

EXPANDING ON THERAPEUTIC PET VISITS TO REIGNITE A SENSE OF PURPOSE AND RESPONSIBILITY FOR THOSE LIVING IN LONG TERM CARE

THE POWER OF PET THERAPY INTERVENTIONS



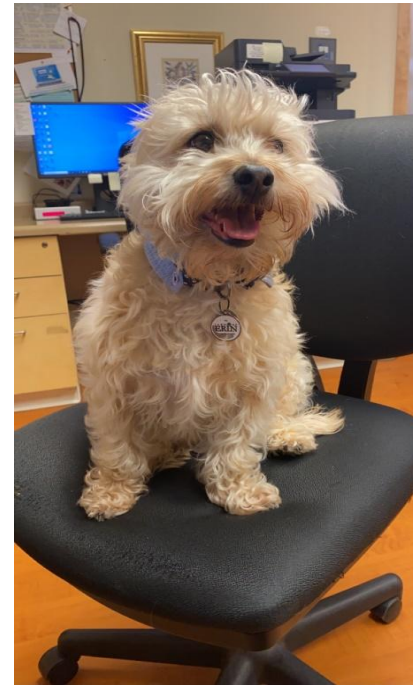
PRESENTED BY CAITLYN CHEYNE CTRS/ R-TRO

INTRODUCTIONS



Caitlyn Cheyne
Recreational Therapist
CTRS/R-TRO

- 13 years experience in LTC



Cliff
Pet Therapist



Norm
Pet Therapist In Training

HOME OVERVIEW

Wellington Terrace LTC

- 176 residents
- 6 Neighbourhoods with 28-30 residents
- 3 dementia care neighbourhoods
- 2 complex care neighbourhoods
- 1 higher functioning neighbourhood



<https://www.youtube.com/watch?v=HdgfBGfrkno>

BENEFITS OF PET THERAPY

- Helps reduce anxiety and stress
- Increases social interactions
- Reduces boredom
- Increases movement and activity through walks and play
- Offers companionship and decreases loneliness
- Improves mood and general well-being
- Nostalgic- offers a moment for reminiscence for those who always had pets

GENERAL PET THERAPY INTERVENTIONS THAT WE OFFER

- St John's Pet Therapy Volunteers that come in throughout the week
- Volunteer cat that visits 1x week
- Family bringing pets in
- Special events with animals
 - Dog Shows
 - Bird Shows
- These visits are often short with limited time to really engage in the moment.



AH-HA MOMENT... MEET ROY

- Struggles with a sense of purpose since moving into LTC
- Withdrawn from programs
- Low mood
- Expresses feeling lonely
- Likes to help others and have jobs
- Used to breed Komondors and has a strong connection to animals



AH-HA MOMENT- WE NEED TO EXPAND

What I was seeing across the home ...

- Resident's lacking a sense of purpose
 - Looking for something to do
 - Wanting to contribute and have something to be responsible for
- Residents seeking out animals
- Strong connections to animals
 - Breeders
 - Showing
 - Farmers
 - Long time pet owners



BARRIERS FACED

- Management not wanting a pet that stays in the home full time
- Who's going to take care of them
- Accessing animals
- Workload
- How do we promote purpose and a sense of responsibility
- Other animals coming into the home with Family – Behaviours



OVER COMING BARRIERS

- Get creative
- Get your team on board
- Make connections with other staff, families and community members that have animals
- Document engagements to prove positive impact they are having
- Continue to advocate!!
- Create interactive opportunities that allow the residents to take part in providing physical care to the animals
- Be mindful of other animals coming in
 - create set dates for volunteer pet therapy animal
 - monitor families' animals behavior and set limits based on needs.



