

KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Recreation Aid

of Positions Available: Determined by availability of positions and the students' schedules

Agency Description: Association for the Rehabilitation of the Brain Injured (ARBI) is a community based non-profit organization providing rehabilitation and recreation based programming to individuals with moderate to severe acquired brain injury including strokes. In our Recreation based programming known as the *Community Integration Program (CIP)*, clients are assessed by one of our Recreation Therapists who will recommend activities that are meaningful to each individual and also related to their rehabilitation goals. These programs help clients improve their abilities through leisure skills. Brain injury survivors who have undergone intensive rehabilitation apply their relearned skills in the group programs, which focus on music, communication, leisure, social and sensory abilities.

Location: Most activities are at 3412 Spruce Drive SW. (see details below).

Required Hours: 60-72 hours per term – evenly dispersed throughout term:

- 5-6 hours per week during fall and winter terms (13 weeks)

Academic Session: Fall and Winter only

Duties/Responsibilities:

The student will be involved with one or two of the below group programs:

Aquatics Group - Mondays 9:45 a.m. – 12:30 p.m. and/or 1:00-3:30 p.m. at the Talisman Centre

This group is offered at a community pool and allows clients to experience freedom of movement as well as provide an active and social experience. The student will be paired with one individual each week and assist that person through the weekly activities set out by the Recreation Therapist. Two Community Rehabilitation Workers are in attendance for direct supervision as well. Assistance in program set-up and assistance with client clothing changing (in/out swimwear) may also be required.

Wood Working Group - Wednesdays 1:00 – 3:00 p.m.

In this group the student will help facilitate each week's activity along-side ARBI staff. The group will use a multi-faceted approach to assist clients on planning their leisure lifestyle. Participants utilize woodworking to practice constructional hand activities, discuss community leisure options and access the community as a group. Under the guidance of a Recreation Therapist, the student will have the opportunity to plan and lead a weekly activity.

Community Kitchen Group - Thursdays 10:00 – 11:30 a.m.

In this group the student will help facilitate each week's activity along-side ARBI staff. The group is intended for clients having an interest in cooking recreationally or for the purpose of skill re-learning. The intent is to assist participants in the use of adapted kitchen tools and practices, assuring safety and encouragement. Under the guidance of a Recreation Therapist, the student will have the opportunity to plan and lead a session.

Walking Group – Fridays 1:00 -3:30 p.m. at the Talisman Centre

The Walking Group is offered year-round for clients to increase their current level of physical functioning. In the summer, the group explores outdoor community parks throughout the city. In the winter, the group walks around a track. The student will be paired with one individual weekly and will assist that person physically (if required), through motivation, feedback and socializing throughout the session. Due to the uniqueness of each client's physical capabilities, the group is divided into two sub-groups allowing clients to walk at a suitable and therapeutic pace.

Exercise Group- Mondays 1:00-2:30 p.m. and/or Fridays 1:00-2:30 p.m.

This is a seated fitness group offered to individuals waiting for acceptance into our intensive rehabilitation program. Clients attend this group twice a week and students can attend one or both sessions depending on their schedule. The staff monitors each client's participation, exercise tolerance and motivation to determine if they are ready for the intensive one-to-one rehabilitation program. The group is run by trained staff and volunteers. It includes wheelchair fitness, mental stimulation activities, cognitive activities and social interaction. Under the supervision of ARBI staff, the student will have the opportunity to plan and lead a weekly session.

Student Qualifications:

KNES 367 – Adapted Physical Activity required

KNES 373 – Exercise Physiology required

Primary Contact person: (*see below)

Wendy Daitch, Volunteer Program Leader

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*After schedule is determined supervision will be transferred to one of ARBI's Recreation therapists who will then act as the supervisor.