

Intervention Protocol

Intervention: Camping Sensory Group

Population: Geriatrics/Alzheimer's

Group size: 10

Materials:

Name tags
Magic Marker

Space:

Indoors
Room needs to be relatively quiet and without distractions

Materials:

Chairs in a semi-circle
TV
IDMI
CD, laptop, tablet or iPad
CD with forest sensory sounds or obtain from YouTube:
<https://www.youtube.com/watch?v=OdIJ2x3nxzQ>
<https://www.youtube.com/watch?v=2G8LAIHSCAs>
https://www.youtube.com/watch?v=MdP0Pta_JxE
Camp songs:
https://www.youtube.com/watch?v=fQ_0pJnaxFo&list=PLC1C7EEBF263120F7
Back pack with the following supplies: (these are just ideas)
Lantern
Coffee
Hot Chocolate
Kettle
Sweat shirt
Sleeping bag
Matches
Pine branch
Flowers (wild flowers)
Poncho
Candle
Chocolate pudding
Graham crackers
Chocolate
Big Marshmallows
Cups
Spoons

Time: 10-15 minutes

General Purpose: To help clients improve and increase flexibility, balance, and movement.

Domain: Physical



Goal:

- To improve physical health.
- To improve mobility
- To improve fitness including endurance, strength and flexibility.
- To improve energy by supporting ongoing involvement in activities of daily living and leisure activities and is directly link with psychological well-being through mood enhancement.

Anticipated Outcomes: Clients will experience the benefits of physical activity to assist in promoting a healthy lifestyle complementary to and/or in addition to other interventions.

Program Description: By using guided imagery, clients will experience the adventure of taking a hike through the mountains to reach their camping spot.

Client Problems that may be addressed: Research has demonstrated that being physically active reduces the risk of cardiovascular disease, diabetes, stroke, high blood pressure, high cholesterol, obesity, osteoporosis, falls and fractures, and some cancers (World Health Organization. Global recommendations on physical activity for health. 2010, WHO: Geneva). Physical activity is associated with modest improvements in executive function, memory, attention and processing speed among the elderly (Smith PJ, Blumenthal JA, Hoffman BM, Cooper H, Strauman TA, Welsh-Bohmer K, Browndyke JN, Sherwood A. Aerobic exercise and neurocognitive performance: a meta-analytic review of randomized controlled trials. Psychosomatic Medicine, 2010, 72:239-252.).

Intervention Activity: Introduce yourself to the clients. Ask each client what their name is and place a name tag in their shirts explaining to them you have your name tag to remind them your name, their name tag is to remind you what their name is. Ask the clients if they enjoy the outdoors, wait for responses. Ask them if they like to go camping, wait for responses. Ask them where they enjoyed camping, wait for responses? Ask them who they went camping with, wait for responses. Ask the clients if they would like to take an imaginary camping trip today. Explain to them you have everything packed in the backpack, show them the backpack and place it on your back. Explain to the clients you will carry the supplies for them.

Recite the imagery/exercise script:

Begin the sensory forest sounds:

<https://www.youtube.com/watch?v=OdIJ2x3nxzQ>

<https://www.youtube.com/watch?v=2G8LAIHSCAs>

https://www.youtube.com/watch?v=MdP0Pta_JxE

Explain to the clients we are now in the forest ready to go hiking.

Ask the clients what they see, what they feel, what do they hear. Wait for responses.

Ask the clients to slightly lift their feet as in a walking motion while sitting down. If any clients are able to walk invite them to walk with you. (1 min)

Explain to the clients it rained last night, have clients raise their arms as high as they can over their heads and wiggle their fingers as they drop their arms imitating the rain. (5 times)

Explain to the clients the rain caused the trail to be muddy, have clients raise legs in a high march imitating walking through the mud. (10 times)

Explain to the clients they made it through the mud but now they need to get all the mud off, have clients shake each leg and foot (30 sec), have clients reach with their arms to brush their legs (30 sec).

Explain to the clients they have reached a meadow with tall grass, in order to get through the grass they need to brush it away. Have clients reach in front of them and pull back to imitating pulling back the tall grass (30 sec).

Explain to the clients they have reached a tall mountain and they need to climb it to get to the camp site. Have client raise their left arm as high as they can, at the same time lifting their left leg and imitating a pushing down motion as if they were rock climbing, repeat other side (5 times each side).

Explain to the clients they have reached the top and you can see the campsite across the lake. Explain to the clients in order to get across the lake they need to row a boat across it. Imitate rowing a boat with their arms, reaching forward with arms shoulder width apart and pulling back (10 times).

Explain to the clients they have now reached the camp site.

Risk Management Considerations: If a client is unable to do the movement, don't push them. Assist the clients with hand over hand with movements. Remind the clients to do each movement to the best of their abilities. Give praises for any movement made.

Staff Training and Certification Requirements: Each staff member should be certified and licensed (if applicable) as a certified therapeutic recreation specialist (CTRS) or Therapeutic Recreation Technician (TRT) and be required to maintain his or her licensure and certification.

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Back pack with the following supplies: (these are just ideas)

Lantern
Coffee
Hot Chocolate
Kettle
Sweat shirt
Sleeping bag
Matches
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Flowers (wild flowers)
Poncho
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Chocolate pudding
Graham crackers
Chocolate
Big Marshmallows
Cups
Spoons

Time: 15-20 min minutes

General Purpose: To help clients improve cognitive abilities.

Domain: Cognitive

Goal:

- To improve ability to attend.
- To improve concentration skills.
- To improve memory skills.

Anticipated Outcomes: Clients will have the opportunity to reminiscing about camping supplies needed while camping to enhance the senses complementary to and/or in addition to other interventions.

Program Description: Client will be able to experience the needed supplies to go camping through sensory props.

Client Problems that may be addressed

Intervention Activity: Explain to the clients they have reached their camp site. With the use of a TV or tablet show the clients their camp site.

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<https://www.youtube.com/watch?v=2G8LAIHSCAs>

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Hold the backpack up for each client to see. Explain to the clients the backpack is full of objects needed to go camping and they are going to help you unpack. Ask each client to reach into the backpack and pick an item. Once they pick the object ask the client what it is and how they would use it when they are camping. Take the object to each client to see, feel and smell.

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Risk Management Considerations: Assist clients with each object so they don't eat objects.

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Time: 15-20 min

General Purpose: To provide an opportunity for clients to socialize with music.

Domain: Social

Goal:

- To develop and build communication skills.
- To develop and build interpersonal skills.
- To develop and build reciprocal relationship skills
- To develop social confidence by developing specific skills related to social interaction and relationship development and by selecting leisure experiences that support and facilitate the development of social skills and relationships.

Anticipated Outcomes: Clients will have the opportunity to sing familiar fire side songs.

Program Description: Client will be able to experience the environment of sitting by a campfire eating s'mores and singing campfire songs.

Client Problems that may be addressed:

Intervention Activity:

Explain to the clients they have now hiked to the camp site, unpacked their backpacks and now will enjoy the opportunity to sit around the campfire singing songs and eating s'mores. Ask clients what is their favorite campfire is and try to find it off of this site

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While singing songs serve S'mores or pudding. Invite clients to sing and dance.

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Risk Management Considerations: Be aware of diet precautions.