Facility description

- Allied Services provides healthcare services to people in northeastern and central Pennsylvania with disabilities and chronic illness. Since 1958, Allied Services has been regarded as an organization dedicated to providing programs and services for people in need. They are a non-profit corporation committed to improving the quality of life of their patients. Every day Allied’s 3,200 employees and volunteers strive to touch the lives of nearly 5,000 people.

- Inpatient services serve patients who require intensive 24 hour care and therapy services that focus on physical, occupation, and/or speech therapy. The outpatient facilities are focused more to serve people who can live at home but require rehabilitation therapy as help to live every day without physical limitation or pain.

- 100 Abington Executive Park, Clarks Summit, PA 18411
- Phone: 1-(888)734-2272, CTRS contact: 1-(570)341-4312
- Phone directory provided on the website for various locations.
- 14 Outpatient rehab. locations, 2 Inpatient rehab. locations
- www.allied-services.org/

Recreational Therapy

- To work as part of a treatment team, offer clients leisure education, teach those in physical rehab adaptive techniques, and interview client’s on their community participation.

- Physical (CTRS worked with Right or Left hemiplegia), cognitive and social impairments. The recreational activities offered through the Allied Services physical rehab center work on improving these functional areas.

- Allied Services follows the APIE process because they first assess their clients. The interview on the client’s community participation is part of their assessment process. The purpose is to ask clients what their leisure interests are. If the clients are interested in a leisure activity, the general activities program will do their best to bring this activity to the person. If the clients do not see the importance of leisure activities, the CTRS’s provide them with leisure education. The team of allied professionals then works out a treatment plan for the clients. This is where they decide what services the client will benefit from and discuss goals for the clients. They will also need to discuss transition plans for clients moving from inpatient to outpatient rehab or vice versa. Afterwards, the client treatment plan is implemented by getting clients involved in recreational activities. Clients are then evaluated to see the progress they are making using the Functional Independence Measure.

- Community re-entry (take out to mall, coffee, bowling, local park), simulated recreational activities and weight-bearing and balance activities on the Wii. Adapted wheelchair sports program, leisure education, and general activities.

Clients

- Inpatient:
  - All ages
  - Length of Stay: 10 to 14 days
  - Amputation
  - Fractures, Joint Injuries, Degenerative Joint Disorders
  - Brain Injury
  - Cancer Rehabilitation
  - Spinal Cord Injury
  - Stroke and other Neurological Disorders
  - Impaired sensation, movement and intellectual processes

- Outpatient:
  - All ages
  - Length: 12 to 15 one-hour therapy sessions over a 4 week period
  - Same as inpatient as well as:
    - Concussion
    - Back pain
    - Dementia
    - Infections and Burns
    - Pulmonary Disease

Treatment Approach

- The treatment approach is different for each client and depends on his or her condition. The patient is assessed and the services are applied for each client as needed. For the Recreational Therapist they utilize APIE and leisure education with treatment.

- Inpatient: specialized hospital at one of the different locations generally for 10-14 days.

- Outpatient: Specialized centers where patients receive 12-15 hour long sessions over a month.

- Inpatient: Previously in a postoperative setting or hospital setting where they have a prolonged illness, stroke or other conditions. May also participate in an outpatient setting afterwards.

- Outpatient: Previously in an inpatient hospital or currently live at home and previously have or continue to receive Speech, PT or OT. Generally don’t require services once they are done session.

- Inpatient: Medical Doctors, Nurses, Physical Therapy, Occupational Therapy, Speech Therapy, Recreational Therapy, Social Work, and Psychology Neuropsychology.

- Outpatient: Speech Therapy, Occupational Therapy, Physical Therapy and Recreational Therapy

Recreational Therapy Interventions

- Community Re-Entry Program

  - Bowling

  - Service program for outpatient or inpatient clients. The community re-entry program is often implemented for clients in inpatient rehab. Clients are sent to a community bowling alley.

  - The clients work in teams or individually to compete. This improves the client’s physical, social, and cognitive skills. Bowling improves one’s physical skills because one must have their upper body strength to maneuver the bowling ball and be able to control the ball to direct it in the lane. One works on their social skills by learning the importance of working together and being surrounded by a group of people. They also learn how to appropriately behave in a community setting. Cognition can also be improved because the clients are working with numbers to calculate their score. A recreational therapist would assess bowling by measuring a clients level of improvement and watching how their social interaction changes.

  - A special consideration for this intervention is safety. The bowling balls are heavy so precautions must be taken to ensure everyone’s safety. Also, some clients may need physical assistance to participate. Transportation additionally needs to be taken into consideration. Allied-Services may use buses or a carpool system to bring clients to and from the facility. Concerning a client’s physical ability, a client may want to be informed of a physician’s opinion when regarding their functional activity level.

Adapted Sports Program Wheelchair Basketball

Allied Services provides a wheelchair basketball program for outpatient or inpatient clients. Clients are given the opportunity to enroll themselves in the program. They have weekly practices and occasionally enter in tournaments.

- Equipment and the cost of the game are covered by the program. Clients improve and work on their physical, cognitive, and social skills. Physically, the sport requires clients to use a manual wheelchair to move on the court. One must pass, dribble and shoot just like any other game of basketball. One must also keep in mind the rules and understand their position on the team. Therefore, teamwork is a major factor in this sport. A recreational therapist would assess the outcomes by observing the clients participation and actions on the court. Additionally, the coach could provide his opinion about the individual.

- The special considerations for this intervention are taking account for a player’s level of ability. It is important to consider the specific wheelchair adaptation and that every player understands the rules so the game is played smoothly. Each player must be evaluated by a physician and assigned an ability level which is approved for them on the court.

Recreational Therapy Interventions


