



**Thriving  
on  
Change**

**DRTA 2019 Award  
for Excellence**



**Programme**

**13th to 14th September 2019**

(& pre-conference workshop 12th September)

**Novotel Surfers Paradise**

**Gold Coast QLD**



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# Welcome

Diversional and Recreation Therapy Australia would like to welcome you to the 2019 National Conference. The conference theme 'Thriving on Change' has attracted speakers locally, interstate and internationally to present papers and posters on a range of professional issues. The DRTA Board encourages you to embrace the variety of philosophies, ideas and concepts presented over the next two days as we celebrate Diversional and Recreation Therapy and examine the challenges and opportunities in 'Thriving on Change'.

To assist you to have a positive experience at the conference, here are some important tips:

- > **Negotiating the conference programme:** We have put together a full and diverse programme. Please refer to the programme as some sessions are concurrent and we don't want you to miss out! This booklet provides you with the abstracts of each presentation and we suggest you read them to help make the best choice on which session will be best for you. Please move quickly between sessions to ensure each speaker has the full allotted time - plenty of time to chat during breaks! Please remain seated once the presentation has begun.
- > **Conference Room:** Please refer to the programme for the location of the presentation you are wishing to attend. The Surfers & Currumbin Rooms will be the plenary (main) room and breakout session held in the Wavebreak Room.
- > **Mobile phones:** Please ensure that all mobile phones are switched to silent during the presentations.
- > **Networking:** The conference provides a unique opportunity for you to meet a range of professionals from both similar and different backgrounds to you. Make the most of the networking opportunities provided, meet as many new people as possible, exchange contact details and make plans to network. These are also people who you can learn from and share experiences with, and who can also learn from you.
- > **Trade Exhibition:** The trade tables are located both in the foyer and in the Surfers/Currumbin Room. You are able to visit the tables before conference, during morning tea, lunch and afternoon tea and end of conference. Take the opportunity to visit them all, you will find so much to help in your practice and further your education.
- > **Conference Cocktail Party and DRTA Excellence Award and 10 Year Anniversary Celebration:** The cocktail party will be held on Friday from 6.00pm - 8.00pm for the delegates with full 2 days registration and their guests. Our special guest and DRTA Board will present the 2019 DRTA Award for Excellence, conference prizes and Professional Development Awards. After the formalities, it is time for networking, catching up with old friends and relaxing! This year marks our 10th Anniversary - help us celebrate and join in the party!

On behalf of DRTA, have a wonderful conference experience and let's find the inspiration to 'Thrive on Change' into the future of our profession.

## Kylie Rice

President

Diversional and Recreation Therapy Australia

# Day 1 Friday 13th September

<b>8:00am - Registrations &amp; Trade Exhibition</b>	
<b>9:00am - Welcome - Kylie Rice, DRTA President</b>	
<p><b>9:15am Keynote speaker: Renee Smith, Consultant, Dementia Support Australia</b>  <b>Cultivating and finding growth is not only about having a “green thumb” - what’s your fertiliser so you Thrive on Change?</b></p> <p>Over the past 16 years within the aged care industry Renee has worked as an independent Diversional Therapist, a Diversional Therapy Manager, an Allied Health consultant, private consultant, TAFE teacher and currently is a Consultant with Dementia Support Australia. She is constantly finding ways to explain and promote the value of the roles we fulfil in supporting people across every area of DRT practice. Renee will pose a question to us that she has always asked of herself - What is the one thing I can commit to NOW, in my personal quest to Thrive on Change? You will come away with your own plan!</p>	
<p><b>10:15am Self-advocating and the Diversional Therapist</b>  <b>Jade Gilchrist</b></p>	
<b>10:30am MORNING TEA</b>	
<b>Concurrent Sessions</b>	
<p><b>11:15am To tick or not to tick: the implications of seeking the ‘Rainbow Tick’ for clients and staff</b>  <b>Trevor Skerry</b>                  Support clients and staff who identify as part of LGBTI community.</p>	<p><b>11:15am Kids in care and their leisure</b>  <b>Nicole Peel</b>                  This presentation will overview the outcomes of a study involving young people in foster care and their leisure.</p>
<p><b>12:00pm Short video game play influences executive function the oldest old living in residential care</b>  <b>Alex McCord et al.</b>                  A unique study of 80 - 97 year olds’ cognitive health.</p>	<p><b>12:00pm Ageism and Cultural Change</b>  <b>Nita Joy,</b>                  Elder Abuse Liaison and Helpline Officer, Advocacy Tasmania Inc with Elder abuse, ageism and cultural change strategies</p>
<p><b>12:15pm New Aged Care Standards and their Application! From the perspective of the Leisure and Lifestyle team</b>                  What the Aged Care Quality and Safety Commission want you to know to pass your accreditation  <b>Stephania Bejma</b></p>	<p><b>12:15pm Clinical Reasoning - what it is and how does it work?</b>  <b>Charlise Bennett</b>                  Asks us “As a profession, is our clinical reasoning in diversional therapy/ therapeutic recreation practices unique, the same or similar to another health profession?”</p>
<b>12:45pm LUNCH</b>	
<b>Concurrent Sessions</b>	
<p><b>1:45pm Create a Creature</b>  <b>Janine Warne</b>                  An initiative to incorporate facilities, including families, friends and community to engage in a community event.</p>	<p><b>1:45pm The Bow and Curtsy Aged Care Music Program</b>  <b>Jade Gilchrist, Dr Kym Watling, Geoff Bates</b>                  Giving the DT a deeper understanding of why we do what we do and to recognise therapy in action.</p>
<p><b>2:30pm Come cruising with me</b>  <b>Richard Cummins &amp; Kate McFarlane</b>                  Cruise week gives residents something to look forward to and boosts staff morale.</p>	<p><b>2:30pm The new Aged Care Quality Standards in Action</b>  <b>Lesley Jones</b>                  Delegates will have an overview of the standards, consumer outcomes, and ways to meet them.</p>
<p><b>3:00pm Benefits/outcomes of secondary intergenerational programme in an aged care setting</b>  <b>Keirston Whelan</b>                  Shows positive impacts to both generations.</p>	<p><b>3:00pm Alice in Oz Program</b>  <b>Michele Roche</b>                  A cultural aged care exchange program via a skype between Ozcare Burleigh heads and Alice House Nagoya Japan</p>
<b>3:15pm AFTERNOON TEA</b>	
<b>Concurrent Sessions</b>	
<p><b>3:45pm National Council for Therapeutic Recreation Certification - An Overview</b>  <b>Anne Richard, Executive Director, NCTRC New York; Robin McNeal NCTRC</b></p>	<p><b>3:45pm Music to Remember myself By: Workshopping targeted song and dance sessions</b>  <b>Ruth Leach</b>                  Dance counteracts age-related gray matter decline. It links to improved mood balance, positive behavioural changes and lowered dementia risk.</p>
<p><b>4:15pm NCTRC Eligibility Paths</b>  <b>Anne Richard, Exec Director, NCTRC; Robin McNeal NCTRC</b></p>	
<b>4:30pm CLOSE</b>	
<p><b>Cocktail Party 6:00pm-8:00pm</b>  <b>DRTA Award for Excellence,</b></p>	
<p>Join delegates, DRTA Board, and special guests for a drink and canapés to celebrate the runners up and winner of the DRTA Award For Excellence 2019 and DRTA’s 10th Anniversary                  Come dressed to sparkle (a lot or a little, up to you!)</p>	
<b>Don’t miss this important, fun event INCLUDED in your registration fee!</b>	
 <p>Celebrating 10 years as Australia’s National Body</p>	

