

Transition Care Program: Social Work and Therapeutic Group Work

Sharing Our Experience

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Outline of Presentation

- Introduction to Transition Care Program (TCP) at Peninsula Health
- Background to establishing the Coffee & Chat group
- Implementing the Group
- Feedback & Evaluation
- Lessons Learnt
- Where to from here?



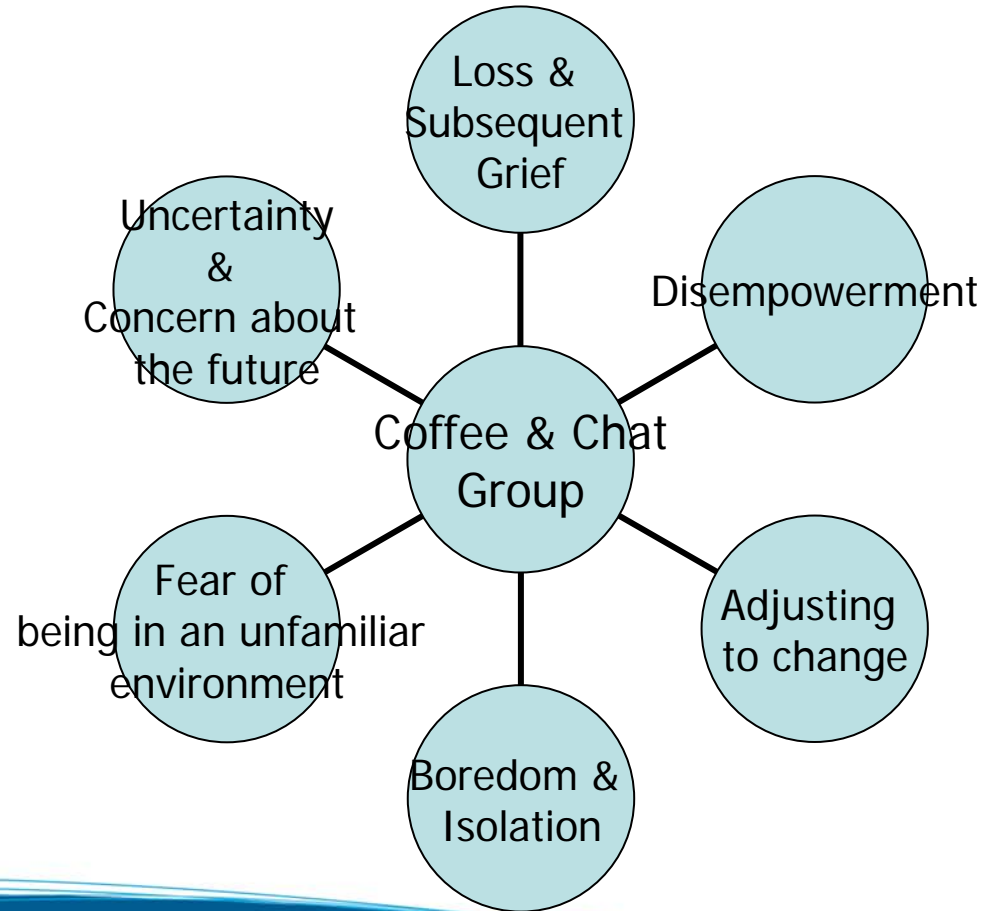
Introduction – Transition Care (TCP) at Peninsula Health

- History
- Statistics
 - On average 60% of patients on TCP residential discharge into permanent residential care. 18% return home.

- TCP Residential and Group Work
 - Agestrong, Walk Tall, Upper Limb, Falls prevention, and Balance.
- Initially groups were established with the main aim of improving a person's functional ability



Need for a New Type of Group



Establishing a new type of group

“Once changes have occurred, the work of transition begins. Transition is the psychological process people go through to come to terms with the new situation.”
(Black, 2007)



Establishing a new type of group

- Psychological/emotional

How well is the program currently addressing the psychological and emotional needs of people going through a period of transition?

- Complexity of transition

How is the program assisting people address the complexities of the process of transition?