HOW WE EXPANDED TO REIGNITE A SENSE OF PURPOSE AND RESPONSIBILITY

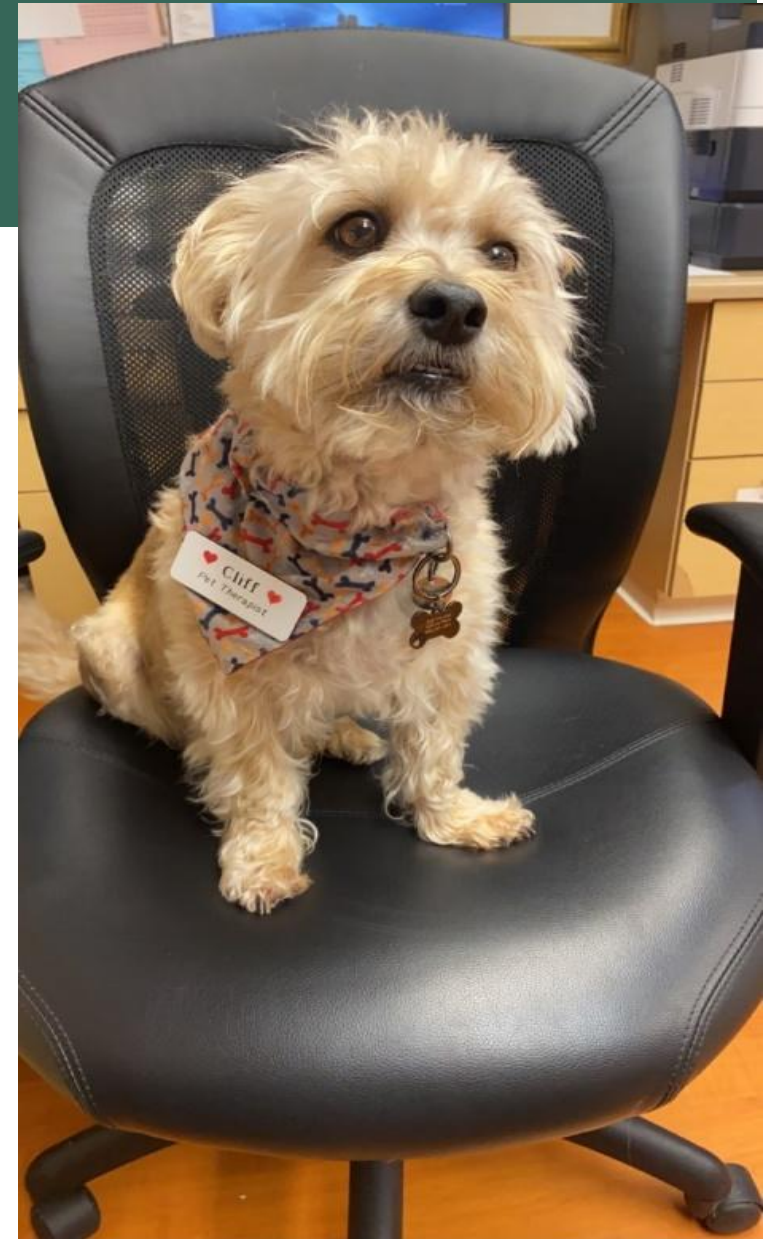
- Neighbourhood pets (part- time)
- Creative programming to introduce other animals and responsibilities
- Expand on pet visitors
- Animal based outings
- Connections within the community to increase access to animals



WEEKLY PET THERAPIST

Cliff

- Comes to work with me 1-2 x a week
 - Consistency helps residents remember who he is, as well as gives a sense that he belongs to the neighbourhood
- Joins in for programs
- Tours the neighbourhood
- Provides comfort
- Creates a sense of nostalgia the ignites reminisces
- Resident's feel responsible in making sure cliff is okay and cared for
 - Take him for walks
 - Give him treats
 - Give him water
 - Take him for bathroom breaks
 - Help groom him