# Day 2 Saturday 14th September

<b>8:15am - Registrations &amp; Trade Exhibition</b>	
<b>8:35am - Welcome DRTA</b>	
<p><b>8:45am Keynote speaker: Dr Cindy Jones, Associate Professor of Behavioural Sciences, Faculty of Health Sciences &amp; Medicine, Bond University</b></p> <p><b>It ain't too late! Sexuality, Ageing &amp; Dementia</b></p> <p>Dr. Cindy Jones is an Associate Professor of Behavioural Sciences at Bond University and a Research Fellow with the Menzies Health Institute Queensland, Griffith University. In collaboration with Dementia Training Australia (DTA - formerly known as Queensland Dementia Training and Study Centre), she developed a resource 'Sexualities &amp; Dementia: Education for Health Professionals'. This work has received extensive media coverage in Australia, as well as significant research and policy interest. As part of the dissemination of this education resource, Dr Jones has delivered hundreds of sessions on this topic for health professionals and staff from aged care organisations nationwide and internationally.</p>	
<p><b>9:45am The Royal Commission into Aged Care: A report from a DRT perspective</b></p> <p><b>Kim Bromley &amp; Kayla Garside</b></p> <p>An important round up of all the main points, basic frame of reference and any news to date. Also an outline of DRTA's response to the Royal Commission on behalf of our profession and an info pack will be available.</p>	
<b>10:15am MORNING TEA</b>	
<b>Concurrent Sessions</b>	
<p><b>11:15am Cultivating a new path within the NDIS</b></p> <p><b>Yasmin &amp; Alana Pringle</b></p> <p>This presentation follows our journey and the inception of AnY Support, an approved National Disability Insurance Scheme (NDIS) service provider. A story of unexpectedly successful business and careers from the DRT field. When you love what you do everyone benefits!</p>	<p><b>11:15am Australian trial of Meeting Centre Support Program: Report from DRT perspective</b></p> <p><b>Kumi Maehata</b></p> <p>MCSP is a Dutch based dementia care program promoting quality of life of people with early to moderate dementia stages and their carers living in the community.</p>
<p><b>12:00pm Multisensory Environments in Dementia Care</b></p> <p><b>Shannon Azzopardi</b> shares the change journey Garrawarra Centre embarked on in creating these environments for people with dementia. It will discuss implementation strategies, assessment tools, outcome measures and sustainability considerations to ensure residents thrive. Multisensory environments are a dedicated space containing sensory equipment that is used to provide stimulation to engage a person or minimise stimuli to provide relaxation. The stimuli provided focuses on the five senses of sight, smell, hearing, taste and touch.</p>	<p><b>12:00pm Research and evidence-based practice in Australia with TR/DT</b></p> <p><b>Charlise Bennett</b></p> <p>Challenges for DT/TR practitioners arise when key research terms are used differently across related fields making it difficult to determine what the research is saying and if it is valid to use in our context.</p> <p><b>Ageless Play - developing community inclusion through service collaboration</b></p> <p><b>Penny Allen</b></p> <p>Intergenerational playgroup in an aged care program developed with Playgroup Queensland and those working in aged care. As just seen on ABC TV <i>Old Peoples' Home for 4 Year Olds</i></p>
<b>12:45pm LUNCH</b>	
<p><b>1:45pm Depression to Dementia to DELIGHT</b></p> <p><b>Natalie White</b></p> <p>Discusses what has helped her be a survivor of depression, and what studies and research have shown can help our clients live a happy and quality-filled life while living with depression and dementia.</p>	<p><b>1:45pm Photo Project at Corumbene</b></p> <p><b>Lynette Kent</b></p> <p><b>The Mary Poppins Bag for DRTs</b></p> <p><b>Glenda Kubler, Diversional Therapist &amp; Therapeutic Music Specialist</b></p>
<p><b>2:15pm There's never been a better time to be a Diversional Therapist</b></p> <p><b>Meryl Christian</b></p> <p>This presentation will explore the other contexts in which you can be using your Diversional Therapy skills.</p>	<p><b>2:15pm Happiness and Laughter</b></p> <p><b>Diana Rizos</b></p> <p>Joyfulness instigates participation with the people we interact with every day - at work, home and in the community.</p>
<p><b>2:30pm You CAN teach an old dog new tricks</b></p> <p><b>Gwen Korebrits, CEO &amp; Co-Founder, Dance Health Alliance</b></p> <p>Let's look at practical solutions to get people moving, easy dance moves that will engage every participant on some level. An easy routine that everyone could reproduce in their care facility.</p>	<p><b>2:30pm Tech Savvy Programming</b></p> <p><b>Leah Sullivan</b></p> <p>Practical strategies to support people in residential or community settings to widen their knowledge/skills in current technology.</p>
<b>3:00pm Conference Close and Presentation of remaining Awards and Prizes</b>	
<b>3:15pm DRTA Annual General Meeting</b>	
All DRTA members invited to this session (to vote if needed). Non-members are welcome as observers. Close at 4:00pm	

