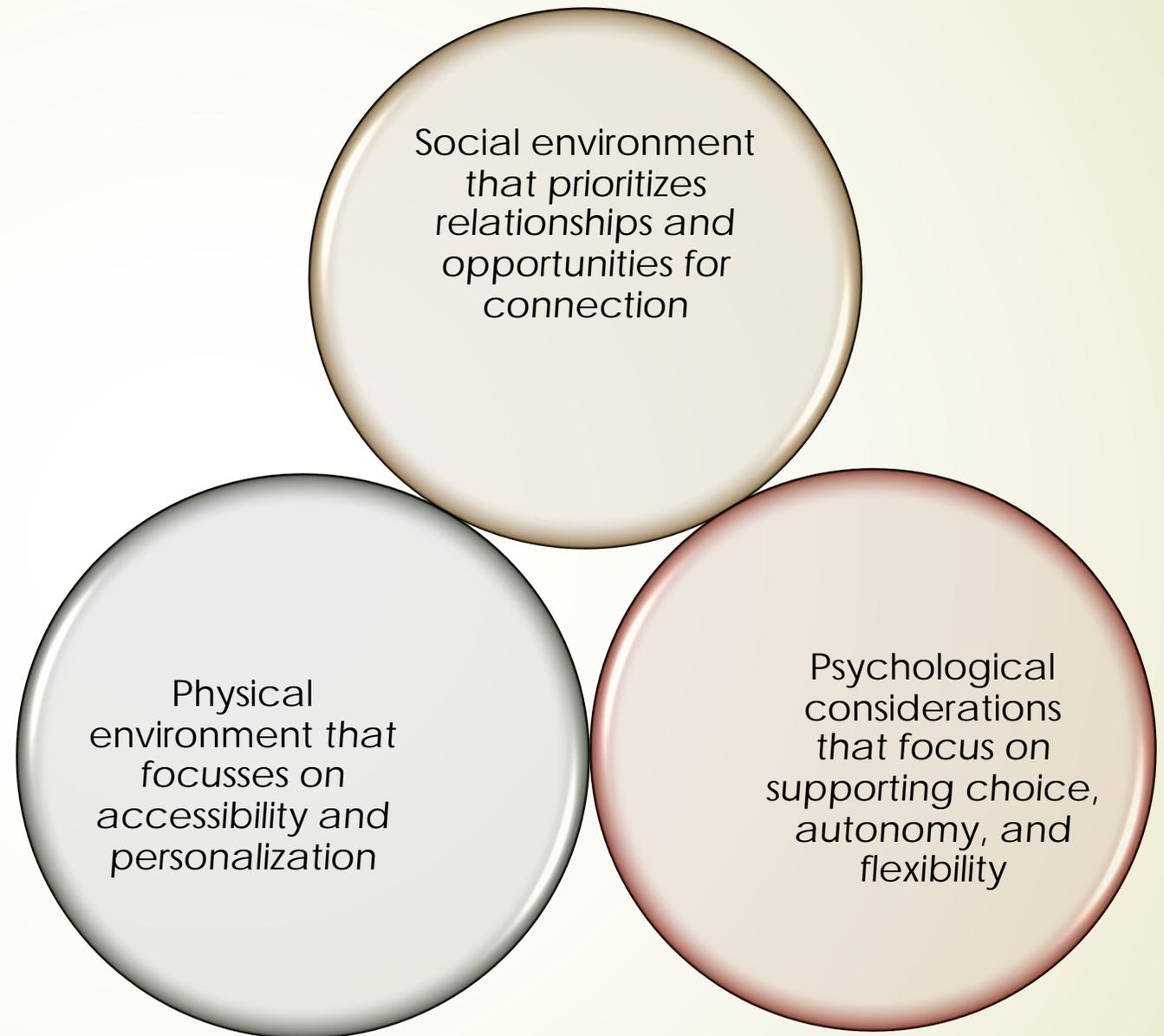
- ▶ Data Collection
- ▶ Data Analysis





Findings

What factors contribute to a sense of home for people living and working in rural LTC facilities?





Physical Environment that Focusses on Accessibility and Personalization

- Accessible spaces and accessible resources
 - Modifying the physical space to suit personal preferences / identity
 - Needs to be accessible AND personalized
- 



Social Environment that Prioritizes Relationships and Opportunities for Connection

- Staff, residents, and members of their larger community
 - Expanded concept of family
 - Relational connections
 - Informal roles are recognized as a strength
- 



Psychological Considerations That Focus on Supporting Choice, Autonomy, and Flexibility

- Can impact how the home functions
 - Flexibility from staff to make changes and personalize care
 - Resident empowerment
- 



Your Turn!
How can you
apply these
findings to
your work?

Think, Pair,
Share...

Physical Environment

- ▶ How can you enable the physical environment to be more personalized and accessible? For example, are there personalized resources / activities that can be made available?

