

# The Value of Engaging Hospital patients in Recreational Activities

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- Maximise the value of recreational activities
- Provide meaningful opportunities
- Therapeutic goals
- Referred patients meeting a criteria

- Consumer led
- Personal interests and meaningful interventions
- Aimed to meet individual needs & goals
- Consistent service for patients admission

- Increased motivation and well being
- Reduced agitation and confusion
- Improved engagement and sleep
- Assists with the prevention of deconditioning

Evidence

Cognitive stimulation is a non-regimented intervention that promotes cognitive processing to restore cognitive functioning. (Clare & Woods, 2004)

Redcliffe Hospital Recreation Service

Consumer

Patient Criteria

- Vulnerable patients at risk of deconditioning
- ICU step down/long admissions
- Confused/Emotional
- Significant lifestyle change

Benefits