This program and times given **will be subject to changes** due to circumstances beyond DRTA control.  
Correct at time of printing.

## Posters - presented on screen from digital media

### Ageless Play - developing community inclusion through service collaboration

**Subtheme:** Embracing Community Inclusion

**Penny Allen**, Graduate Diploma of Education (Early Years)  
Community Programs Manager, Playgroup Queensland

Since 1973 Playgroup Queensland has provided support, guidance and assistance for families across the state. Today Playgroup Queensland supports in excess of 12,000 families through the delivery of more than 20 playgroup programs. Playgroups are attended by adult caregivers and their young children (0-5 years), usually occurring once a week for two hours and are places for families to meet and engage in play.

Aiming to make a difference in today's communities has led to the introduction of new playgroup programs. In 2017 we partnered with Catholic Healthcare to pilot an Intergenerational Playgroup in an aged care service. The program was developed through collaboration, using the expertise and experience of those working in aged care together with the knowledge of Playgroup Queensland and contribution from families with young children. This special hour of each week means so much to so many, providing a vehicle for positive social change and community connectedness.

In Queensland, Intergenerational Playgroups are a unique offering, providing opportunity for multiple generations: young children, their adult caregivers and older people to engage in play. Following the conclusion of the pilot, the original intergenerational playgroup continues to thrive and we are looking to expand to other sites around Queensland as families are showing high interest in being involved.

The E poster will focus on the learnings from the pilot playgroup and the leisure bite session will demonstrate the Ageless Play program. The program provides support, guidance and resources to create community inclusion. We will also share our grassroots learnings and strategic thinking in relation to essential considerations in designing a program to respond to community need.

Research in intergenerational programs demonstrate the benefits of bringing generations together, including reducing social isolation and contributing to a sense of purpose. Intergenerational playgroups are an opportunity for our communities to learn from each other, building respectful and inclusive relationships across generations.

<https://www.agelessplay.com.au>

# Posters - presented on screen from digital media

## Family Ties, A gathering for the family and friends of our direct clients!

**Subthemes:** Finding growth in spirituality and mental health; Cultivating a new path

**Lesley Fox**, Cert 4 Leisure and Health, Cert 4 Frontline Management, Cert 4 Community Services Work, Cert 3 Home and Community Care  
Recreational Activities Supervisor, Wesley Vickery NSW

The ePoster will showcase the Family Ties gatherings, explain the need for connection and support of family and friends that have their loved ones living in Residential aged care.

Here at Wesley Vickery Sylvania we are a Christian organisation with spiritual, pastoral care and mental health the centre of what we do.

Our mission statement is

“Do all the good you can  
by all the means you can,  
in all the ways you can,  
in all the places you can,  
at all the times you can,  
to all the people you can,  
as long as ever you can.”

So, with that in mind and after in depth looks into the new accreditation standards. I decided there was a gap in our home/community space. A gap in the strength of what we offer, to support families and friends spiritually, pastorally and emotionally, that are beginning a journey in residential aged care.

With families and friends sometimes being the ones that are the guardians of our direct clients, they too, are also clients/consumers in the sense that they are often in control of the decision making, that impacts the wellbeing of our direct clients. When Families and friends are new to an environment like aged care and perhaps finding things hard or feeling un-connected, they are susceptible to making poorer choices for their loved ones. Perhaps poorer choices can also be attributed to carer burnout, guilt, lack of knowledge, disconnection, denial and grief. All spiritual, pastoral and mental health needs. Needs I felt we needed to address. Or at least offer potential support too.

