



Human Rights

in Life & Leisure

9th to 10th
September 2021

Programme

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Welcome

Diversional and Recreation Therapy Australia would like to welcome you to the 2021 Virtual National Conference. The conference theme “Human Rights in Life and Leisure” has attracted both local and international speakers to present papers 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 Recreational Therapy and examine the challenges and opportunities presented in this conference.

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 for the timing of presentations. To ensure that this event is as stress free as possible, we have tried to incorporate regular breaks, so please take note of start times of presentations. 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.
- > **Networking:** Although we cannot have our usual face-to-face networking opportunities, at the end of the sessions each day, we have time for questions to the Board. We welcome your participation at these times. As this is a webinar format, your audio and video will be muted, but you can participate by posting comments in the Chat and any specific questions you would like answered, please post in the Q & A. Both of these communication channels will be monitored and we will endeavour to answer questions as soon as possible.
- > **Trade Exhibition:** In lieu of having trade tables this year, we do have sponsors and will be advertising their services in a slide show during break times where you can see what our great supporters and sponsors have to offer. We also have their contact details in this booklet so that you can follow up on any queries. Please support them as they very generously support our association every year.

On behalf of DRTA, have a wonderful conference experience and let's find inspiration in '*Human Rights in Life and Leisure*'.

Charlise Bennett

President

Diversional and Recreation Therapy Australia

Day 1 Thursday 9th September

8.30am - 8.45am AEST

Introduction and Welcome to Country



8.45am - 9.45am AEST

Keynote Pia Kontos

Dementia, the Arts, and Radical Change

9.45am - 9.50am AEST 5 minute break



9.50am - 10.35am AEST

Lesley Fox

Free flow leisure delivery: A new way of programming



10.35am - 10.50am AEST

Anne Richard & Robin McNeal

Leisure bite - NCTRC Promotion of leisure by qualified providers



10.50am - 11.10am AEST Morning Tea (20 min)



11.10am - 11.55am AEST

Lesley Jones

Empowerment through choice- community focussed

11.55am - 12.00pm AEST 5 minute break



12.00pm - 12.45pm AEST

Stewart Alford & Jason Cavanagh

Anxiety disorders and recreational therapy interventions
- an Integrative Review



12.45pm - 1.30pm AEST Lunch (45 min)

Day 1 Thursday 9th September



1.30pm - 2.15pm AEST

Nicole Bradford

Health Benefits of Movement Dance Therapy



2.15pm - 2.30pm AEST

Jade Gilchrist

Leisure bite - Facilitating purposeful activities



2.30 pm - 2.50pm Afternoon Tea (20 min)



2.50pm - 3.05pm AEST

Diana Rizos

Leisure bite - 'I've got the Power!'

3.05pm - 3.30pm AEST

Questions to the board

Day 2 Friday 10th September

8.50am - 9.00am AEST

Welcome/housekeeping



9.00am - 9.45am AEST

Keynote Mandy Salomon
Devaworld

9.45am - 9.50am AEST 5 minute break



9.50am - 10.35am AEST

Tracey Beck & Dr Tien Khoo
Unconditional Stories



10.35am - 10.50am AEST

Ross Bell
Leisure bite - Zooming towards human rights



10.50am - 11.10am AEST Morning Tea (20 min)



11.10am - 11.55am AEST

Joshua Grashorn
Telehealth for RT practice

11.55am - 12.00pm 5 minute break



12.00pm - 12.15pm AEST

Margaret Bailes
Leisure bite - Community DT program



12.15pm - 12.45pm AEST

Karlie Scurr

Day 2 Friday 10th September



12.45pm - 1.30pm Lunch (45 min)



1.30pm - 2.15pm AEST

Takako Serizawa

How did the students change when they learned about DT?



2.15pm - 2.35pm AEST

Anna Rusnov

DRTA Mentoring Program



2.35pm - 3.10pm AEST

Emma Softly & Saul Isbister

Disability, sexual expression and human rights



3.10pm - 3.25pm Afternoon Tea (15 min)



3.25pm - 4.10pm AEST

Orquidea Mortera & Carlene N De Jesus

Little black boxes

4.10 - 4.20pm AEST

Closing

Abstracts - Day One

9.50am - 10.35am Thursday 9th September

Free Flow Leisure Delivery. A new way of Programming

Lesley Fox

Lifestyle Team Supervisor, Wesley Vickery

Certificate 4 in Leisure and Health; Certificate 4 in Frontline Management; Certificate 4 in Community services work; Certificate 3 in Home and community care.