WEEKLY PET THERAPIST

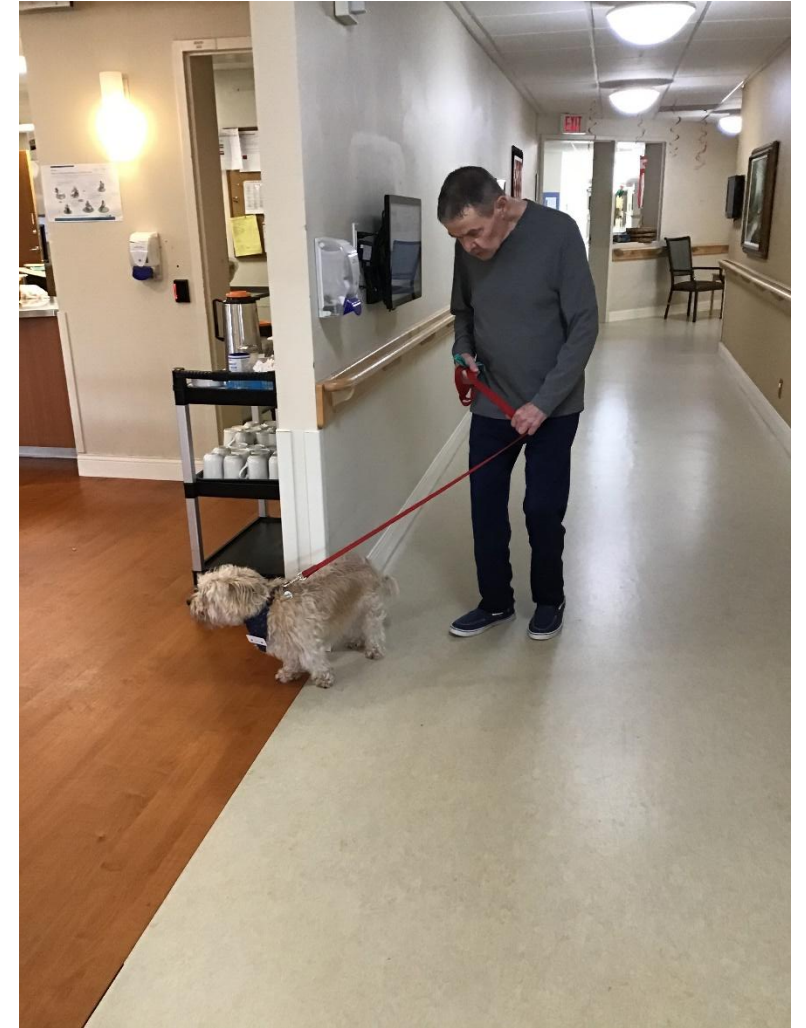
Norm

- Pet Therapist in training
- 5 months old
 - Has been coming in since 16 weeks old
 - Had to have all his vaccinations before starting
- Comes to work once a week
- Residents help with training Norm
- Brings that fun puppy playful energy



BSO SUPPORT