'Coffee and Chat' Group

The aims of the group are:

- To provide therapeutic group work where group participants can support each other through their **transition** journey
- To provide opportunities for group participants to share life experiences and reflect on their **meaning**
- To provide a confidential space where personal **stories** can unfold



Theoretical Framework

- Narrative Therapy
- Strength-based practice
- Group Work theory
- Developmental theory



Implementation of the Group

- How the group operates
- Where the group is held
- Who attends



Transition Care Program



Coffee & Chat

Time: Every Monday at 1:30pm
Where: The Theatre Room
(With Margaret & Kate)

Group Values

- Confidentiality
- One person speaking at a time
- Permission to participate as much or as little as they like
- Showing respect to one another



Facilitation

Our roles as facilitators involve many tasks. These include:

- To work together to plan and structure the group
- To initiate conversation starters
- To maintain energy and group focus on the topic being discussed and
- To assist group participants to draw links and connections within the discussion and to each other.



Group Format

- 1.10pm – **Preparation** - Collect group participants from their rooms
- 1.30pm – 1.45pm – **Introductions** – including sharing a highlight and challenge from the past week. Introduce topic for discussion
- 1.45-2.10pm **Purpose** of the group and **group values** discussed.
- 2.10pm – **Afternoon tea** (informal socialising)
- 2.15-3.10pm – **Discussion** around topic
- 3.10pm – **Evaluation** – Facilitators ask group participants how they felt the group went, what could be improved, suggestions for next week. In recent weeks Allied Health Assistance assisted group participants completing a survey about the group
- 3.25pm – Assist participants back to their rooms
- 3.35pm - **Debrief**

An example of a module used

Topic: **Change**

Theme: Change you can and can't control

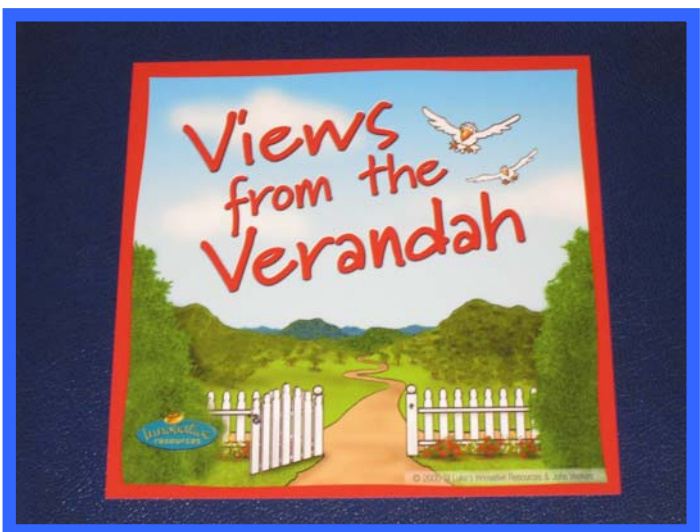
Session 1 – What changes have you experienced at a local community level, in society and globally? How have these changes affected you?

Session 2 – What changes have you experienced at a more personal level up until now? How did you feel about these changes? Did you initiate these changes or was change outside your control? How were you affected by these changes?



- Session 3 – What changes do you see for yourself in the future. Resource used 'Views from the Verandah' (St. Luke's Innovative Resources)
- Session 4 – What strategies have helped you cope with change? What could help you manage with changes in the future?
- Other Possible Resources To Use
 - Strength cards/ Age of Adventure cards from St. Luke's <http://www.innovativeresources.org>
 - Metaphor of a “worry pit” – Group participants to write down their worries, and if comfortable talk about them, and then throw them away in a waste paper basket.

