

Summer Time Fun! Creative Group/Class Treatment

Summer is a time when many of us gather with friends and family to enjoy beautiful weather, each other's company and fun activities. As you are planning your groups/classes, consider incorporating summer activities that are familiar, meaningful, goal related and clinically beneficial to the patients/residents who are participating.

- Group Therapy/Class reinforces and facilitates learned skills, improves patients' willingness to engage in rehabilitation and increases overall functional activities in a fun, real life atmosphere.
- Group therapy/Class is "one of the first places where patients with new, temporary or permanent disabilities learn to adapt to and interact with others."

Clinical Benefits of Group Therapy/Class:

- Patients learn from one another, encourage one another and motivate each other.
- Group therapy allows therapists to observe and teach generalization and carryover of skills learned in individual therapy sessions.
- Improved patient's awareness that his/her problems are not unique
- Provides self-monitoring skills/awareness through peer interaction and feedback
- Help with improving patient social behavior; provide a safe place for new behavior/communication skills.

As you can see from the creative examples included, you can engage patients/residents not only in actual "activity", but could also conduct a group/class to fabricate the "game" in which all can engage. Let's be creative and bring some sunshine and summer time fun to our patient/residents as we provide group/class treatment to facilitate optimal patient outcomes.



Flipping Hamburgers



Bucket Ball



Bowling



Ring Toss



Target Golf