I feel if we have happier, healthier and supported families and friends, then we will have happier and healthier direct clients as well. I also saw this as a way to connect families and create a platform, that meets quarterly, to support one another in this new journey of residential aged care. To offer a safe place to talk, vent and share their wisdom with each other. To provide a forum for guest speakers to visit. To Create a space that sees friendships start and hopefully flourish.

All done in an informal gathering called Family Ties.

There is so much we can do as an industry, to go beyond only providing activity delivery and make all we do, about adding more value and quality to life.

# Posters - presented on screen from digital media

## A new model of care for Wesley

**Subtheme:** Leading the change

**Lesley Fox**, Cert 4 Leisure and Health, Cert 4 Frontline Management, Cert 4 Community Services Work, Cert 3 Home and Community Care  
Recreational Activities Supervisor, Wesley Vickery NSW

The ePoster will showcase the new model of care that has been developed within Wesley mission's residential aged care homes. With a particular focus on Leisure and lifestyle changes.

Wesley Vickery Sylvania trialed this before rolling it out to other centres.

Making us the leaders in a change of how we work with our clients and how we deliver all services to them. This model was based on and built off of the new accreditation standards that are beginning in July 2019. Change is on the way for all of us.

It is exciting to see old ways across all departments being replaced with new thinking and new methods that are creating a 100% client focused approach. Leading to increased enhancement and empowerment of our clients. Increased happiness and decreased negative behaviour.

From our perspective in the leisure and life style department. We see these changes as an extension of what we naturally and already have been doing. Hence as a department, we are the ones leading the change. The new environment in which the changes are creating is enhancing the wellbeing of all living in residential aged care at Wesley mission.

I am just excited to share these new changes.

# Posters - presented on screen from digital media

## Thriving on Change

**Subtheme:** Cultivating a new path

**Gay Furness**, B. Health Science (Leisure & Health)  
Lifestyle Coordinator, Embracia, Burpengary QLD

**Jordan O'Neil**, Certificate IV in Leisure & Health  
Lifestyle Assistant, Embracia, Burpengary QLD

In view of the new Aged Care Quality Standards, the subject for our ePoster will relate to Standard 1, consumer dignity and choice, Standard 4, services and support for daily living, and Standard 5, organisation's service environment.

A male resident 79 years of age came to our facility in Burpengary from hospital as he was unable to go back to his home in Bundaberg and live without assistance. The gentleman was placed in one of our facility households, Torrens. The gentleman only socialised with three of the other twenty residents in that household. He would spend his time primarily alone in his room watching television; until he planted a chilli bush in the household garden bed, which he would attend to.

The gentleman was moved to another household, Buckley, where he started to socialise with other male residents. During the NRL football season, he also began attending the facility's Footy Club to discuss the games and teams with residents from other households. The gentleman approached maintenance and Lifestyle staff to see if he could grow other chilli plants, which was approved by management. This gentleman now has a total of eight potted chilli plants, all of different varieties, and happily shares the fruits with other residents and staff. He also assists with attending to the gardens all around the facility, dutifully trimming and sweeping around the footpaths between visits from the gardener, to ensure they do not become overgrown. In addition, he assists Lifestyle with the watering and weeding of the herb garden, which the kitchen adds to the residents' meals. This gentleman also frequently researches and conceives ideas for other flowering plants he would like to plant in the gardens to "give them some colour".

To continue to pursue his gardening interests with dignity and by providing necessary supports.

Enabling the gentleman to exercise his choice; pursue his gardening interests; empowering the gentleman to actively take control over his day to day routine.

# Posters - presented on screen from digital media

## EveryAGE Counts

**Subtheme:** Embracing community inclusion; Leading the change

**Shannon Sladen**, B.Health Science (Therapeutic Recreation)  
Manager, Wellness & Lifestyle, The Benevolent Society

EveryAGE Counts is an advocacy campaign aimed at tackling ageism. It's an ambitious campaign spearheading a social movement with a challenging goal: to shift social norms (those unwritten rules of common thinking and behaviour) and positively influence the way Australia thinks about ageing and older people. The EveryAGE Counts campaign vision is "a society where every person is valued, connected and respected regardless of age and functional health".

Ageism is stereotyping, discrimination and mistreatment based solely upon age. When directed towards older people, it comes from negative attitudes and beliefs about what it means to be older.

There's a lot more ageism in Australia than most people may realise. Ageism is not benign or harmless. It can have a profound impact on our job prospects, confidence, health, quality of life and control over life decisions. It can limit us from participating in our communities as full citizens, and has proven impacts on our physical health and longevity.

Every one of us is ageing, from the moment we are born. As a community, we can positively change thinking about ageing, re-imagine getting older and set the foundations for current and future generations to age well. EveryAGE Counts is the opportunity to work with others in your community to create a society where every person is valued, connected and respected, regardless of age and health.

The EveryAGE Counts campaign and strategy is guided by a large body of existing evidence about the extent and impacts of ageism, as well as research commissioned into the attitudinal and behavioural drivers behind ageism, and effective ways to address these.

Negative attitudes and beliefs about ageing and older people underpin and drive age discrimination in places like the workplace or the healthcare system. This two part E-poster series will challenge health care professionals to foster a future free from ageism in healthcare by:

- Changing the way we perceive aging to better understand the beliefs and behaviours that drive ageism.
- Challenging institutional practices, policies and behaviours that perpetuate negative stereotypes and undermine dignity - including language and representation.
- Understanding how ageism manifests and be able to recognize ageist situations, especially within the healthcare system in order to change social norms.

