



How To Plan, Test, Implement and Evaluate Meaningful and Inclusive Clinical Therapeutic Recreation Programs for Older Adults ©



WEL ENRICHMENT SERIES FOR HEALTH CARE PROFESSIONALS

Wednesday, February 7th, FROM 9:30 a.m. to 12:30 p.m.

CLINICAL AND THERAPEUTIC PROGRAMS DO NOT IMPLY PROGRAMS DELIVERED IN CLINICAL SETTINGS, BUT RATHER MEASURABLE INTERVENTIONS AIMED AT STIMULATING AND INFLUENCING A BETTER LIFE OVER TIME, FOR ELDER AND THEIR CAREGIVERS.

Who benefits from attending?

Wellness Directors
Recreation and Activity Professionals,
Social Workers, Ombudsmen,
Spiritual Counselors,
Assisted Living Administrators,
Dining Service Directors,
Directors of Volunteer Services,
Register Nurses, CNAs
Case Managers,
Nursing Home Administrators,
Continuing Care Retirement Community
Administrators
Elders living in institutional settings

Instructor

**Kathy J. Ward, MA, CTRS, ADC,
CGP, CALA**

Universal Peace Ambassador
President of WEL, World Elder Land,
Master in Gerontology and Int. Relations
Certified National AL Administrator
Founder of ERT, Clinical Therapeutic
Recreation for Elders™
Dementia Care Specialist Certified,
Editorial Board Member of the Activities,
Adaptation and Aging Journal
Activities Director Certified,
Group Psychotherapist Certified
Alzheimer's Association Speakers Bureau
Author of Wellness For A Better Quality of
Life series:

- ✓ A Happy, Inclusive and Meaningful Recreation Program
 - ✓ Journal For A Better Life
 - ✓ How To Plan An Inclusive Dementia - Alzheimer's Program
 - ✓ Poems and Reflections for a Better Life
- More than 12 years planning, testing, delivering and evaluating activities and therapeutic recreation programs for elders and their caregivers.

Program Summary

- ✓ Learn the value and purpose of a meaningful, fun, inclusive and wholistic clinical therapeutic recreation program for elders living in independent living (IL), assisted living (AL), long-term-care and dementia or memory care settings.
- ✓ How our daily life-style affects positively or negatively our wellness?
- ✓ What is wellness? What is whole-person-centered wellness?
- ✓ A MEANINGFUL and INCLUSIVE Clinical Therapeutic Recreation Program vs. Recreation, Activities and Leisure programs.
- ✓ How to identify components of an ERT program (**data gathering**.)
- ✓ How to translate data into meaningful programs for elders that meet their needs and enjoyment (**planning process**.)
- ✓ How to assemble a successful and inclusive recreation program addressing diversity, dementia, encouraging creativity, mental stimulation, social inclusion, spirituality, physical limitations and other important components of whole-person-centered life-style (**implementation process**.)
- ✓ How to utilize community resources to diversify and enrich the quality of life in our communities (Recruiting and retaining volunteers)
- ✓ How to better manage financial resources implementing wellness programs (**formal and informal programs**.)
- ✓ Promoting Community Integration - **It takes a COMMUNITY to better a COMMUNITY**
- ✓ Quality indicators (**The evaluation process**.)

HOW TO REGISTER ENRICHMENT SERIES



WEL, WORLD ELDER LAND™
WELLNESS FOR A BETTER
QUALITY OF LIFE FOR ELDERS

www.kathyjward.com/blog

ERT, ELDER RECREATION THERAPY™

A MEANINGFUL, FUN AND INCLUSIVE
LIFE STYLE FOR ELDERS



Time: 9:30 a. m.-12:30 p. m.

Mail the registration form
and check to:

Kathy Ward
World Elder Land
116 E 40th Ave
Spokane, WA 99203

connection@kathyjward.com
www.kathyjward.com/blog
www.elderrecreationtherapy.com

FOTOS OF PREVIOUS TRAININGS



REGISTRATION FORM

ERT, ELDER RECREATION THERAPY™

Wednesday, February 7, 2007

Copy registration form for multiple registrants from the same organization.

NAME: _____

WORK ADDRESS: _____

WORK TITLE: _____

TELEPHONE: _____ E-MAIL: _____

METHOD OF PAYMENT: **CHECK ONLY**

OF PEOPLE REGISTERING _____

Your registration will be confirmed by e-mail
Make checks payable to Kathy Jorge-Ward

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LOCATION OF THE TRAINING:

MORAN PRAIRIE LIBRARY
6004 S. Regal St - Spokane, WA

REGISTRATION FEE: \$80 per person

REGISTRATION INCLUDES

TUITION, HANDOUTS, WORKBOOK, INDIVIDUAL AND GROUP
EXERCISES, POWER POINT PRESENTATION
CERTIFICATE OF ATTENDANCE, AND LIST OF PROGRAM IDEAS

FOR MORE INFORMATION PLEASE SEND AN E-MAIL TO
connection@kathyjward.com or call 240-393-5456 (cell)

SPECIAL REQUEST!
PLEASE BRING A CRAZY HAT OR IF POSSIBLE
MAKE THE HAT WITH THE ELDERS

UPCOMING WEL, ENRICHMENT SERIES

- **FEBRUARY 28TH:** Creativity and Aging: Developing Cognitive Reserve,
Neuroplasticity and Cognitive Development in Older Adults.