- Tool to help redirect wandering and responsive behaviours



A TOOL TO ENCOURAGE PARTICIPATION

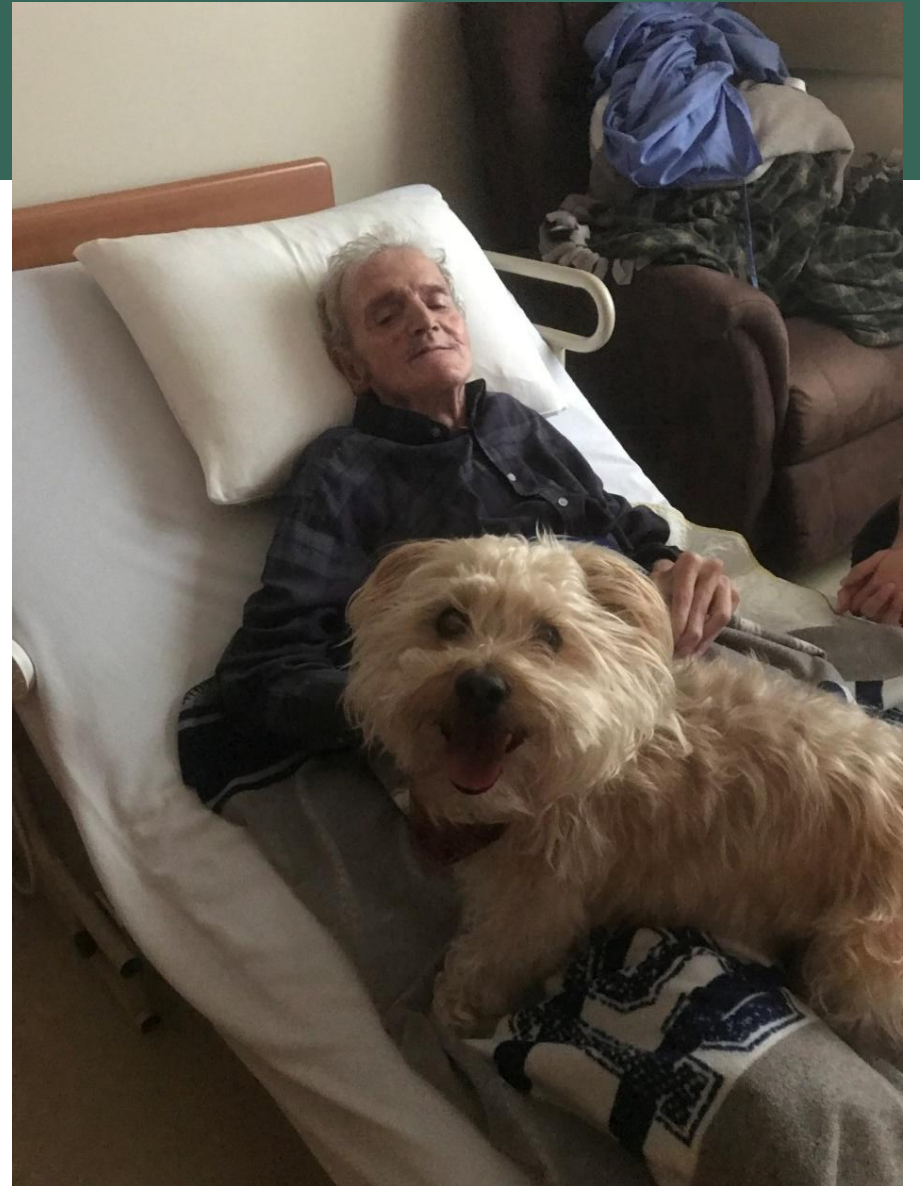
- Often residents who were refusing to attend programming or typically isolate themselves in the room would come to activities if Cliff was with me while I invited them or if they knew he was going to be there