# Posters - presented on screen from digital media

## Diversional Therapy can turn the ordinary into extraordinary

**Subtheme:** Embracing community inclusion

**Erica Stevenson**, B Health Science Leisure & Lifestyle

Diversional Therapist, Royal Hobart Hospital, TAS

**Background:** The hospital is at present under redevelopment, experiencing significant bed shortages and fast discharges with few areas to access trees, sun, fresh air or space for group activities. While a limited diversional therapy service extends hospital-wide.

A project was proposed to provide diversional therapy to more patients, staff and to the wider Tasmanian community to: provide meaningful activity, a distraction from illness and to improve well-being. Such a project should improve the physical environment and should be easily accessible and affordable.

**Method:** Yarn bombing is street art. It is knitting for ordinary objects in the environment to create something of beauty. It is an activity that is low cost, easily implemented, meets the functional ability of many and is an opportunity to create joy.

Evidence based research shows that knitting is therapeutic. It can reduce depression, distract from chronic pain, increase social inclusion, fights loneliness and isolation while protecting future mental health. Knitting also meets varying functional abilities regardless of age, culture, religion, sex, gender, ability or disability.

Donated knitting packs were supplied to all wards and invitations to participate were sent to all residential facilities and schools in southern Tasmania and the wider community.

Moments of joy are often found in colour, symmetrical patterns and a sense of abundance such as the effect of a yarn bomb. And environments in which people experience joy are linked to healthier lives.

**Results:** The project has had an overwhelming positive response. Many people participated by knitting for 46 trees around the hospital and in the central city park of Hobart for International Yarn Bombing Day which also coincided with Dark MOFO in Hobart.

Wards formed knitting groups as a therapeutic and rehabilitation intervention. These groups have continued after the yarn bomb. Knitting came from as far away Sydney. Some people participated by contributing a few stitches while others were enormously creative and prolific. This project created a lot of media attention on Facebook, Instagram and local TV with interviews given to local newspaper and ABC radio. The yarn bomb has brought joy and life to the hospital. Positive feedback has been received on how wonderful it looks, how joyous the project has made people feel and how therapeutic it has been for ill relatives. Post yarn bomb knitting is now being used as blankets for the homeless crisis in Hobart.

**Conclusion:** Knitting together for a common goal, in a meaningful activity found the community working together to turn the ordinary into something extraordinary. The benefits of a diversional therapy project that extends further than those referred to the service can create numerous positive outcomes for the community.

# Posters - presented on screen from digital media

## Promoting a self-care philosophy for Everyone

**Ellena Street**, Diploma of Diversional Therapy, Cert 4 in Frontline Management, Cert 4 in Training and Assessment, completing Assoc Degree in Dementia Care

Diversional Therapy Department, Garrawarra Centre, Waterfall NSW

Garrawarra Centre's Diversional Therapy Department understand that balancing life and work can sometimes be difficult. Many demands are placed on us as individuals so focusing on self-care both at home and work can have a flow on effect such as being positive role models for others. To do this shows leadership and a greater awareness of the impact we have on others. This ties into this year's DRTA theme of "Thriving on Change" - be willing to try new things and to look for new and innovative ways of achieving positive outcomes for everyone.

















# Abstracts - Day One

1.45pm Friday 13th September - Plenary Room

## Create a Creature

**Subtheme:** Embracing community inclusion

**Janine Warne**, Cert IV Frontline Management; Cert IV Training and Assessment; Cert IV Disability Work; Cert III Community Services; MOOC Understanding Dementia; WH&S Accredited; Montessori Ageing Support Services

Leisure and Lifestyle coordinator Woodlands UPA Hunter, Wallsend NSW

DRTA Board Representative NSW

Create a Creature is an initiative to incorporate Aged Care facilities in Hunter region, including the families, friends and the greater community to engage in a community event. Consumers, Staff and Families were invited to participate and their works were judged by an independent panel by our sponsors for the event. Sections for Aged Care were judged separately to community entries. The works must be close to life size and entrants may enter as many creatures as they choose. Consumers may have the assistance of staff and volunteers but must have input to the project with choices, paper prep, clueing, painting and decorating. The benefits to the consumer are:

- Increased interest
- Creative Expression
- Motivation for Regional Project
- Choice and Decision Making
- Maintaining Fine Motor Skills
- Social Interaction
- Enthuse a Competitive Spirit
- Team Work
- Purposeful Activity with Goal
- Providing a Fun Environment

By embracing the region and greater community in this event it has enabled consumers to have feelings of being valued as contributing members of the region. The event has engaged other consumers with a project of inclusion. Meeting Consumers from around the region has boosted friendships and maintained a sense of belonging. A friendly competitive spirit has enhanced consumer's enthusiasm and personal choices. The event culminated in a Awards ceremony with the presentation of trophies in both categories Consumers and community. This special event empowered consumers to work together creating a environment for all the community to enjoy.

**Notes:**

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# Abstracts - Day One

2.30pm Friday 13th September - Plenary Room

## Come Cruising with me

**Subtheme:** Cultivating a new path

**Richard Cummins**, Dip Community Services (Lifestyle & Leisure)

Senior Health and Leisure Coordinator, Jindalee Aged Care Residence, Narrabundah ACT

**Kate McFarlane**, Dip Community Services (Lifestyle & Leisure)

Health and Leisure Coordinator Jindalee Aged Care Residence, Narrabundah ACT

Holidays are an important part of a lifestyle during our working life. They are something we look forward to, plan and enjoy. The memories we create on those holidays are ones that we remember for many years to come. It is only natural that when we are no longer able to enjoy the lifestyle of taking holidays, we miss the opportunity to do so. In some cases people have been reported to grieve this aspect of their life, almost as one would grieve a loved one.