See how our client's day is full of meaningful activity, engagement and client driven leisure choice. With minimal use of a program and a free flow approach to leisure and recreational activity delivery.

Implemented at the start of 2019. Changes were made to the leisure programming of Wesley Vickery Sylvania. They are exciting and innovative changes and have been embraced by our clients.

Gone is the cruise ship looking programme, with days full of things we know people like and want to do. But continually struggle to get people to attend, at the right time, or in the right place. They now choose what they want to do, in the moment, every day and we have a social calendar with next to nothing on it.

This has empowered our clients to choose the what, when and where, of how they would like to enjoy their leisure time. We as a team are open to whatever the clients and their day requires of us. This is a programming model that fits perfectly within the new aged care accreditation standards.

It has allowed us to be facilitators of free flow activity delivery and maximise the output of the leisure choices made by our clients.

There are still some activities we need to have set in stone, each week or each month. But for the most part we are free flowing it and optimising the empowerment of our clients.

No day feels the same and we are embracing and catering to the human rights in leisure choices, of our clients. We have happy, goal driven and settled clients as a result.

In this session I will share how the idea evolved and its journey thus far.

- The planning of the new way, of doing old things.
- The education it took of clients, family and staff. We had to get good at saying, "Yes, there is something on every day in activities"
- The changes required to the preparation of and the resource we needed.
- The increase of client leisure engagement, wellness and personal happiness.
- Reduced feelings of staff burnout and stress.
- Increased Connection and attentiveness of staff between all RAC teams.

This empowering approach to leisure delivery, has given all involved more time to embrace the human right to leisure choice. We have more time to be in the moment with our clients. Deliver multiple activities at once with clients and meet the needs of those we serve well.

We feel this approach is leading a change that is required in our industry, especially under the new aged care standards. It has been crucial to continuing meaningful and engaged leisure delivery during this time of covid 19. We free flow into whatever comes our way, each day.

Notes:

Abstracts - Day One

10.35am - 10.50am Thursday 9th September

NCTRC Promotion of leisure by qualified providers

Subthemes: Empowerment Through Choice

Anne Richard

MS, LRT/CTRS, Executive Director

Robin McNeal

CTRS, Director of Credentialing

Brief Session Description:

This session will focus on NCTRC's mission of protection of consumers and evidence-based outcomes from leisure interventions provided globally by diversional/recreational therapists.

Learning Outcomes:

1. Upon completion of this session, participants will be able to recognize the NCTRC mission statement
2. Upon completion of this session, participants will be able to describe the role of a DT/RT within client care
3. Upon completion of this session, participants will be able to discuss the overlap of the mission of professional organizations globally

Outline of Session:

1. Introductions - 3 minutes
 - a. Learning objectives
 - b. NCTRC Mission
2. Discuss the role of the Qualified Provider of DT/RT Services - 8 minutes
 - a. Interventions used in RT/DT for those with physical deficits
 - b. Interventions used in RT/DT for those with cognitive deficits
 - c. Interventions used in RT/DT for those with psycho-social issues
3. Overlap of Professional Organization's Commitment to Right for Leisure - 4 minutes
 - a. DRTA
 - b. ATRA
 - c. NZSDRT
 - d. CTRA

Notes:

Abstracts - Day One

11.10am - 11.55am Thursday 9th September

Empowerment through choice- Traditional oral presentation

Lesley Margaret Jones

B.Health Sc. Dip.App.Sc. RN, RM, Trainer and Assessor in Certificate 4 Leisure and Health.

Head Trainer with Smarter Skills training in First Aid and Fire safety, Trainer and assessor with IRT and other RTO's Training and assessing in all aged care topics and qualifications.

Empowerment through choice only happens when clients are given the opportunity to make informed choices and decisions.

I have chosen to present a paper about the barriers that can occur preventing clients from being aware of their choices.

My paper with focus on clients in the community setting that have been assessed for home care packages to enable them to live in their own homes and receive services to enhance well-being.

