

## TR TALK TUESDAY – Mental Health Tips and Resources

Thank you to everyone who joined us for our TR Talk Tuesday – Mental Health video conference!

This document is a compilation of all the great resources and ideas that were shared by our TR attendees.



TR Talk Tuesday – Mental Health  
April 7, 11:30 am  
Meeting login info at  
[www.trontario.org](http://www.trontario.org)

Link to video recording

<https://transcripts.gotomeeting.com/#/s/1aae80335075d00c83f311eaa522c4fcc10a8ead664cf0c9d0f5325532cf2e4>

You might also want to check out:

[TR Talk Tuesday Long Term Care – Tips and Resources](#)

More information about future TR Talk Tuesday sessions [here!](#)

**#Weareallinthistogether #TRforAll #TRTalkTuesdayLTC**

## PHYSICAL DISTANCING TIPS

- Limit access to common areas, e.g. fitness rooms; limit groups to 5 (incl. instructor)
- Encourage patients to use hand sanitizer when entering and exiting rooms/common areas
- Patients' independent access may have to be revoked if they're not mindful of physical distancing
- Consider having cohort-based groups (i.e. from same unit) use facilities together at the same time
- Wipe down all equipment after use

### Managing patient transitions into your care setting

- Some attendees reported increased screening procedures (e.g. taking temperature), decreasing the number of personal items allowed, sending new admissions to an isolation area for 14 days, and in some cases limiting where their admissions are coming from.

## WORKING WITH CLIENTS IN THE COMMUNITY

From Tania:

- If you are working in the community, e.g. meeting clients in their homes, you will have experienced a radical shift in your approach, either changing to one-on-one consultations or virtual meetings.
- Reach out to organizations you work with and see if you can deliver your programs virtually to their patients.
- Share your resources online.

## DELIVERING PROGRAMS VIRTUALLY

- **Drop off activity bins/kits to group homes**, filled with things like construction paper, games, puzzles, etc.
- **Use Zoom or other video conferencing apps** to deliver programs such as charades, sit fit, yoga or other movement games virtually.
- Bingo: email cards out so residents/clients can print out, and have different people call out numbers.
- From Teresa: we provide a **home recreation kit** and a **virtual recreation kit**. Email Teresa for more information at [tweicker@alzheimerperthcounty.com](mailto:tweicker@alzheimerperthcounty.com)
- Offering virtual programs may offer the added benefit of attracting new people to your day program who may otherwise would have not be aware of your program.

### Online resources

- **Older TV**: This Youtube channel features old, public content, e.g. 1940s movies, I Love Lucy, etc.
- [Virtual Social Recreation](#) resources from the Alzheimer Society Perth County
- [Bloom TR and Fitness's Facebook page](#) offers online videos for chair yoga, chair dancing, chair fitness, breathing exercises, etc.

## CONFERENCING/COLLABORATION SOFTWARE & APPS

- **Microsoft Stream**: helpful for virtual gatherings, meeting the needs of auditory and visual learners
- **Blue Jeans**
- **Ontario Telemedicine Network (OTN)**
- **On call** – secure platform for health care professionals
- **Zoom**

### Privacy concerns re: patient info

- Some attendees are able to use secure online platforms such as OTN or OnCall for patient consults
- For online meetings, others are using apps such as Zoom with secure passwords. **Absolutely NO patient discussion allowed with Zoom or similar apps.**

## KEEPING PATIENTS CONNECTED

- From Denise: we've started a gratitude/thank you to staff wall from residents, with a pre-made message to take photos of our residents and email the photo to family members since most of them are not able to skype.

### Virtual connection apps

- FaceTime
- Google Hangouts
- Zoom
- Skype
- Facebook messenger
- Phone visits

## HELPING MENTAL HEALTH PATIENTS COPE

- From Jade: Our hospital in North Bay shared a workbook to all staff to help those dealing with mental health. Download **Tolerance for Uncertainty: A COVID-19 workbook**. More information at: [www.baypsychology.ca](http://www.baypsychology.ca)
- From Lindsey: For patients who are unable to leave their units, consider “treating” them with coffee, etc. from Tim’s. Staff can take their orders and deliver the treats.

## JOIN TRO’S MENTAL HEALTH COMMUNITY OF PRACTICE

TRO is forming a Mental Health Community of Practice group. If you are interested in joining, please send an email to [mh.cop@trontario.org](mailto:mh.cop@trontario.org).

## PERSONAL CARE FOR TRs AND OTHER STAFF

- From Bailey: **Redefine and revisualize what a “successful” or “good” day looks like.** Don’t stress over things you can no longer do, or if you cannot accomplish the same goals with your clients each day. Celebrate the creative solutions you come up with.
- From Jaymieson: I’ve sending a **Wellness Wednesday email** to my coworkers where I include a couple of upbeat quotes or a funny cartoon.
- From Nancy: **take time to have coffee** (practicing physical distancing, of course), look for humour and laugh together
- From Laura: **Theme days** have been very successful here for staff morale. E.g. staff have been painting windows and making up signs that say “we’re in this together.”
- From Teresa: Our team has daily zoom calls – everyday you have to **state what you are grateful for.**
- From Denise: We are starting the **gratitude/thank you** to staff wall from residents. As for staff, sharing some food specialties like hot apple crisp.
- From Erin: It’s been a pleasant surprise to see all team members working together for the residents. It is no longer “That is not my job,” Team members are stating “This is our job, to work all together.” Those barriers are being pushed aside for the residents. Seeing that shift has been wonderful!
- From TRO: Search online for breathing exercises or meditation. Here’s a link to one of our past webinars that might help you as well as your residents called “Breathe: Heal Yourself from the Inside Out” presented by Joseanne Spiteri, R/TRO, Certified Yoga Instructor.

<https://register.gotowebinar.com/register/8432961009603818497>

### Online resources

- [Headspace](#) meditation app
- [Down Dog yoga app](#) (other virtual yoga classes are available online as well.
- From Rebecca: [Active Coping calendar](#)
- [Mindful Mike](#) offers lots of mindfulness techniques

## OTHER RESOURCES

- From Tania at [Bloom Therapeutic Recreation](#) (you can also sign up for her newsletter on her site):
  - [April 2020 Wellness Calendar](#)
  - [Self-Care During Isolation](#)
  - [Daily Breathing Exercises](#)
- [Supporting Participation While Physical Distancing](#): a presentation from [Temple Collaborative for Community Inclusion](#)
- [Mental Health Commission of Canada](#) has a number of resources available to support good mental health