Four years ago the Health and Leisure team came up with the idea that we take residents of our facility on a virtual 'cruise', where for five days we would involve them on as many levels as possible in a cruising environment. This was such a successful event that we have included a virtual cruising experience each year since then, with many residents eagerly waiting to find out the next date and destination.

We start planning many months in advance but do not disclose the proposed destination until closer to sailing. We transform our recreational room by decorating to make it look like a cruise ship, which is themed to the destination and this changes during the week to reinforce the nature of traveling to a number of places. Some of the props we use are purchased, but many are recycled from previous years and events. These have included boarding passes, cruise itineraries, flower leis, badges from various locations and certificates which are handed out at the final party. Staff are required to take part by dressing up, creating props and encouraging residents, particularly those who do not attend group activities on a regular basis, to take part.

Popular events during the week include sail away party, Captain's cocktail party, shore excursion (a bus trip to a location which is some way tied to the destination), Mega bingo, board game afternoon, exercises on the deck and the finale party where we sail back.

Over the years our ideas have grown and we now tackle activities during this week which in the past would have been only possible in our imagination. For heaven's sake, we went to Vegas and met Elvis there!

Cruise week gives the residents something to look forward to, involves many family members who come to share in the special event. Many residents share positive memories long after the event, some saying they felt they were on a real cruise, leaving them feeling rested and relaxed. It boosts staff moral across the facility and energises the Health and Leisure team with the positive feedback received.

We suggest that you try a week long holiday too. It doesn't have to cost a lot and the fun and excitement of the occasion will make it something people talk about for a long time.

**Notes:**

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# Abstracts - Day One

3.45pm Friday 13th September - Breakout Room

## Music to Remember Myself By: Workshopping Targeted Song and Dance Sessions

**Subtheme:** Leading the Change

**Ruth Leach MPhil;** Cert 3 Fitness

Music and Movement Trainer, Biggera Waters, QLD

Dance counteracts age-related gray matter decline; it has also been linked to improved mood balance and positive behavioral changes[1], and lowered dementia risk. Its combination of physical activity with sensory stimulation (sensorimotor); cognitive, social and affective components, facilitates neurogenesis[2],[3].

Exposure to preferred or familiar music stimulates musical aptitude and music appreciation, two of the last remaining abilities in the senior brain[4], and can improve agitation, anxiety, and behavioural concerns. Music is stored as procedural memory, which is significant particularly for those with dementia, because while episodic memory is destroyed, while procedural memory is largely left intact[5],[6]. It is common to see people who are no longer able to hold a conversation accurately singing the lyrics of songs learned in their younger years.

Combining these two elements provides a powerful blend of physical, cognitive and coordinative challenges that can vastly improve quality of life and functionality. This workshop will focus on the process of creating specialised playlists and using these to lead simple but highly interactive song and dance (seated or standing) sessions with various groups. No equipment or specific clothing needed.

[1] Rehfeld K, Müller P, Aye N, Schmicker M, et al. **Dancing or Fitness Sport? The Effects of Two Training Programs on Hippocampal Plasticity and Balance Abilities in Healthy Seniors.** *Frontiers in Human Neuroscience*, 2017; 11 DOI: 10.3389/fnhum.2017.00305

[2] Müller P, Rehfeld K, Schmicker M, et al. Evolution of Neuroplasticity in Response to Physical Activity in Old Age: The Case for Dancing. *Front Aging Neuroscience* 2017;9:56. DOI: <http://10.0.13.61/fnagi.2017.00056>

[3] <https://journalofdementiacare.com/the-joy-and-freedom-of-dance/>

[4] [http://mars.gmu.edu/jspui/bitstream/handle/1920/8473/Maguire\\_thesis\\_2013.pdf](http://mars.gmu.edu/jspui/bitstream/handle/1920/8473/Maguire_thesis_2013.pdf)

[5] King J , Jones K, Goldberg E, et al. Increased Functional Connectivity After Listening to Favored Music in Adults With Alzheimer Dementia. *The Journal of Prevention of Alzheimers Disease*, 2019 6: DOI. 10.14283/jpad.2018.19

[6] Deason R,. Strong J, Tat M, et al. Explicit and implicit memory for music in healthy older adults and patients with mild Alzheimer’s disease, *Journal of Clinical and Experimental Neuropsychology*, 2019:41:2 DOI: 10.1080/13803395.2018.1510904

**Notes:**

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# Abstracts - Day Two

11.15am Saturday 14th September - Plenary Room

## Cultivating a New Path with the NDIS

**Subtheme:** Cultivating a new path

**Yasmin Pringle**, Diploma Leisure & Health

Director of AnY Support Pty Ltd and Disability Support Worker

**Alana Pringle**, Diploma Community Services Case Management,

Director of AnY Support Pty Ltd and Disability Support Worker

This presentation follows our journey and the inception of AnY Support, an approved National Disability Insurance Scheme (NDIS) service provider.

We didn't set out to cultivate a new path within the NDIS; nor did we expect that path to be quite a journey of business and personal growth.