'Views from the Verandah' Cards



St Luke's Innovative Resources



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Feedback and Evaluation

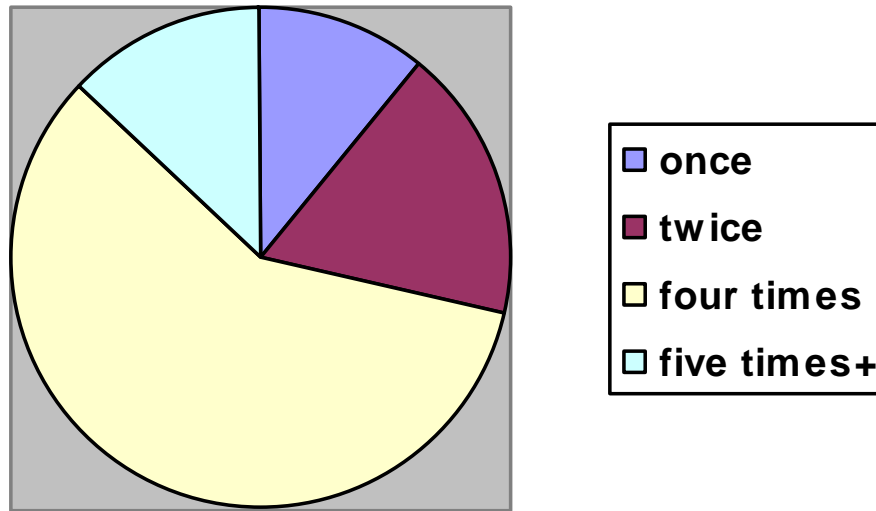
- Group participants' comments/feedback
- Benefits of doing group work
- Consumer perceptions of group



Group Participants' Comments

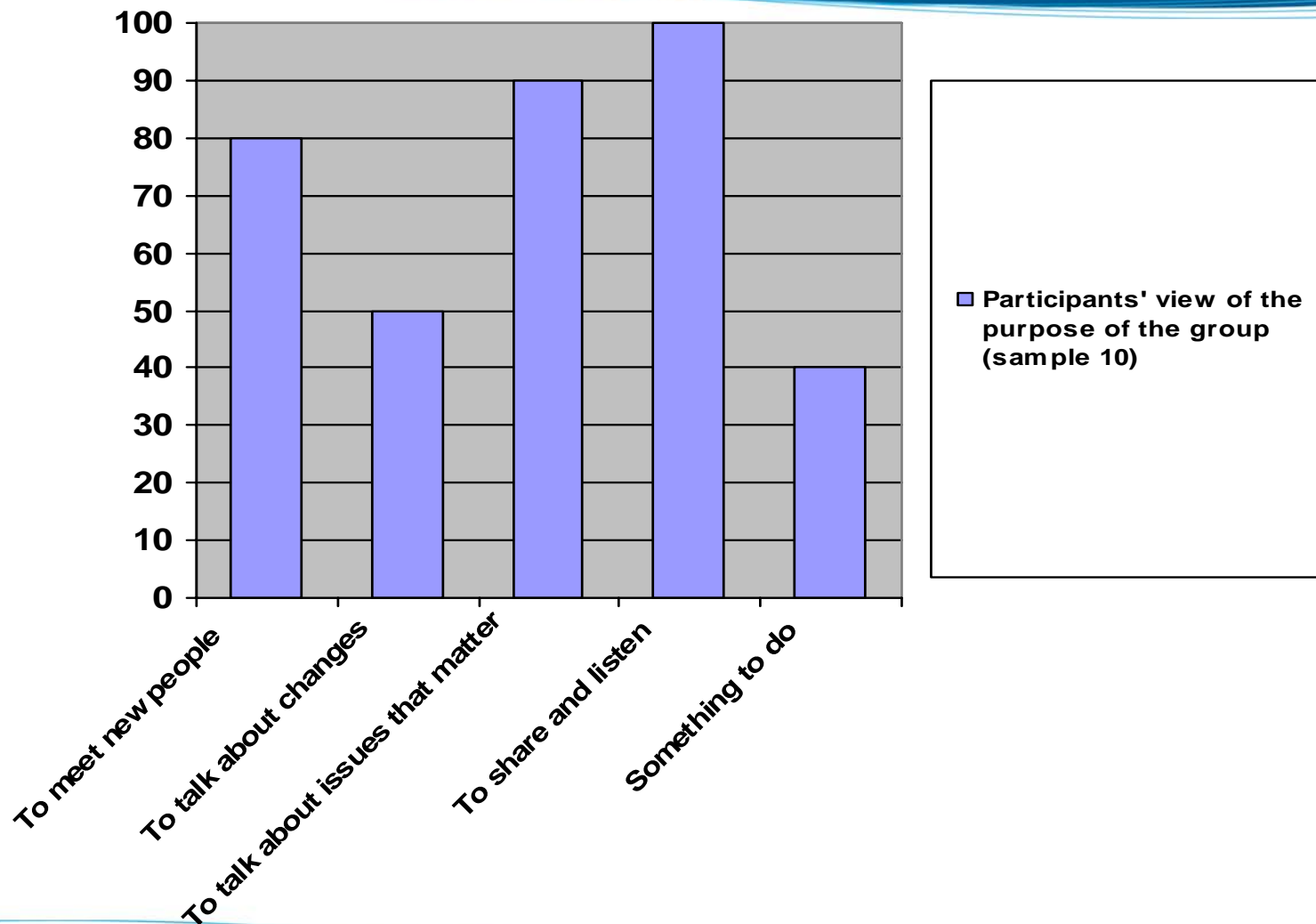
- It has been interesting hearing other people's thoughts on growing older.
- I have enjoyed listening to everyone.
- I have enjoyed the company of other group participants.
- It's been good to have conversation starters as nobody talks in the dining room.
- I go to bed now not thinking about the future but going over happy memories.

