New Possibilities for Meaningful Leisure Experiences

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| **institutional, Medical model** | **Community, relational model** |
| **Level of Individual Experience** *(including individual experience of recreation professionals, doctors, nurses, Mrs. Jones, Mr. Smith, etc.)* | **Level of Individual Experience** *(including individual experience of recreation professionals, doctors, nurses, Mrs. Jones, Mr. Smith, etc.)* |
| Staff provide traditional care and “treatments”Separation of body and mind with primary focus on physical carePatients/clients follow facility/organisation and staff routineStaff have authority and make decisions for patients/clientsStaff have rotating assignmentsStaff provide structured activities to patients/clientsStaff know patients/clients by diagnosis (e.g., bipolar, dementia, etc.)Staff encouraged to be emotionally neutral | Individualized, person-centred care and supportFocus on holistic wellness where the human spirit is nurturedStaff follow the individual’s routine and life rhythmsIndividuals have meaningful choices and make their own decisionsIndividual supported by familiar staffSpontaneous activities around the clock for allStaff know the personStaff have personal relationships with the individual and their family |
| **Organizational or Institutional Level** | **Organizational or Institutional Level** |
| Departmental focusFocus on careScheduled routinesStaff rotate among different floors, programs and patients/clientsStaff make decisions *for* patients/clientsEnvironment=workplaceStructured activitiesHierarchical departmentsStaff care *for* patients/clientsUs and them, or us versus themIndividualism | Team focusFocus on living lifeFlexible routinesStaff assist same individualsDecisions are made *with* individualsEnvironment = homePlanned, flexible and spontaneous activitiesCollaborative interdisciplinary teams formed from staff and individualsStaff work in partnership *with* individualsMutual relationshipsEmphasis on community |

(Table adapted from Fagan, 2003)

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| Living and Celebrating Life through LeisureMeaningful Leisure Experiences | **Being Me:** Leisure is a space for expressing the self, for simply being, and includes experiences that are personally meaningful and connected with current and/or past interests. |
| **What Will You Do?*****In order to support the meaningful leisure experiences of those with whom I work, I plan to…*** |
| **Being With:** Leisure provides a space for being with others, for experiences of a social nature. Opportunities that foster a sense of connection and community with others are highly valued. |
| **Seeking Freedom:** Leisure provides a much needed “break from the norm.” Some see leisure as an opportunity to “escape” the stress of daily tasks and responsibilities. Others see leisure as an opportunity to “get out” of environments that are socially and physically restrictive or as a freedom from day-to-day routines. Sometimes this is as simple as going for a walk. |
| **Finding Balance:** Leisure relates with the need to find the balance between “relaxation” and “keeping busy.” Too much of either is not a good thing and opportunities to feel contentment and at peace are important. |
| **Making a Difference:** Leisure provides experiences that fulfil a sense of purpose, provide opportunities to contribute, and enable one to feel helpful and valued. |
| **Growing and Developing:** Leisure provides an opportunity to continue to grow and develop by challenging the mind and the body and learning new things. |
| **Having Fun:** Leisure experiences are associated with feelings of pleasure, enjoyment, happiness, playfulness, mischievousness, and having a sense of humour.  |