



# Leisure and Lounge

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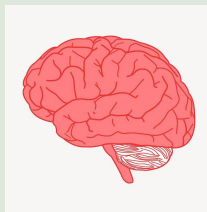
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# Introduction



- ★ Traumatic brain injuries (TBIs) are the leading cause of death in young adults
- ★ Our program will focus on young adults with TBIs in the Greater Boston area who have a low socioeconomic status (SES)
  - Research has shown low SES status often face increased social isolation and decreased participation in active leisure programs due to the lack of resources and access

# The Gap

- ★ Individuals with TBI often have a **lower social participation** which can often go unaddressed by healthcare providers
- ★ A barrier for young adults with low SES can be **accessing resources to get to the program** such as lack of transportation
- ★ Research found that adults with TBI post-injury tend to have **sedentary lives** and do not engage often in active leisure programs

# Health Priority Areas



## Community-Based Practice

- ★ Take place in **community centers** that enable participants in the community to participate.
- ★ Option to join Zoom and still build a connection with peers through an **online community**.



## Mental Health

- ★ **Leisure activities** offer the opportunity for individual **social participation**
- ★ Having the opportunity to engage in **activities with peers will result in a more positive impact on the mental health** of the individuals

# Stakeholders

## **Leisure in Lounge incorporators**

Support individuals who are in  
our program

## **Participants**

Young adults with TBI and low  
SES and other relationships

## **Eliot Community Health Services**

Leisure activities and program  
facilitation will be held

## **Occupational Therapists**

Running groups and facilitating  
activities

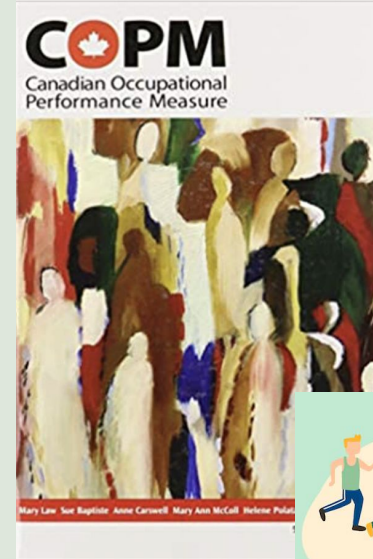
## **Statewide Head Injury Program (SHIP)**

Provides services to eligible  
individuals with TBI

# Theoretical Model

## The Canadian Occupational Performance Measure

- Interview enabling open conversations
- Outcome Measure = View changes before and after intervention
- Measure focuses on occupational performance
- What are the occupational performance challenges that restricts leisure engagement

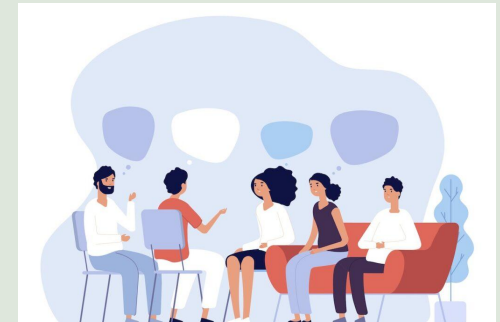
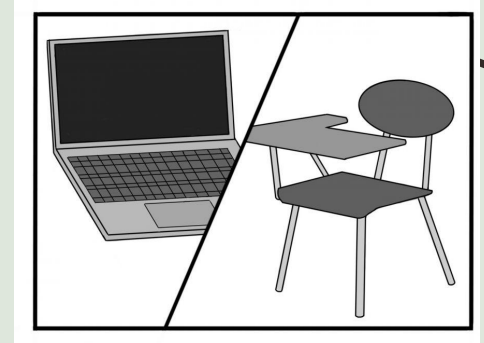


# Program Purpose

Increase access to leisure activities for young adults with traumatic brain injury who are of low SES or unhoused, since many programs and OT services have often overlooked the unique experiences of the population

Young adults with TBI often have difficulties engaging in leisure activities compared to their pre-injury stage. Having a low SES status can exacerbate these difficulties, increase isolation, and decrease participation in active leisure programs outside of the home, due to the lack of resources and

access





# Impact



## Accessible Leisure Programs

- Provide low/no cost access to adapted leisure activities
  - Transportation support, internet connection, and utilization of local rec centers/parks/libraries



## Social Participation

- Allow individuals to **share experiences and commonalities**



## Spark Leisure Interest

- Provide curated curriculum for leisure continuation or discovery
- Target the interest, needs, and engagement of young adults with TBI based on leisure activities planned each week

# Outcomes



Participants will have the opportunity to **explore and engage in different leisure activities** in an accessible setting

- Elliot Community Center Everett
- Zoom/Home



Participants will **engage with their peers and create a sense of community** through shared experiences and health conditions

- Peer support
- Inclusive peer meetings (in-person or virtual in small groups)



Participants will **develop their self-efficacy and sense of control** by identifying their meaningful activities

- Improve mental and physical health
- Positive mindset about re-engaging in activities after injury

# Program Overview

Our programming will involve **low SES or unhoused young adults with TBI** participating in community engagement to **discover new leisure activity interests** with other young adults with TBI. **Resources and accommodations will be provided every week** to provide accessibility for the activities we are hosting. Leisure activities will address the individual's **well-being to improve their health while focusing on recovery and engagement** in physical/motor, cognition, and social participation based skills.