It will look at social support, community transport options and why some of the packages are not being 'chosen'.

It will discuss conflict of interest in service providers that may influence the choice of a package that may not really be what the client needs or wants.

Example being offering gardening support when they do not use their garden.

It will look at the focus on personal and domestic care packages other than social support and the risk of social isolation to health and well-being.

It will investigate first hand evidence of how poor choices are made because of a conflict of interest with providers.

We will ask the question why a service provider may say:

"Do you know you are entitled to have your garden done with your assessed package? Shall I arrange this for you?"

The client has been given one option and that may not be the best option.

We will look at promoting social and community involvement from a well-being perspective. And discuss solutions for more community social packages to be used.

Evidence has proven that a person's emotional wellbeing directly affects physical health and therefore Leisure must be recognised as paramount in client wellbeing.

Notes:

Abstracts - Day One

1.30pm - 2.15pm Thursday 9th September

Creative Approaches to Theory and Practice.

Nicole T Bradford

Movement Dance Therapist. AFM Contractor. FR4 Australia; Director of Bradford Dance Academy - 27 years; Member of Royal Academy of Dance - 25 years; Movement Dance Therapy Australia Founder - 2019; Certificate IV - Mental Health; Certificate IV - Leadership and Management; Certificate IV - Leisure and Health (currently)

With the rapid growth of Australia's advanced age population, the race is on for Health Providers to create the most innovative and effective methods in Health Care to support our ageing population's wants, needs and safety.

The Royal Commission into Aged Care Quality and Safety has been set up to look at the quality of all aged care services and whether those services are meeting the needs of the Australian Community.

In July 2019, eight new quality standards were adopted. One important aim of these standards is to empower the advanced age population, allowing them to become more actively involved in the decisions that will ultimately affect the rest of their lives.

In 2019, I conceptualized an exercise program that would allow Clients to benefit on every human level ... MOVEMENT DANCE THERAPY. Movement Dance Therapy is a Holistic approach to healthy wellbeing for our advanced age population.

Using my lifelong experience with Dance and Choreography, along with my Studies into Mental Health and Understanding Dementia, I have developed Programs that are specific to the Clientele I am teaching. The three different programs provided are:

- SIT DOWN Movement Dance Therapy.
- STANDING Movement Dance Therapy.
- AQUA Movement Dance Therapy. (Swimming Pool)

Programs are suitable for 'LOW CARE' and 'HIGH CARE' Clients.

Programs are also developed for:

- Patients with Disabilities.
- Trauma Patients.
- PTSD Patients.
- RSL Community.

In my experience, the advanced years of Human Life the 'quality of life' is the most important goal. When Activities encourage Fun, Laughter, Finding the Inner Child, the Physical Benefits will fall into place in the most Positive Way.

In each of my Movement Dance Therapy Sessions I use a selection of props appropriate for the clientele I am teaching. These props trigger sensory stimulation and fine motor skills. Some of the props include: Scarves, Maracas, Percussion Instruments, Hats.

The most important/influential Resource for my Sessions is 'Music Choice'. When I have established a relationship of trust and familiarity with the Clients, I am able to cater the Music Choices to suit them and the personalities of the group. Music choice must be:

- Age Specific.
- Clientele Requested Songs.
- Culturally Specific.
- Interesting for Women and Men.

Due to the positive outcomes/results of my Movement Dance Therapy sessions, I was invited by the ABC to provide my sessions to all of the cast participating in the 'Intergenerational Experiment Program', Old People's Home For 4 Year Olds - Season Two. The Program's Geriatrician, Psychologist and Aged Care Health Professionals closely monitored the progress of the Participants with such Positive Findings, from this unique approach to a physical activity.

In summary, Movement Dance Therapy Sessions provide much more than just a physical activity. We celebrate Songs through Singing, Choreography, Stretching and Toning of Muscles; along with Fun, Laughter, Creativity and lots of Chatter as we Reminisce about 'The Good Old Days'.

Abstracts - Day One

2.50pm - 3.05pm Thursday 9th September

I've Got the Power !!!

