

# SIENNA CASPAR

## Curriculum Vitae

Sienna Caspar

[Siennac@shaw.ca](mailto:Siennac@shaw.ca)

### **Formal Education**

University of British Columbia, Vancouver, BC, Canada  
PhD Student- Interdisciplinary Studies Graduate Program

Simon Fraser University, Vancouver, BC, Canada  
Master of Arts- 2008 Gerontology Program

University of South Alabama, Mobile, Alabama  
Bachelor of Science-1990 Leisure Services, concentration in Therapeutic Recreation

### **Professional Experience**

2005 to 2008- **Curriculum Developer and Instructor**, Therapeutic Recreation-  
Gerontology Program. Lethbridge Community College, Lethbridge, AB.

2002 to 2008- **Certified Therapeutic Recreation Specialist**, Heritage Village-a 95 bed  
complex care facility within Fraser Health Authority, Chilliwack, BC.

1999 to 2006- **Consultant and trainer**, Marchard Health Care Consulting Inc. of  
London, Ontario.

2000 to 2002- **Consultant**, Geriatric Healthcare Consultants, Consultation for Skilled  
Long-Term Care Facilities. Oakland, California.

1999 to present- **Owner**-Sienna's Mark LLC. Consultation for, and distribution of, the  
Measurable Assessment in Recreation for Resident-Centred Care (MARRCC).

1991 to 2000- **Director of Therapeutic Recreation**, Trail Regional Hospital-Extended  
Care Unit, Trail BC.

### **Awards and Honours**

2010- Four Year Doctoral Fellowship-University of British Columbia

2009- International Association of Gerontology and Geriatrics Legacy Fund, Student  
Travel Grant—Value \$3000.

2009- Canadian Institutes of Health Research—Institute of Aging Age Plus Award—  
Value \$1000.

- 2009- British Columbia Network for Aging Research Travel Award—Value \$750.
- 2008- Joseph-Armand Bombardier Canada Graduate Scholarship—Doctoral—Value \$105,000.
- 2008- Graduate Scholarship, UBC, Interdisciplinary Studies Graduate Program—Value \$16,400.
- 2008- CIHR, Institute of Aging, Canadian Association on Gerontology Annual Scientific and Educational Meeting Student Poster Competition: First Prize Master Category—Value \$500.
- 2007- German Canadian Benevolent Society of BC Aulinger Award In Gerontology—Value \$650.
- 2007- Keith Loughlin Bursary in Gerontology—Value \$700.
- 2007- Travel and Minor Research Grant—Value \$300.
- 2006- Selected to attend the Canadian Institutes of Health Research (CIHR) and the Institute of Aging (IA) Summer Program on Aging 2006—Value “all expenses paid”.
- 2005- Social Sciences and Humanities Research Council of Canada (SHRCC) Canadian Graduate Scholarship Recipient—Value \$17,500.
- 2005- Old Age Pensioners Scholarship—Value \$1,000.
- 2005- Graduate Scholarship-SFU Gerontology Program—Value \$6,000.
- 2003- Clinician of the Year from American Therapeutic Recreation Association for the development of the Measurable Assessment in Recreation for Resident-Centred Care (MARRCC)—Value \$500. *The MARRCC is a standardized, valid, and reliable assessment that enables recreation therapists in LTC settings to create individualized care plans with measurable outcomes for the residents they serve.*
- 2002- Certificate of Recognition from American Therapeutic Recreation Association for participating in the development of the Dementia Practice Guideline for Recreational Therapy: Treatment of Disturbing Behaviors.
- 1990- Graduated Magna Cum Laude
- 1990- Outstanding Undergraduate of the Year for the College of Education
- 1990- Who’s Who Among American College Students

1989- National Dean's Honour Lists

1986-Full 4-year Academic Scholarship from the University of South Alabama—Value \$16,000. (Accepted)

1986-Full 4-year Scholarship from the University of New Mexico for being a recipient of a Grand Award at the International Science and Engineering Fair—Value \$17,000 (Declined)

### **Certification**

Certified Therapeutic Recreation Specialist

### **Professional Involvement**

Board member of The Society for the Arts in Dementia Care, 2007- 2008

British Columbia Therapeutic Recreation Association (BCTRA), 1993-2005  
Presenter annual conference, 1997, 1998, 1999, 2000, 2001, 2005.

American Therapeutic Recreation Association (ATRA), 2000- 2008  
Presenter annual conference, 2001, 2002, 2003, 2004, 2005, 2006, 2007.  
Presenter mid-year professional issues forum, 2001, 2004  
Geriatric Treatment Network Co-chair 2003-2004  
Clinician of the Year-2003  
National Trainer for the Dementia Practice Guideline: Competency Training.  
2003-2007

National Therapeutic Recreation Association 2000-2002

### **Conference Presentations**

#### **International—Refereed**

Caspar, S. & O'Rourke, N. (2009, July). *Influence of models of care and structural empowerment on individualized care in long-term care*. The quadrennial meeting of the International Association of Geriatrics and Gerontology, Paris, France. (R).

Boothman (Caspar), S. (2005, June). *Development, reliability and validity of the Measurable Assessment In Recreation for Resident-Centered Care (MARRCC)*. The Canadian Congress on Leisure Research, Nanaimo, B.C. Canada. (R).

