I WAS DOING WHAT I LOVE
NOW WHAT?

Stacy Shamblott, CTRS
SHARE Coordinator
Disclosures and Conflicts of Interest

• The author has no disclosures, conflicts of interest, or discussion of off label medications or products.
OBJECTIVES

• Learn about SHARE program
• Maximize quality of life for all people with FUN!
• Identify barriers and challenges to people with Brain Injuries from participating in leisure and recreation.
• Identify leisure and recreation choices
SHARE

- Sports
- Health
- Activities
- Recreation
- Exercise
Mission of SHARE: Provide people of all ages and disabilities the opportunity to achieve physical and emotional fitness and just have FUN!

- It is a one-stop shop for activities listing and registration details in Minnesota and Western Wisconsin.
- It was funded by the Allina Employee Giving Campaign and the Courage Kenny Foundation.
- SHARE-provides resources that are a fit for patient based on your interests, and barriers either real or perceived.
Patients served with Stroke since 2013 - 600

- Inpatient
- Outpatient
- Clinics
- Transitional Rehabilitation Program
- ILS/ARHMS
- Clients and Professionals in the Community-Non Allina

Non-Stroke Patients served since 2013--1145
INPATIENT CARE

• Patients are selected for SHARE program that will need additional assistance when discharging from Inpatient.
• Two types of Patients
OUTPATIENT CARE

• Best time to see Outpatients is 3-4 weeks prior to discharge
• Goal is to have resources in place before discharge now that they have extra time in their life.
WHAT IS FUN!

Each person thinks of FUN different:
Activity
Amusement
Exercise
Hobby
Leisure
Play
Recreation
WHY FUN IS IMPORTANT?

- Human Experience
- Independence
- Removing Barriers
- Life Lessons
- Social Benefits
- Leisure is a choice
- Give people options
- Opportunity to participate
BARRIERS THAT IMPEDE ENGAGEMENT

- Overprotection & Mixed messages from caregivers, nurses, therapists – e.g. “You can’t drive” “You can’t…”
- Negative comparisons to other patients or “never being able to do something” again
- Poor sleep, pain control, level of alertness
- Cognitive deficits
- Depression
- Fearfulness

Client Perspective:
- I am bored
- They tell me what to do but don’t ask me
- I am burden on my family
- I don’t have transportation
- I feel invisible
- I don’t like my life
- Can’t do anything independently I have a Brain Injury
| ASSESSMENT AREAS |
|------------------|------------------|
| Aquatics and Fitness | Arts and Crafts |
| Cards and Games | Cultural |
| Food and Support | Outdoors |
| Reading | Technology |
| Sports and Recreation | Theatre |
| Transportation | Travel |
| Volunteering | Vocational Rehab |
RESOURCES

• Meet the client where they are at
• After interests are determined than finding the right match for activities begins.
• Matching ages, abilities, transportation and financial barriers all help pick the resources.
• Patients/Clients then receive a word document with each resource
• Provide websites, phone numbers, cost and contact information to connect with an organization.
• Resources are charted in Excellian and/or sent to referral source.
Teach the Patients to Fish, and They Will Succeed When You Aren’t There!
AQUATICS CLASSES FOR BRAIN INJURY & STROKE SURVIVORS

CLASSES

**Adaptive Swim Lessons**
A supervised directed swimming program. For 10 weeks.

**Ai Chi Relaxation**
A relaxation progression with sequenced moves using deep breathing and slow, flowing body movements. Similar to Tai Chi, but performed in shoulder-depth warm water.

**Neuro Splash Class**
Designed for people who have had a stroke, or who are recovering from a variety of neurological health conditions. Focus on range of motion, seated balance, standing, walking, balance, and core strength.

**Water Yoga**
Increase strength, flexibility, balance and the ability to focus inward through the active practice of postures.
FITNESS CLASSES FOR BRAIN INJURY & STROKE SURVIVORS

Adaptive Spin
A 60 minute cardio class where clients will be challenged to keep pace using our adaptive cardiovascular equipment.

Stay Fit
A supervised, directed, exercise-based program: Work on balance, stretching, range of motion, strengthening, coordination, cardio/endurance and water adjustment skills. Designed for people who can self-direct their exercise program and who require assistance less than 50 percent of the time. Scheduled by appointment.

Stay Fit Extra
Designed for people who require additional exercise direction, or who need help with transfers and close monitoring of their exercise program.

Nutrition and Weight Management
Learn healthy eating to maximize fitness progress and work toward a healthy weight. Offered with Stayfit/Extra at no additional cost.
Sports & Recreation

Adaptive Swimming
Alpine Skiing
Blind Hockey
Curling
Dog Sledding
Horseback Riding
Mono Ski Camp
Nordic Skiing
Power Soccer
Sailing
Scuba
Tennis
Wheelchair Lacrosse
Wheelchair Softball

Adaptive Yoga
Bowling
Cycling
Fishing tournament
Kayaking
Martial arts
Power Hockey
Rock Climbing
Rowing
Sled Hockey
Special Hockey
Wheelchair Basketball
Wheelchair Rugby
Patient: GD and wife

**Referred** from Inpatient TR

**HX:** left thalamic hemorrhagic stroke with ataxia and decreased right upper extremity coordination, visual impairments, cognitive impairments and impaired functional mobility in dynamic environments

**Resources:** Financial Assistance, Psychology for wife, dance, music, bowling, Plymouth outdoor music, Senior Center, NeuroSplash, Drivers Assessment, Voc Rehab Stain Glass, support group, volunteer opportunities

**Today** - GD is a participating in: Bowling, Sailing, Biking, Cycling, Archery, Tai Ji Quan, Rowing, Support Group, Speaker at Fundraiser, Driving and many more
SHARE WEBPAGE

WWW.ALLINAHEALTH.ORG/SHARE

Courage Kenny Resources
Community Resources
Inclusive Playgrounds
Aftercare Fitness Guide
Fall and Balance Classes
• Put the Client in the driver seat with a little nudge
• Age has no barrier on FUN
• Adaption is a mindset you might not do it the same way but it can be fun
• Being proactive rather than reactive is easier for community integration will be.
• Homebound or 24 supervision doesn’t mean that client can’t have fun.
Do you have any questions?  
Thank you!

tacy.shamblott@allina.com
Pager 612-654-5748