



# TRO 2019 PROGRAM AT A GLANCE

Therapeutic Recreation Ontario  
20<sup>th</sup> Annual Conference  
May 29<sup>th</sup> – 31<sup>st</sup>, 2019  
Niagara Falls, Ontario

## Tuesday May 28<sup>th</sup>

7:00 – 8:30 pm	Registration
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## Wednesday May 29<sup>th</sup>

9:00 – 10:30 am	Registration and Refreshments				
10:30 – 11:00 am	Welcome and Announcements				
11:00 – 12:00 pm	Keynote: From Ageism to Social Consciousness: To Dream the Impossible Dream PK Beville				
12:00 – 1:30 pm	Lunch and TRO Annual General Meeting				
1:30 – 3:00 pm	W1 Can Empathy Be Taught: Its Importance in all Aspects of Care	W2 Engaging and Supporting a Complex Population	W3 Expressive Arts in MH: The PeaceLove Program	W4 Identifying and Overcoming Barriers to Writing for Publication	W5 Family Caregiving - From Theory to Practice
3:00 – 3:30 pm	Break				
3:30 – 5:00 pm	W6 Here's to the Dreamers: Unlocking Dreams often Hidden or Forgotten	W7 Supporting Youth Identity and Narrative Reconstruction in TR Mental Health Services	W8 Exploring Uncharted Territory: Bringing TR to an Acute Care Trauma Unit	W9 The Art (and Science) of Grant Writing	W10 Abilities Centre: A Holistic Approach to Pre-Employment Skills for Youth with Disabilities
6:00 – 6:30 pm	Welcome Social for 1 <sup>st</sup> time Conference Attendees and Students (pre-registration only) – Rainbow Salon				
6:30 pm	<i>Appreciate the Vintage, Celebrate the New Harvest: TRO's 20th Anniversary Dinner and Awards Gala</i> Prime Steak House – 10 <sup>th</sup> floor				

## Thursday May 30<sup>th</sup>

7:30 – 9:00 am	Registration and Breakfast				
8:00 – 3:00 pm	Vendors Trade Show				
8:45 – 9:00 am	Announcements				
9:00 – 10:00 am	Keynote: Inclusion through Song: Celebrating Diversity and Belonging Momentum Choir				
10:00 – 10:30 am	Break				
10:30 – 12:00 pm	T1 Behavioural Supports Ontario's Implementation of the Specialized Social Therapist & Collaboration with Recreation in LTC Homes	T2 Happy Habits: A Program Overview of Using Positive Psychology to Inform TR Interventions in MH	T3 Implementing a Music and Memories Program in LTC: Lessons from our Process	T4 TR in LTC: Where We've Come From and the Places we Can Go!	T5 Sharing Perspectives and Self-Care Strategies from Practitioners Working in Nature-based Settings
12:00 – 1:30 pm	Lunch				
1:30 – 2:30 pm	T6 Diversity, Aging, and Living in LTC Homes: Considerations for Leisure/Care Practitioners	T7 Research Papers on Mental Health (Two 30-minute presentations)	T8 Empowerment & Equality in LTC: Residents Leading the Way	T9 Registration Designation Evaluation Project	T10 Developing Standards of Care for TR: Benefits and Challenges
2:30 – 3:00 pm	Break				
3:00 – 4:00 pm	T11 Aging: Updates and Networking	T12 Mental Health: Updates and Networking	T13 Community / Private Practice: Updates and Networking	T14 Professional Practice Leaders: Updates and Networking	T15 Pediatrics / Youth: Updates and Networking
4:30 – 7:00 pm	DIY Rustic Sign Making *	Winery Bus Tour *	Hornblower (formerly Maid of the Mist) *	Clifton Hill Package *	Niagara Brewing Co. *
7:00 – 8:30 pm	Dinner on Your Own				
8:30 pm	Hard Rock Club Social 5705 Falls Avenue				

\* Please meet in the **hotel lobby** by **4:20 pm** on Thursday afternoon for all Re-Create sessions

## Friday May 31<sup>st</sup>

7:30 – 9:00 am	Registration and Breakfast					
8:45 – 9:30 am	Announcements, Closing Remarks and 2020 TRO Conference Reveal					F11 TRACKS - Train-the- Trainer. An evidence- based peer- mediated approach to promote inclusion and meaningful social interactions
9:30 – 10:30 am	F1 Emerging Technologies: Virtual Reality and The Impact on Older Adults Living in LTC	F2 Recreation Therapy and Behaviour Therapy: A Collaborative Approach to Behaviour Management	F3 Surfing Seniors: Teaching Seniors how to Navigate the Computer and Internet	F4 The Power of the Pause: Therapeutic Benefits of Silence	F5 Trauma- Informed TR Practice: Self- Compassion as a Key Feature of TR Service	
10:30 – 11:00 am	Break					
11:00 – 12:00 pm	F6 A Point Click Care Documentation Transition: A Journey Towards Person- Centred Care	F7 The Evolution of Virtuous Leisure	F8 The Pen Pal Project: Intergenerational Letter Writing for Well-Being	F9 Assessing the Effectiveness of Assessment Tools for Persons Experiencing [Dis]abilities	F10 Community- Based TR- supported Aquatic Program for People with Disabilities	<b>NOTE:</b> This half-day workshop takes place at the <b>Niagara Children's Centre</b>
12:00 pm	Tim Horton's Gift Cards to Go					