PALLIATIVE CARE SUPPORT

- Cliff will often lay with residents with a low PPS score
- Helps to relax the residents and brings a form of comfort
- Also helps to comfort family



CHICK HATCHING

- Paired with a PSW in the home who has chickens
- Completed the incubation process
- Had educational information to expand on the program
- Once chicks hatched we kept them in house for a few weeks to watch them grow and take care of them



CHICK HATCHING

- Residents helped from start to finish
 - Setting up incubation
 - Candling
 - Watching for pipping
 - Feeding and setting up heated area
 - Checking on chicks well-being and safety
 - Providing care to injured chicks
 - Named them
 - Cleaning pen

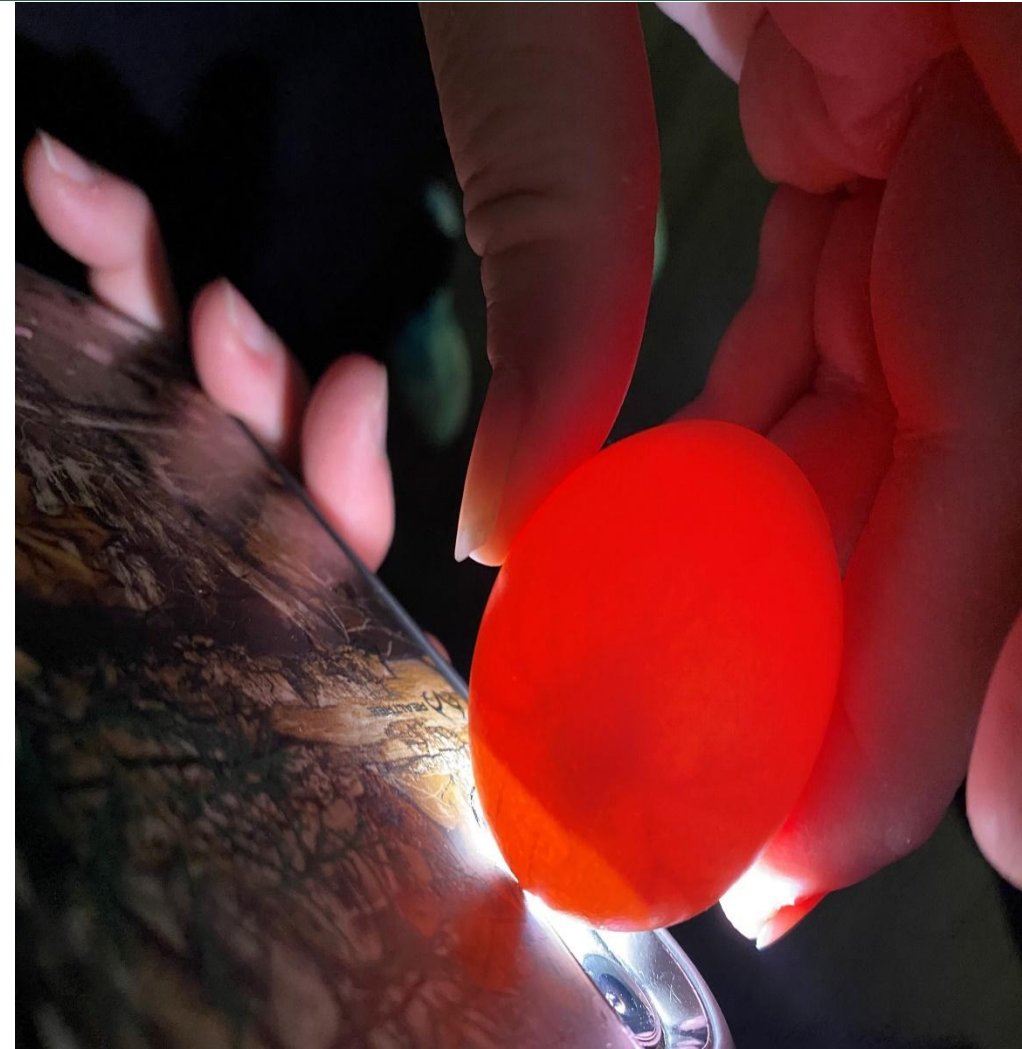


CHICK HATCHING



CHICK HATCHING

Candling the eggs to see which eggs are fertilized and growing







CHICK HATCHING

- Providing Care
- Example: this chick had splayed legs
 - Residents helped tie the legs to pull them in
 - Watched over the chick to check on safety and healing processes







FARM VISITS

- Local farms that are open to the public
- Staff's farms
- Community members that are willing to do farm tours
- Virtual tours during covid and isolations
- Nostalgic for those who used to live on farms and
- Fun and comforting to animal lovers









RAISING DUCKLINGS

- We took in two day old baby ducks
- The residents went to the farm to pick them up
- Took on the responsibilities of caring for them by:
 - Researching what they would need to do to properly care for the ducks
 - Changing/cleaning their cage
 - Ensuring they had food and water
 - Getting them outside and in water
 - Named them

Duckling Program | RiverBound Farms







FOSTERING FOR THE HUMANE SOCIETY

- Partnered with the Guelph Humane Society as a foster
 - Had to complete the foster application and onboarding process
 - Had to attend a foster information/training session
 - Quite owner some to take on, but could include residents in this process
- Small animal that stays in a cage/secured area and has its own space for safety
- Humane Society provides everything that is needed
- Beneficial to both parties



HOPE. CARE. COMPASSION.

TRILLIUM



DALLY



ENGAGEMENT

- Residents took on the responsibilities of caring for the bunnies by:
 - Assisting with cleaning of cage and pen
 - Ensuring bunny has food and water
 - Daily interaction with bunny to keep it socialized
 - Promoting adoption of bunny throughout the home
 - Trillium stayed with us for 5 weeks
 - Dally came to stay with us within a week of Trillium being adopted





FOSTER FRIDAY

- Information Booth
 - Share information about the bunnies and adopting from the humane society
 - Opportunity for others to engage in pet therapy visits
- Resident Run
- Set up in common spaces to encourage family, co-residents and staff to stop and visit

PARTNERING WITH A REPUTABLE BREEDER

- Partnered with YankeeDoodles~ a local breeder
- Reputable breeders often look for ways to desensitize and socialize their puppies before they go to new homes
- Partners benefits both parties
- Puppies must have their first vaccinations before coming in.



