

BOOK REVIEW TO BE PUBLISHED IN THE THERAPEUTIC RECREATION JOURNAL, 2008

Therapeutic Thematic Arts Programming for Older Adults (2007) by Linda Levine Madori, Ph.D., CTRS, ATR-BC. Baltimore, MD: Health Professions Press. 208 pages, soft cover \$38.00, hardcover \$52.00.

The purpose of the publication is to present the Therapeutic Thematic Arts Programming (TTAP™) method as an intervention to be used with older adults at various stages along the care continuum. Theories and principles of therapeutic recreation (recreation therapy) and the creative arts (music, movement, writing, sculpture, movement and music combined, poetry, culinary activities, theme events, and photography) are combined to produce programming that benefits all aspects of functioning among older adults. This method is a creative approach that relies on the participant's intact strengths while promoting cognitive health and self-expression.

Contents are covered in six chapters supported by illustrations presented in five appendices. Chapters one and two provide foundational information on brain growth and development and theories on aging and therapeutic recreation. Concluding comments in Chapter two tie TTAP to desired outcomes of therapeutic recreation/recreation therapy. Chapter three presents TTAP in the context of the Stumbo and Peterson Leisure Ability model (2004) while introducing examples of creative arts programs with themes to use as programs are actually implemented. Chapter four is the 'meat' of the publication. Each of the nine steps of TTAP is presented in detail with implementation suggestions. The nine steps are presented sequentially yet may be adapted to meet the needs of each individual participant: Each step relies on one or more form(s) of creative arts. The nine steps are: From individual thought to group ideas; from ideas on the page to music off the page; from music in the mind to the image; from image to sculpture; from sculpture to movement; from movement to words/poetry and stories; from words to food for thought; from thought to theme event; and, from event to photography. TTAP using the Stumbo and Peterson model as the program structure to address client needs in five domains (social, emotional, cognitive, physical, and spiritual) is summarized in Chapter five. Through TTAP these five domains are integrated and interests across the lifespan become central during intervention. The closing chapter outlines each of the nine steps of TTAP with various older adults in assisted living, rehabilitation, skilled nursing, and Alzheimer's disease. Each appendix presents useful resources to apply TTAP from an actual assessment to resources for acquisition of program supplies.

Inherent strengths of the publication include the author's ability to share her expertise through numerous illustrations and examples; and the pedagogical features of the text—enumeration summaries of key points, figures support key narrative information, chapters are outlined and organized for quick reference and easy reading, and TTAP ideas are clearly presented and may be immediately incorporated into programming. The unique nature of the text is the presentation of creative arts with older adults—two minimized entities. Thus this text fills a void in our professional literature as well as serving as a useful resource to several audiences.

The target audience for this publication includes educators, practitioners, and caregivers in therapeutic recreation/recreation therapy and creative arts. The book would complement any professional preparation courses that address the APIE (assessment, planning, implementation, evaluation) process specifically programming and techniques classes. Activity professionals would benefit from the programming ideas as would interns and entry-level professionals in a variety of healthcare settings. Further, instructors might find discussion on brain growth and the theories useful references as they present information on evidence- and theory-based practices.

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August 17, 2007