Subthemes: Empowerment Through Choice

Diana Rizos

Certificate IV in Leisure and Health; Dementia Practice - Dementia Learning Centre; Dementia Training - Hammond Care; Risk Management Certificates - Fitness Australia; Certificates III & IV in Fitness; Certificate in Exercise Rehabilitation; Stepping On Facilitator (NSW Health); Certificate in Swiss Ball Instruction; Thump Boxing for Fitness Level 2 (Advanced); Work Health & Safety Representative Training - Telstra

Quality Compliance & Risk Manager - Greek Orthodox Community Home for the Aged.

Accredited NDIS Service Provider - Improved Health & Wellbeing

AusREP Level 3 Exercise Professional

It can be a very fine line between choice and delivering someone's care needs. Aged Care is intensely regulated and the release of the latest recommendations following the Royal Commission has the scrutiny on our industry at an all-time high. The focus on documentation sees the emphasis on our efforts to meet the legal and regulatory obligations alongside the practical functions of delivering the essential human needs for our elderly residents. Be they physical, emotional, psychological, mental, social, spiritual, physiological, environmental or cognitive needs, it remains imperative that we consistently stay connected with our residents to facilitate balance in their chosen quality lifestyle and care.

A resident's level of confidence to seek a tailored lifestyle for themselves takes shape from much earlier on in their active work and home lifestyle. They may present as an extrovert having worked in an occupation directing employees. An introverted resident with minimal expectations on the other hand may have worked all their lives reliant on following directions. We don't know until we actually spend some time getting to know them, chatting with them and completing a Social Assessment. Whatever our client's background, it's our obligation and duty to inform them of their rights, their options and to give them choices.

The resident thus, has all the power !!! They can have their shower at a time of their own choosing. They can eat whatever they like whenever they like. It's their choice to venture out regardless of the risks that may present whilst enjoying their desired activity. At the height of the Covid-19 pandemic last year, there were residents who demanded they be let out because "no Government is going to tell me I can't go where I want" and so the resident had the power !!! All Aged Care and healthcare workers conformed and complied with the Government imposed Covid-19 restrictions and legislated obligations yet our aged residents were cut quite some slack compared to the rest of the community.

I've Got the Power !!! is a humorous take on the various aspects encompassing Empowerment Through Choice. From chosen lifestyles to preferred times for activities of daily living, programs are tailored around individual choices and the workforce continually adapts to those changing healthcare needs and lifestyle choices. BUT ... what happens when one resident's choices and decisions adversely impacts on the others? What about their wants and preferences?

Who has the power then?

Notes:

Abstracts - Day Two

9.50am - 10.35am Friday 10th September

Unconditional Stories - 'A visual exploration on the impact of illness and injury on one's day to day living and quality of life experiences'

Subthemes: Creative approaches to Theory and Practice

Tracey Beck

Diploma of Health Science Leisure & Health with Distinction. Charles Sturt University; Level 1 member of Diversional & Recreation Therapy Australia.

Senior Diversional Therapist, Northern NSW Local Health District, Ballina District Hospital Rehabilitation and General Medicine units

Dr Tien K Khoo

Consultant Physician in General (Internal) Medicine, Ballina District Hospital; Senior Lecturer in Medical Education, School of Medicine & Dentistry Griffith University; Clinical Associate Professor, School of Medicine, University of Wollongong. MBBS, MRCP(UK), PhD, FRCPE, MRCPSG

Introduction: 'Unconditional Stories' is a collaborative cross-disciplinary study undertaken via a narrative medicine and narrative art approach to enhance health literacy and awareness in the wider community. The study explored the empathetic connection between art and storytelling as a viable means of improving the way health related experiences are viewed and disseminated.

Methodology: This mixed methods qualitative and quantitative study was conducted in 2020 and involved 9 recently discharged patients and 1 carer from Ballina District Hospital (BDH) with 10 Technical and Further Education (TAFE) Creative Design and Ideation students. A semi-structured interview was conducted by TAFE students who subsequently transformed patient/ carer stories into visual artwork that was exhibited at a local art gallery for 10 weeks. Consumers were engaged on each level of the study from storytelling to exhibition viewing. Validated instruments utilised included the Medical outcomes study 36-item Short Form Health Survey (SF-36) and the Empathy Quotient (EQ). Pre- and post-participant surveys were administered to TAFE and patient/carer participants. Additional feedback from school students and gallery viewers was also obtained.