Social Environment

- ▶ How can you enable the following:
 - ▶ family and community connection within your recreation programming? Are family members and friends encouraged and enabled to take part in recreation at the LTC home?
 - ▶ residents to get out and connect with their larger community?
 - ▶ connection between residents and among other members of the care team?

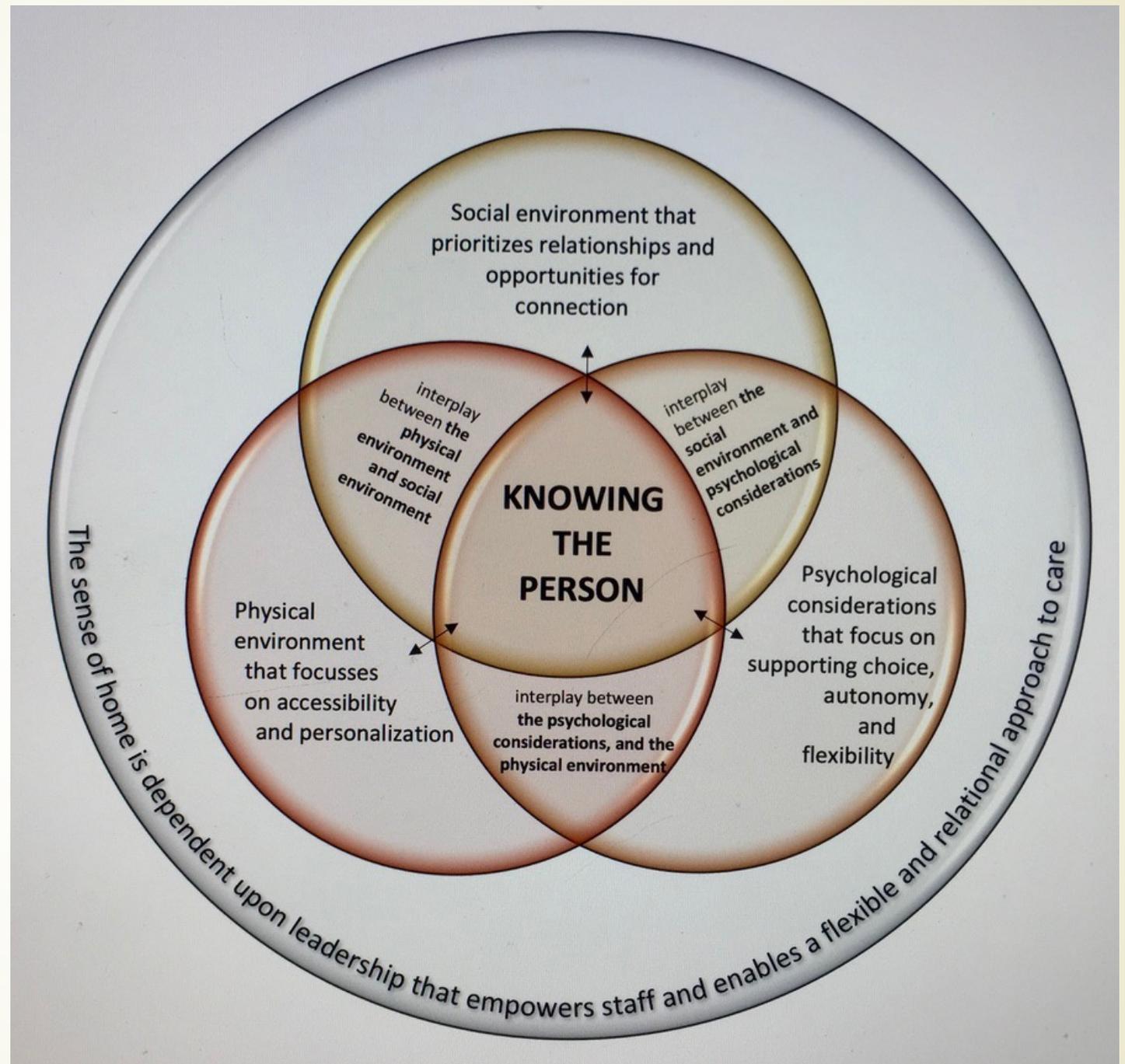
Psychological considerations

- ▶ In what ways can you offer choice, autonomy, and flexibility within recreation programming?

How has COVID impacted this and how might we be able to address these factors even within the restrictions imposed by a pandemic?

Findings

What organizational structures enable or impede a rural LTC home's ability to actualize the factors that help make them feel homelike?