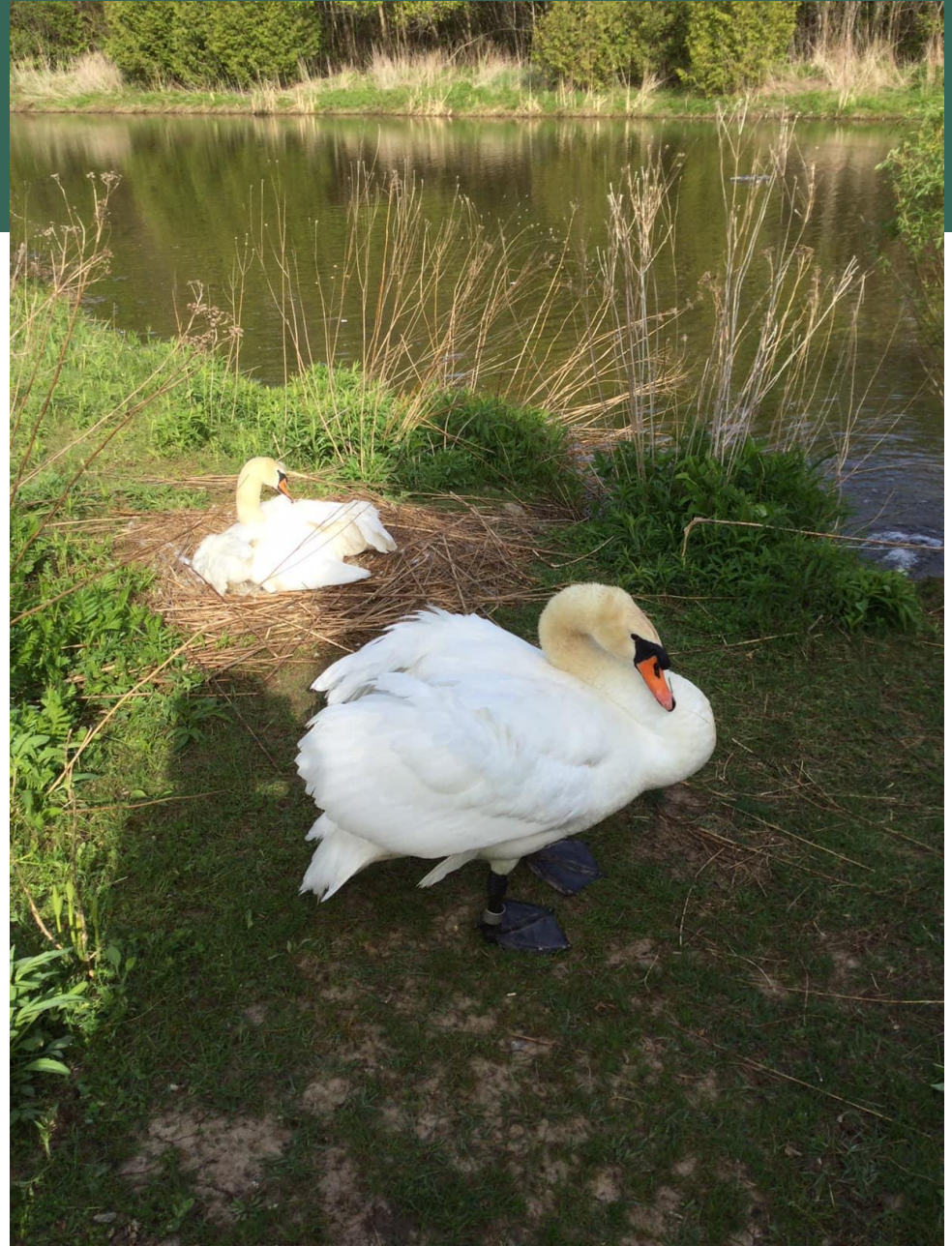




SWANS

- We work with The Elora Swan Program
- 2-3 swans stay with us from May until October
- Mothers will nest and have their babies on our pond
- Residents will monitor and watch for the babies and swans
- Name them
- Something to look forward to every spring





SPECIAL GUESTS

- Showcasing other animals
- Bringing them in either for a day or to stay a week
- Move around the home for other neighborhoods to have a chance to engage
- Resident's watch over them, feed them and clean out cages if necessary
- Education around the animal and care needs













WHAT WE SAW

■ **Increase In Social Involvement**

- Residents who isolate themselves more often were coming out of their room to sit wherever the animals were
- Engaging with co-residents more by making a common connection through the love and interest of animals

■ **Boost Residents Mood**

- Resident's overall well-being and mood became more positive and cheerful

■ **Decrease In Pain And Med Seeking Behaviours**

- During the chick hatching program resident's request for PRN pain medication reduced.

WHAT WE SAW

- **Helped Create A Sense Of Purpose**
 - Gave the residents something to look forward to
 - Created a sense of normalcy and connection to not only the animals but the staff and co-residents
- **Created A Sense Of Responsibility For Residents**
 - They wanted to look out for the animals
 - Felt responsible for providing care and the animals overall well-being
 - Engaged in their own research about proper care
 - Gave them a job and meaningful role to engage in
- **Effective Intervention in Redirecting Responsive Behaviours**
- **Boosts Staff Morale**

QUESTIONS??

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Follow Along On Cliff's Adventures



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