Results: Mean age of patient participants was 73.7 years (range 60 - 94 years). Student artist participants being 52.1 (range 30 - 60 years). All patient/ carer participants strongly agreed or agreed the experience was positive with the student artist having gained a good understanding of their recent illness/injury. 90% of patient/carer participants strongly agreed that visiting/viewing the exhibition was meaningful to them with 80% strongly agreeing it was therapeutic. 31/32 (96.9%) of the voluntary exhibition surveys received from gallery exhibition attendees indicated community viewers had learnt something new about illness or injury and gained an increased understanding relating to patient/carer experience. The responses from local high school students found 17/21(81.0%) felt the multi-dimensional approach improved or somewhat improved their understanding of the artwork and patient circumstances more clearly. This study strengthened partnerships between BDH and the wider community.

Conclusion: Patient stories are powerful teachers. The empathetic connection between patient and artist flowed through into a visual artform and ignited a multigenerational community awareness and understanding of the impact that illness, injury and recovery can have on one's day-to-day living and quality of life. Although a relatively small study, the impact has been significant in raising the potential to empower people of all ages with information that may improve their health and wellbeing.

Keywords: Patient stories, visual art, empathy, narrative medicine, quality of life, health literacy.

Notes:

Abstracts - Day Two

11.10am - 11.55am am Friday 10th September

Recreation therapy in the time of Covid-19, a multi-faceted rapid knowledge synthesis on the implications and opportunities of telehealth for recreation therapy practice.

Subthemes: Embracing Technology in Practice

Joshua Grashorn

Student, School of Health Sciences, Western Sydney University

Nicole Peel, Phd. School of Health Sciences, Western Sydney University

Stewart Alford, Phd. School of Health Sciences, Western Sydney University

The COVID-19 pandemic has resulted in many challenges for people accessing basic Human Rights in life and leisure. With repeated lockdowns and many individuals choosing social isolation to reduce the risk of infection, this has left a large proportion of clients cut off from their family, friends, and health care providers. Through embracing Information and Communication Technologies (ICT) as part of Recreation Therapy (RT) practice, a greater quality of care can be achieved by improving access, flexibility and functionality of services.

This presentation will discuss the findings of a rapid review of the literature to understand what ICT current practices are beneficial. In addition the results from a small cohort who participated in an ICT activity during COVID-19, will be showcased to share real life examples of recreation therapy in practice. This aims at providing an indication of how ICT's can be successfully integrated into an evidenced based RT program.

The rapid review of the use of ICT's in RT found that globally there has been a gradual increase in the uptake of ICT's as part of practice. While the literature provides some good insights into how Recreation Therapists can incorporate ICT's as part of their practice, the literature also gave some indication on how clients, carers and their families were engaging with ICT's to access RT. However, the quantity of the available literature was not surprisingly sparse, suggesting a need for future targeted research on this topic.

The RT program shown in this presentation was conducted mostly through ICT's during the early months of the COVID-19 pandemic. The program used ICT's such as Zoom, Skype and telephone calls for individual therapy sessions. The participants achieved measurable improvements in their health and wellbeing suggesting that ICT's can be a valuable addition for a Recreation Therapists tool kit.

This presentation will focus on the; ICT's used for the program, the barriers encountered during the program, and the strategies used to overcome the barriers. This will allow RT program developers to integrate the lessons learnt from this experience into future RT programs.

From the results of this article a greater understanding of how ICT's may be utilised as part of RT practice within Australia can be developed. This enables Recreation Therapists, Education providers and Managers to identify key skills required to implement a successful therapy program and embraces technology as part of practice to improve the health and wellbeing of participants.

Notes:

Abstracts - Day Two

2.35pm - 3.10pm Friday 10th September

Supporting The Right to say 'Yes'

Subthemes: Empowerment through Choice

Emma Softly

Training Coordinator at Touching Base Inc.

Saul Isbister

President of Touching Base Inc and was a co-founder of this unique charity back in 2000.

Intimacy, relationships and a sense of connection are important human needs - only just behind food, water and shelter in terms of necessity according to Maslow's Hierarchy of Needs - and studies show that people who are able to have these needs met have a significantly higher level of enjoyment in life.