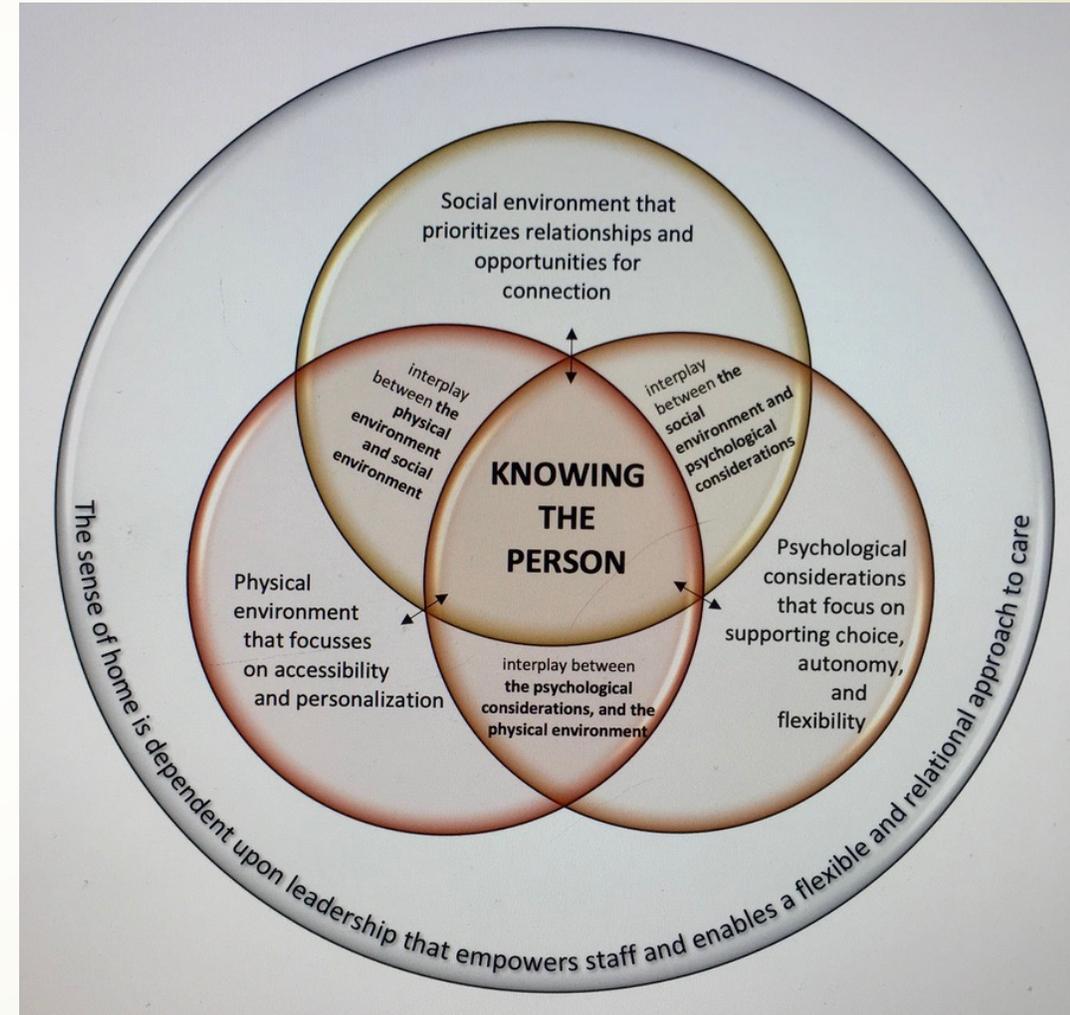


Findings

"[manager] is awesome. If there's something, maybe we want to switch a day where we want to come in on a weekend and take people to something or do something special, she's all about that...."
Recreation Assistant, Site 1

"...the garden...It is well decorated with lots of quirky garden decorations.... There are pots and raised beds at wheelchair level and lots of wooden stakes that indicate whose plants are where and what types of plants they are.... There's a sandbox with toys for intergenerational visits and metal bars that line the gardened areas to provide assistance for those who need support when walking." Field note, Site 1

"I think it just makes you care more because you know these people. So it's not just some number, it's not room 13, it's Mr. so-and-so who lived down the road and you knew him and it makes a difference."
LPN, site 1





Your Turn!
How can you
apply these
findings to
your work?

Think, Pair,
Share...

- ▶ If you are a manager for a TR department, how you can empower staff?
- ▶ If you are a Recreation Therapist, how you can encourage autonomy and flexibility with Therapy Assistants?
- ▶ Are there activities that you can facilitate in a way that considers the physical environment, the social environment, as well as resident choice and autonomy?
- ▶ How can you enable residents in becoming further 'known' by co-residents, staff and the community & vice versa



Conclusion

(moving forward in transforming LTC facilities to become more homelike)

- ▶ Supporting a sense of home in LTC is a complex process, yet is very possible
- ▶ No “one size fits all” in creating a homelike environment
 - ▶ To become homelike, LTC homes need to respond to their particular needs (their people, their community, their context)
- ▶ Emphasis should be placed on fostering an environment where knowing the person is incorporated and supported
- ▶ Supportive, responsive, and appreciative leadership that empowers staff and enables a flexible and relational approach to care is foundational and needs to be a priority
- ▶ There is a need for more research regarding the role of recreation therapy in contributing to a sense of home in LTC
- ▶ There are strengths and advantages of a rural community, and we have much to learn from the rural perspective when it comes to healthcare

Thank-You!

- ▶ My hope is that this study can help with the process in transforming LTC facilities to truly feel like a home.

