Therapeutic recreation interventions (TRI)
Recreational interventions

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<td>Year</td>
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**Objective**
To examine the effect of at-home recreation therapy on agitated and passive behavior.

**Setting**
At home

**Participants**
Community dwelling people with dementia.
- Mean age: 81.3 (range 72-90.1)
- Gender: 19 female, 10 male
- MMSE: 12.9 (range 0-23)

**Design**
Pre-test post-test experimental design
- Sample size: n=29
- Follow-up: 2 weeks

**Intervention**
A therapeutic program was developed, with activities tailored to the participants’ functioning level, strengths, interests and needs.
- Frequency: three to five times a week
- Duration: 1.5 hours, 2 weeks
- Facilitator: therapist

**Outcome measures**
- Calming/alerting effects: blood volume pulse (BVP) and heart rate (HR)
- Client satisfaction: scale from 1-10

**Results**
After participation in the therapeutic program, improvements were found on agitation and passive behavior. Change in BVP was correlated to changes in passive behavior: as the BVP increased, activity engagement increased. Changes in HR were correlated to changes in observed agitated behavior: as HR decreased, agitation decreased.

**Implementation material**
- E = experimental group; C = control group
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Coping with disabilities
Preserving an emotional balance
Maintaining a positive self image
Preparing for an uncertain future
Dealing with treatment and environment
Developing adequate care relationships
Maintaining social relationships