



NEURO
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Continuing Education for Rehabilitation Professionals



The Power of Engagement: Using functionally engaging activities to improve therapeutic outcomes

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What is engagement?

- The active participation in functional and normalizing activities that promote the development of:
 - Social skills
 - Self-care skills
 - Recreation/leisure skills
 - Communication and domestic skills
 - And vocational skills

Benefits

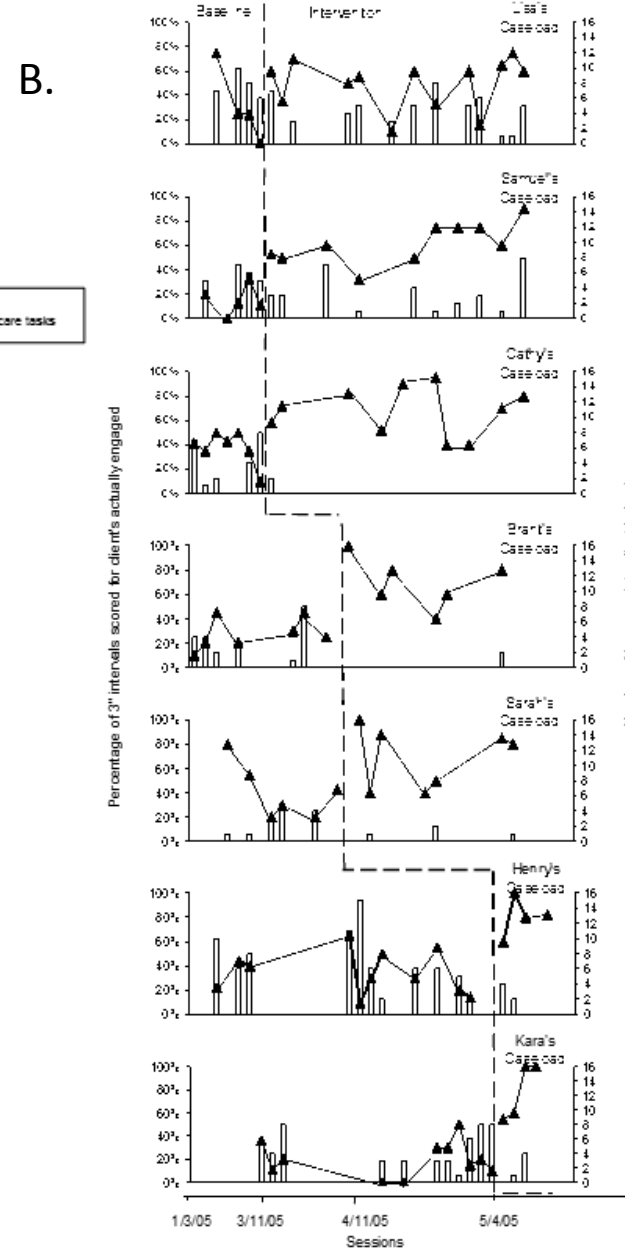
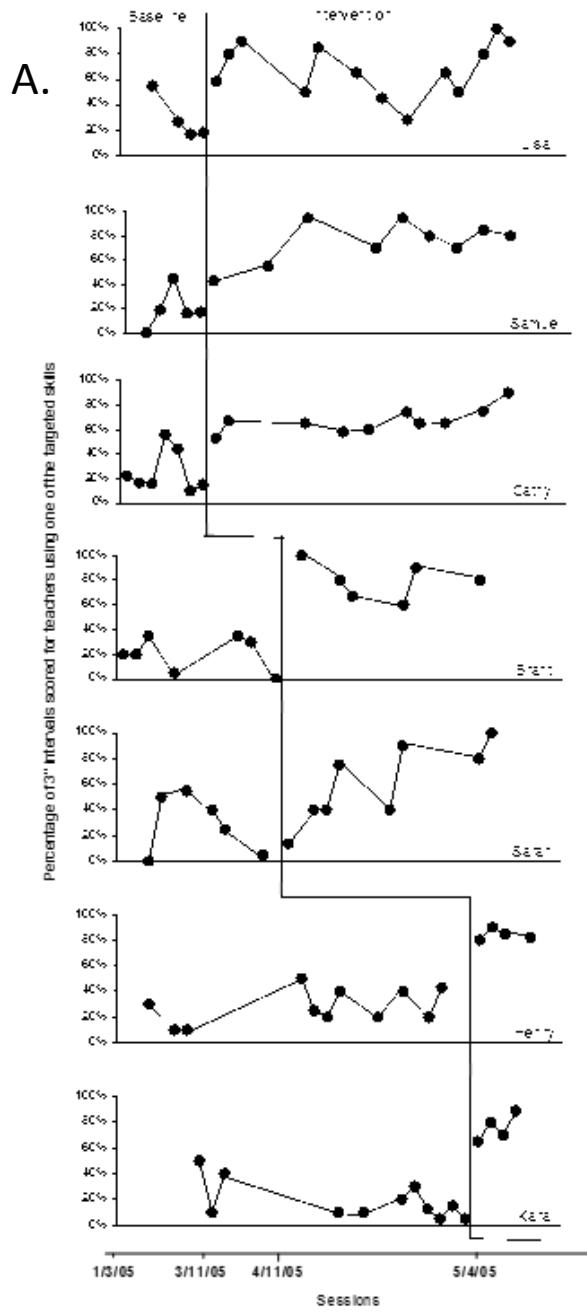
- Participants are better protected from harm as they are closer supervised.
- Increased engagement in independent living skills accelerates participant skill development.
- Makes learning more likely.
- Fewer opportunities to engage in unproductive or inappropriate behaviors.
- The more skills they know the more independent they become.
- More easily integrated into the community.