Our intention was to simply work for ourselves. Because to work for ourselves gave us the freedom to align our beliefs and values with the services we provide and the relationships we form. We weren't interested in talking person-centred care; we were interested in behaving with mutual respect and fostering healthy relationships.

It seems that we weren't the only ones seeking this pathway. Within 12 months our mother and daughter team of Alana and Yasmin, had grown to 8 casual staff and 11 participants.

The introduction of the NDIS has provided new options for everyone - us included. It created an opportunity for us to do what we value and work directly with families in the capacity that they choose.

After a long career in the Federal Government Alana made the transition from public service to community service - and hasn't looked back. A believer in life-long learning, whether it be formal education, networking forums or listening and working with the families we support ... there are always opportunities to learn and grow.

With a strong background in customer service, law interpretation, quality assurance, coaching and mentoring, it made sense to be a "registered" NDIS provider. We believe this is a reflection of the integrity of our personal values and the transparency of our business practices.

Yasmin always wanted a career in Aged Care and enjoyed volunteering in residential aged care and dementia special care.

As a pathway to diversional therapy she also trained in Disability Services and Home & Community Care. Not only did this broaden her skills and knowledge, but she discovered she loved it.

And when you love what you do - everyone benefits!

Whatever aspect of our journey that's of interest to you, we're happy to share it: establishing a business within a safety and quality framework; the certification process; overcoming adversity in a protective and established culture; professional development is fun - DRTA workshops on the waves; leisure and recreation programs for our small groups of young adults.

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# Abstracts - Day Two

11.15am Saturday 14th September - Breakout Room

## Australian trial of Meeting Centre Support Program: Report from DRT perspective

**Subtheme:** Leading the change

**Kumi (Connie) Hisae Maehata** B Health Science (Leisure and Health)

Diversional Therapist, Meeting Centre Support Program, 3Bridges Community, Ryde NSW

Meeting Centre Support Program (MCSP) is a Dutch based dementia care program, which promotes the quality of life of people with early to moderate stages of dementia as well as their carers living in the community. Unlike conventional dementia day care centres, MCSP supports both: the person with dementia and the carer. Support is offered in a community care setting by a small professional team and volunteers. Such intimate environments strengthen the relationship and trust between staff and service participants (addressed "members"). Another unique point of MCSP is that the members with dementia are encouraged to actively contribute to the daily operations of the program. They make coffee and tea by themselves or for each other, look after the herb and vegie patch, cook lunch, wash dishes, and vacuum the rooms.

Following the principals of MCSP, the centre offers for the person with dementia;

Opportunities for socialisation	Practical support
Various physical activities	Social support
Various cognitive activities	Respite
Music and Art therapy	And for both;
Activities that promote daily living skills	Counselling and consultation hours
Activities that strengthen their sense of belonging and self-esteem	Day trip, parties and other social activities
For carers;	Eight educational lectures by health care
Emotional support	professionals per year to deepen the understanding and management of dementia.

Australia's first trial of MCSP started in November 2017 at Carss Park, a suburb of south Sydney by 3Bridges Community. Since then, the number of members successfully increased, and the second centre opened at Summer Hill in July 2018. Recently an article about our centres was introduced at Australian Journal of Dementia Care (February/March 2019 issue).

The author has been working with the program as a Diversional Therapist from the beginning and is creating and delivering activity programs by incorporating members' voices, ensuring the provision of person-centred care by facilitating members' choices and decision-making. Presently, MCSP has close to 30 members in each centre, who are from various age groups, various professions, and culturally and linguistically dynamic background.

The author would like to share the unique experience of taking a part in establishing the MCSP in Australia. The report includes how it was facilitated, barriers and challenges encountered, opportunities that shaped the program, its sustainability, and successful dissemination of this award winning program\* that supports people in the community who are affected by dementia.

\*ACSA NSW & ACT winner for 2018; HESTA finalist for 2018

**Notes:**

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# Abstracts - Day Two

1.45pm Saturday 14th September - Plenary Room

## Depression to Dementia to DELIGHT

**Subtheme:** Finding growth in spirituality and mental health

**Natalie White**, Associate Degree Social Sciences/Aged Care, Certificate IV Diversional Therapy; Certificate IV Training and Assessment; Advanced Diploma in Business Legal Studies; UTAS MOOC Understanding Dementia & Preventing Dementia

Dementia Educator, Dementia Australia, Parkville VIC; Trainer and Assessor Certificate IV & Diploma Leisure & Health, Skills Training Victoria, Melbourne

Since commencing in the field of Diversional Therapy in 2003, I have literally walked in the resident's shoes. I can feel their similar thoughts of grief, loss and pain through my past experiences and health conditions. I not only feel empathy, but also sympathy.

After a serious car accident in 1999, I was forced to learn how to walk again, and to regain my independence and confidence. I was told I would never walk again without a walking stick, let alone be up dancing for my 21st birthday. Boy did I prove them all wrong.

After 12 operations, resitting my driver's licence, dancing proudly at my 21st, enduring the pain of arthritis, and truly experiencing how precious life can be, my life should have been amazing.

But within several years after my accident, feelings of despair, hurt, disappointment, uselessness and utter sadness, came the big D = Depression. I was medically diagnosed with depression and before I could get to my 22nd birthday I was on antidepressants and pills to help with my arthritic pain. I often woke up feeling like an 80-year-old in a 22-year old's body.