Group Attendance Pie Chart

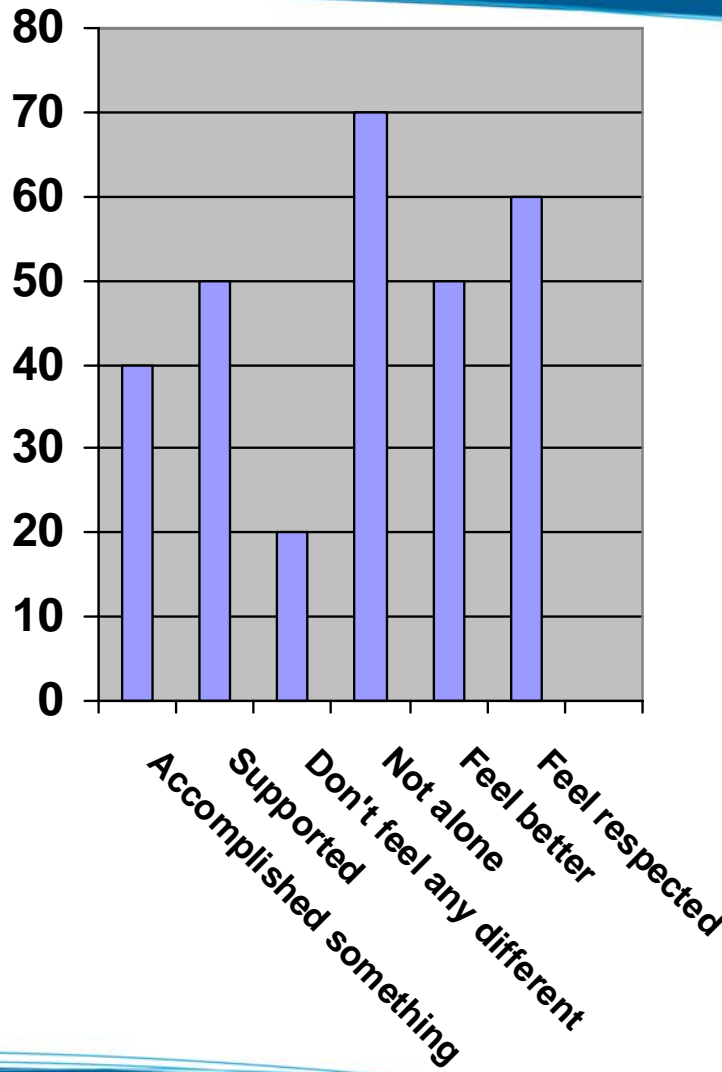


193 attendances to the group from January 30th 2008 – 19th January 2009
65 people attended the group in this time

'Coffee & Chat' – Group Participants' Survey



'Coffee & Chat' – Group Participants' Survey



■ Participants feeling towards attending the group (sample 10)



Lessons Learnt

- Need to allow time
- Challenges to group cohesion
- Benefits outweigh the costs
- Mutually beneficial for group participants and facilitators



Where to from here?

- Psychological/Emotional Barthel score
- Developing groups for Transition Care – Home-based program
- Running conjoint sessions with the consumer and their carer



Have a Go!

THANK YOU

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