# Program: Temporal Components

## Frequency

1-2 times per week

- Activity are assigned certain days of the week

## Time of Day

**Morning:** better cognitive abilities during the early times

**Afternoon:** Social Support available to transportation to/from program

## Session Duration

50-60 minutes

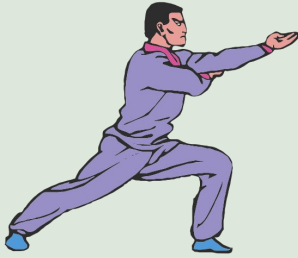
- 5-10 min. Breaks built in (every 15 minutes)

## Program Duration

Program is continuous with individualized termination from program



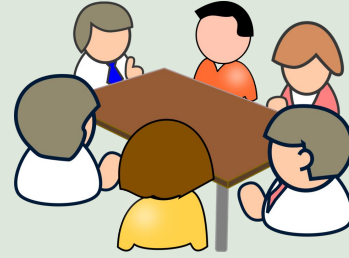
# Programming: Aims & Goals



## AIM #1:

# To improve the participant's mental / physical health

- **GOAL #1:** Within 6 months, participants will engage in **physical activity-related programs (Tai Chi, Yoga, Sports Day, etc.)** for 30 minutes at least 1x/wk
- **GOAL #2:** Within 3 months, participants will engage in their chosen leisure activity in  $\frac{4}{5}$  opportunities for at least 30 minutes to reduce or manage their stress or anxiety



## AIM #2:

# To allow more accessibility for leisure programs

- **GOAL #1:** Within 1 month, participants will identify and utilize Zoom, in-person, or hybrid options to access leisure activities that accommodate their needs/circumstances and broaden their knowledge of community resources by the end of their time in the program.
- **GOAL #2:** Within 6 months, participants will access and use at least 1 of the site's resources (e.g. transportation reimbursement) and create a weekly timetable for different transportation schedules to get to/from group sessions



### AIM #3:

## Create a sense of community among low SES and/or unhoused YAs w/ TBI

- **GOAL #1:** Participants will increase their social network size by making one friend during leisure activities (e.g. Community Garden, Zoom reflection groups, etc.), whom they will communicate with on different platforms at least 1 time per week.
- **GOAL #2:** In-person participants will engage in building/harvesting from a community garden once a week while answering guided reflection questions with others to foster deeper social relationships.



# Physical & Environmental Components and Accessibility

## Flexible Accessibility

- In person & Zoom
- Variety of location

## In person space

- Art / Activity room (art therapy, drumming, trivia night)
- Exercise room (Tai-Chi, Yoga)
- Outdoor space ( Community garden)

## Zoom

- Home space
- Local recreational center
- Library

## Mobility impairment consideration

- Ramps
- wide doorway
- handrail

## Safety considerations

- Tripping hazard
- Non-slip mats
  - Reduce fall risks in activities

# Group Design Components

- Open group
- One hour session daily
  - Zoom & in person format
  - Different activity / day
- Accessible leisure programs
  - Low cost access
    - Transportation support through SHIP
    - Internet connection in local rec centers/libraries
- OT & Volunteers
- Curricula that sparks individual's interests
- Achieving social participation

# Ties to Occupation

## Functional independence

- Yoga & Tai Chi
  - Balance, coordination, endurance
  - Cooking, dressing, grooming

## Routine building

- Re-exploration of self-identity
- Sense of self-control

## Social participation

- Community Integration
- Peer support
- Shared experiences



# Partner Site



## Eliot Community Human Service (Everett Site)

### Barriers

- Couple bus transfers
- Currently only in-person
- Focus on Acquired Brain Injuries

### Facilitators

- Has OTPs on staff
- Various sources of funding  
→ Support virtual programs and transportation costs

### Benefits

- Evidence-based and trauma-informed activities
- Homeless support programs

(Eliot Community Human Service, 2020)

# Next Steps

## **Draft a Proposal to the Site**

Partner with them to  
conduct our program

## **Outreach**

To low SES/unhoused YAs  
w/TBI and organizations that  
support them

## **Recruit Volunteers & Begin!**

Grow and cultivate a  
trained/informed staff and  
start programming!

# References

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