Lots of rehab and psychiatrist appointments later, I was depression free, or so I thought. Little did I know that it was just a chapter in my book of life with depression. Post-natal depression, prenatal depression and post-traumatic stress and depression would continue to rear its ugly head, or as I often refer to it... the black dog.

I have seen many residents over the years suffer with this hideous illness, and having other illnesses such as dementia, the risk of developing depression is increased.

Ageing can incur isolation and lots of grief, and according to the Eden Model of Care, the 3 plagues of aged care are loneliness, helplessness and boredom. If our clients experience any of these, it will increase their risk of depression too.

In my talk I will discuss what has helped me over the years to be a survivor of depression, and additionally what studies and research have shown can help our clients live a happy and quality filled life while living with depression and dementia.

I will explain and offer interactive activities that will show us that beliefs, natural remedies, therapies and current skills/achievements can help us reignite joy in our life, and our clients' lives, and therefore find growth in spirituality and mental health.

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# Abstracts - Day Two

2.00pm Saturday 14th September - Breakout Room

## The Mary Poppins Bag for DRTs!

**Subtheme:** Embracing community inclusion

**Glenda Kubler**, Assoc. Degree Social Science (Aged Care)

Diversional Therapist & Therapeutic Music Specialist

Secretary DRTA Board Member

Oh No! Staff are away what can i do? Always have a Plan B or as I call it a Mary Poppins bag! You should all have at least 10 activities in the bag & ready to use. Pick from some of these:

- Name 10 Things
- If I was going to ..... what would I NEED?
- True or false
- Story telling (use a lucky dip bag of items to talk about)
- Board-less scrabble
- Photo folder to reminisce
- Balloon tennis with fly swats or noodles
- Target games.
- Make a word
- Flower arranging (with artificial flowers)
- Zentangling
- Meditation
- What Hat today?
- Pampering
- Old knitting or dress making patterns to discuss & reminisce
- Vintage motor bike and car pictures
- Tell me about your pets
- Wedding Photos
- Trivia cards or books
- Who am I?
- Cuppa & chat, or hot chocolate. or tea & toast, or milkshakes
- Sunshine time
- Ice-cream social
- Get up and dance and move to the music (give scarves to those who are seated to move)
- Just like mum used to make- use a collection of old recipe books and ask residents to find a recipe “just like Mum used to make”
- If you were a ..... what would you be & why? This can range from an animal, tree, drink, car, cake, biscuit, or anything at all.
- Play Charades
- Simon Says or resident says (insert your name or that of a resident)
- Have a singalong

**Notes:**

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## DRTA Award for Excellence 2019

### *Award For Excellence*



**OBJECTIVE:** To recognise a DRTA member who has exhibited excellence in DRT practice, in a viable and relevant manner, which has contributed to the wellbeing of the individual and the organisation/facility or community environment, whilst also encouraging personal professional development.

**ELIGIBILITY:** Any financial member of Diversional and Recreation Therapy Australia.

**CRITERIA:** Design, implement and evaluate a Diversional and Recreation Therapy special event

These 2019 finalists are all already winners by their achievements. Such a difficult task for the judges! The ultimate winner will be revealed at the Cocktail Party.....

Chris Gauld, Aveo Freedom Aged Care & Tafe Queensland South West, Toowoomba QLD  
with **Realistic Old Time Dance Project**

Jade Gilchrist, Founder, Embracing Ageing and Lifestyle/Volunteer Coordinator, Clifton Community Health Services, Clifton QLD  
with **Lifestyle Award**

Leah Sullivan, Lifestyle and Wellbeing Teamleader, Anglicare, Southern Queensland  
With **Tech Savvy Program**

Janine Warne, Leisure & Lifestyle Coordinator, Woodlands UPA Hunter Region NSW  
with **Create a Creature**

Anne Wicks, Social Programs Coordinator, St Louise Aged Care, Parkside SA  
with **Water-Works**

DRTA Award for Excellence Proudly sponsored by Australis College

## DRTA Professional Development Award

Congratulations to these DRTA members who have achieved their award by giving evidence of completion of 100 points of recognised professional development within any 2 year period.

**Shannon Azzopardi**, Diversional Therapist Garrawarra Centre, Waterfall NSW

**Linda Gallard**, Diversional Therapist, Eloura Mental Health Units, Shellharbour Hospital NSW

**Chris Gauld**, Aveo Freedom Aged Care & Tafe Queensland South West, Toowoomba QLD

**Jade Gilchrist**, Founder, Embracing Ageing and Lifestyle/Volunteer Coordinator, Clifton Community Health Services, Clifton QLD

**Vijay Pillay**, Diversional Therapist, St Andrew's Village, Glendowie, Auckland NZ

**Sue Sammartino**, Lifestyle Coordinator, VMCH St Catherine's RAC, Balwyn VIC

**Erica Stevenson**, Diversional Therapist, Royal Hobart Hospital, Hobart TAS

**Leah Sullivan**, Lifestyle and Wellbeing Teamleader, Anglicare, Southern Queensland

**Janine Warne**, Leisure & Lifestyle Coordinator, Woodlands UPA Hunter Region NSW

**Lynda White**, Diversional Therapy Supervisor, Brodribb Home, Toowoomba QLD

DRTA is proud to present these members with their awards during the Awards Cocktail Party Event Friday 13th September - don't miss this special celebration!

This year also marks DRTA's 10th Anniversary as a proud National Body - a huge achievement - come **Dressed to Sparkle** to the cocktail party for some extra fun and celebration for 2019!



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