However when it comes to sexual expression and facilitation; historically people with disability and older people were infantilised; and even now many have their sexual wants and needs either dismissed, ignored, or worse still - written off as 'behaviours of concern'.

Although seeing a sex worker may be a viable option for some people with disability and older people to have their sexual wants and needs met, often social stigma and perpetuated stereotypes create barriers to them accessing sexual services. This may deny them opportunities to experience numerous physical, emotional and practical benefits sexual expression can provide.

Whilst seeing a sex worker is not for everyone, many supporters of people with disability and older people may simply not feel comfortable approaching the subject of sex at all with their loved one or client - or they may hold outdated or differing cultural views on sex and sex workers.

Or, even if the supporter is open to the idea of facilitating access to sexual services for their client or loved one, they may lack information to appropriately assist.

Our presentation aims to assist those that support people with disability and/or older people (their family, friends, carers, support workers, health professionals or other supports) in understanding the importance of sexual expression and fulfilment, and practical ways to facilitate access - including:

- Supporting informed consent, even if your client or loved one is non-verbal or has limited capacity
- How to start the conversation with your client or loved one
- How to help your client or loved one select a suitable sex worker and premises
- Some practical tools and resources to assist you through the process

For those willing to support others to exercise this right of choice, gaining further knowledge can help to overcome any initial fears or uncertainty about how best to proceed. We will have a Q&A session so participants can ask their own questions. This presentation provides a taste of the content of Touching Base's highly recommended workshops, which can be customised to suit an organisation's needs and facilitated in any state or territory in Australia via online delivery.

Notes:

Abstracts - Day Two

3.25pm - 4.10pm Friday 10th September

Little Black Boxes; A Unique Human Collaboration in response to a National Lockdown

Subthemes: Creative approaches to Theory and Practice

Orquidea Tamayo Mortera & Carlene Newall de Jesus

National Diversional Therapists for Summerset/ President for NZSDRT Inc. & Researcher and Lecture in Dance studies at the University of Auckland/Artistic Director of HighJinx Youth

Findings from The New Zealand Social Report show that 10% of New Zealanders aged 65-74, and 13% of those aged over 75 feel lonely all, most, or some of the time. The reports also show young people aged 10 -16 experiencing loneliness more often than those aged 17 +. Loneliness and Social Isolation increases are detrimental to health and anyone can be lonely, but it is clear that older people over 75 and young people are most at risk in Aotearoa.

On the 25th March 2020, New Zealand entered a Level four coronavirus lockdown, known to be one of the strictest regulations around the world in order to prevent what could have potentially been a wave of human devastation for our country.

In the middle of the lockdown PhD Carlene Newall was seeking for a collaborative project between HighJinx Youth Company and diverse New Zealanders in response to their unique experiences through the Covid-19 response. Summerset Diversional and Recreational Therapists came across her proposal and welcomed the idea of hosting a group of young members of HighJinx Youth Company on weekly 1-1 Zoom conversations with seniors living in care in a Summerset Care Centre in Nelson to collect the feelings and experiences that both groups were having during the lockdown.

Little did we know that what started as a simple project ended up facilitating meaningful participation and expression, and act as a means to enhance a sense of connection and counter the loneliness felt by young and old during the Covid-19 response.

As a result, Little Black Boxes became a series of short dance films created in response from the words shared by Summerset seniors with young members of HighJinx Youth Company. The films were created and filmed during the lockdown by the young members of HighJinx in their homes. These young people sparked their creativity as they had to use the limited devices and resources, they had access to make the films come live.

The films from Little Black Boxes have been presented at The Movement Art Practice Artist Residency 2020 and Tempo Dance Festival 2020. Two of the films received quarter-finalist laureates and two films received quarter-finalist placings at the Online Isolation Short Videos Festival, Moscow, Russia.

Little Black boxes has demonstrated that we humans have the ability to foster and facilitate meaningful human connections right in the middle of chaos and despair - is all about our attitudes. And that by working together and regardless of the type of resources we may or may not have, as long as we continue to use our beautiful and creative brains, we can make the world a better place for all.

Notes:

Trade Partners

The Board and members of DRTA warmly acknowledge the support of all our valued Trade Partners



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