Benefits (continued)

- Engagement enhances participant's ability to learn decision making skills because of increased opportunities in which choice is offered.
- Engagement increases quality of life because there are more opportunities for choice making and problem solving.
- Relationship development from more staff: participant interactions.
- Higher quality care.
- More opportunities present themselves with good relationships.

Benefits (continued)

- When relationships are good, staff, roommates and participants are happier.
- Program participants and visitors are more satisfied when participants are actively engaged in functional activities.
- Without satisfied participants, we have no program.



Number of inappropriate client behaviors

Setting the Mood/Environment

- Home-like environments that are comfortable and safe.
- Available and assessable opportunities for engagement. BEWARE THE GAMES CLOSET!!!
- Variety is key...don't let things get boring.
- Age appropriate.
- Ensure adaptive and/or prosthetic devices are available.

When to engage?

- When participant is idle;
- When participant is engaged in an inappropriate behavior;
- When participant is engaged in a functional activity incorrectly;
- When there is something functional and normalizing that participant could be doing (e.g., ADLs, laundry, cleaning, outings).

SUGGESTED ACTIVITIES FOR FUNCTIONAL ENGAGEMENT

SELF-CARE	DOMESTIC	LEISURE-SIT DOWN	COMMUNITY ACCESS	SOCIAL SKILLS & COMMUNICATION
Washing Hands	Sweeping Floor	Listen to Music	Shopping	Greeting Skills
Comb/Brush Hair	Using Dust-Pan	Listen to Audio book	Eating Out	Tour-giving Skills
Pick out Clothes	Mopping Floor	Books/Magazines	Go to a Movie	Guest skills
Take bath/shower	Bissell Carpet Sweeper	Taking Photos	Go to a Park	Talk about Weather
Wash Hair	Vaccum Sweeper	Put Photos in Album	Go to a Concert	Talk about Current Events
Put on Clothes	Feather-dusting	Look at Photo Album	Go to a Museum	Talk about News Stories
Take off Clothes	Furniture Polish	Drawing Pictures	Go to a Play	Reminisce: Past Events
Put on Shoes/Tie	Misting Plants	Coloring/Painting	Botanical Garden	Use Comm. System
Shaving	Watering Plants	Work with Clay	Amusement Park	Practice Using Telephone
Brushing Teeth	Washing Dishes	Puzzles	Sporting Events	Meal-time Conversation
Going to Bathroom	Loading Dishwasher	Table-top Games	Getting a Haircut	Practice Comm. Illness/Injury
Trim/File Nails	Drying Dishes	Other Crafts	Doctor's Appts.	Discuss/Practice Rights
Paint Nails	Put Dishes Away	Play Musical Instruments	Go to the Bank	
Apply Make-up	Non-stove Cooking	Watch TV/Video	Go to the Gym	
Style Hair	Cooking with Stove	Sensory Items	Safety Skills Practice	
Doing a Facial	Put Groceries Away	Hobbies		
Eating Skills/Manners	Wiping Counters	Manipulatives		
	Setting Table	RECREATION		
	Cleaning off Table	Dancing to Music		
	Sorting Laundry	Exercise - Music/Video		
	Load/Run Washing Machine	Play Catch/Shoot hoops		
	Load/Run Dryer	Walking/Jogging		
	Folding Clothes	Bowling	ACADEMIC	
	Put Laundry Away	Baseball/Softball	Reading	
	Clean Mirrors/Windows	Soccer/catch Football	Writing	
	Tidy Up Rooms	Tennis/Badmitton	Spelling	
	Take Out Trash	Golf/Croquet/PuttPutt	Counting/Math	
	Put in Trash Liner	Velcro Darts	Money Skills	
	Wash the Van/Car	Fly a Kite	Telling Time	
	Clean the Bathroom	Ride Bicycle/Tricycle	Checkbook Skills	
	Make Sack Lunch	Go to Playground/Park	Teacher Store Stuff	
	Plan Menu/Grocery List	Swimming	Doing Budget	
	Garderning/Yard work	Fishing	Address/Phone #	
			Shapes/Colors	

Potential Barriers to Engagement

- Size of the caseload/staff to participant ratios;
- Differing interests;
- Medical or behavioral challenges
- Weather and other Acts of God

What is a Schedule?

- A sequence of valued and self-chosen activities, used by a person to learn and guide him/herself through a normal day.
- Research has shown that schedules increase independent engagement and decrease challenging behavior.

Why use schedules?

- Schedules help us to deliver a high quality of life.
 - Helps us to meet quality outcomes
 - Provides consistency when new staff or PRN staff are working
 - Provides predictability
 - Gives increased control to participant
 - Increases independence

Why schedules get scrapped:

- Participant does not like the schedule
- Staff do not value schedule
- Staff turnover
- Pieces of schedule get lost
- Participant can't use their schedule
- Schedule is confusing
- Schedule is too demanding

Recipe for an Effective Schedule

- Determine activities:
 - Consult participant preferences
 - What is important to the participant? What ensures that the participants quality of life is high?
 - What are the participants hopes for the future?
 - What skill, participation, or behavioral goals does the participant have?
 - Include activities that determine a typical day
 - Engagement activities

Recipe for an Effective Schedule

- Include activities that the participant can do
- Include preferred activities
- Include community activities
- Include social, self-care, domestic, and leisure activities
- Include activities that replace challenging behaviors
- Allow variance in activities from day-to-day

Recipe for an Effective Schedule

- Determine level of choice: Balancing choice with habilitative goals
 - Choose order of activities
 - Choose a few activities at a time
 - Have set less preferred activities and choose a preferred after each
 - Choose when to do certain activities
 - Allow “opting out” of schedule
 - “Set routing” for people who do not have choice-making skills

Thank You



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