Boothman (Caspar), S. & Leathley, L. (2005, June). *Tapping into the Rhythm of Life: Group Drumming and Dementia*. First International Conference on Creative Expression, Communication, and Dementia, Vancouver, BC, Canada. (R).

### **National--Refereed**

Caspar, S. & O'Rourke, N. (2008, Nov.). *Linking working and caring conditions in long-term care*, Re-Imagining Health Services: Innovations in Community Health Conference—the Canadian Centre for Policy Alternatives, Vancouver, BC, Canada (R).

Caspar, S. & O'Rourke, N. (2008, Oct.). *Influence of care provider access to structural empowerment on individualized care in long-term care*. Canadian Association on Gerontology, London, ON, Canada (R).

Boothman (Caspar), S. & O'Rourke, N. (2007, Nov.). *Factor structure of the center for epidemiologic studies-depression scale (CES-D) among two age cohort groups of caregivers of persons with dementia*. Canadian Association on Gerontology, Calgary, AB, Canada (R).

Boothman (Caspar), S. (2006, Oct.). *Development of a reliable and valid assessment for therapeutic recreation in LTC settings: Clinical Implications*. Canadian Association on Gerontology, Quebec City, Quebec, Canada. (R).

### **National—Non-Refereed**

Boothman (Caspar), S. (2005, June). *We Are What We Document: An In-depth Look at Assessments and Care Plans*. Canadian Therapeutic Recreation Association, Vancouver, BC, Canada.

Boothman (Caspar), S. (2004). *Dementia Update—Understanding the Language of Behaviour*, American Therapeutic Recreation Association National Teleconference Educational Series. (Invited).

Boothman (Caspar), S. (2004, March). *Please Understand Me-Dementia and Communication*. American Therapeutic Recreation Association, Albuquerque, New Mexico.

Boothman (Caspar), S. (2003, September). *Expressions of Intimacy- Sexuality and Alzheimer's Disease* American Therapeutic Recreation Association, Atlanta, Georgia USA.

Boothman (Caspar), S. (2003, September). *On the MARRCC in L.T.C-An introduction to a new standardized assessment tool*. American Therapeutic Recreation Association, Atlanta, Georgia, USA.

Savell, K. & Boothman (Caspar), S. (2001, September). *Best Practices in Dementia Care*. American Therapeutic Recreation Association, New Orleans, Louisiana, USA.

Boothman (Caspar), S. (2001, March). *Assessments, Outcome Measures, and Resident-Centered Programming in LTC*. American Therapeutic Recreation Association, Las Vegas, Nevada, USA.

### **Provincial**

Boothman (Caspar), S. (2006, May). *Differential Diagnosis in Dementia: Implications for Recreation Therapy*. Therapeutic Recreation Ontario, Niagara Falls, Ontario, Canada. (Invited).

Boothman (Caspar), S., Wingfield, M., Granger-Brown, A., & McCarter, E. (2003, September). *Recreation Therapy in 2003 A Session on Seeking Solutions*. British Columbia Therapeutic Recreation Association, Vancouver, B.C. Canada

Boothman (Caspar), S. (1999, September). *Awareness from a Pen, Paper, and Pillow-Practicing what we preach*. British Columbia Therapeutic Recreation Association, Vancouver, B.C. Canada

Boothman (Caspar), S. (1998, September). *Making Sure the Silent Wheels Get the Oil Too-The successful redesign of a therapeutic recreation program in LTC*. British Columbia Therapeutic Recreation Association. Nanaimo, B.C. Canada.

Boothman (Caspar), S. (1997, September). *Theories of Motivation- Their application to therapeutic recreation*. British Columbia Therapeutic Recreation Association, Vancouver, B.C. Canada.

### **Contracted Professional Training Sessions and Public Lectures**

Boothman (Caspar), S. (2005, Sept.). *Differential Diagnosis and Dementia: Implications for Therapeutic Recreation*. Full day presentation in London, Ontario, Canada.

Boothman (Caspar), S. (2005, Sept.). *From Diversional Activities to Therapeutic Programming: Making the Change in Your Facility*. Full day presentation in Niagara Region in Ontario, Canada

Boothman (Caspar), S. (2005, August). *Dementia Practice Guideline for Therapeutic Recreation: Competency Training*. Full day presentation in Nashville, Tennessee, USA.

Boothman (Caspar), S. (2004, June). *Understanding and Managing the Disturbing Behaviours of Your Most Challenging Residents*. Full day presentation in Ottawa, Ontario, Canada.

Boothman (Caspar), S. (2004, June). *The Holistic Approach to Wellness*. Full day presentation in Chatham, Ontario, Canada.

Boothman (Caspar), S. (2004, June) *Taking the Pain out of Documentation*. Half-day pre-conference institute for Therapeutic Recreation Ontario, Toronto, Ontario.

Boothman (Caspar), S. (2003). *Program development, implementation and evaluation*. A 3-day training series in Toronto and London, Ontario, Canada.

Boothman (Caspar), S. (2002). *Meeting the Needs of Your Most Challenging Residents*. A 3-day training series in London, Ontario, Canada.

Boothman (Caspar), S. (2001). *Bridging the Gaps to Optimize Funding*, 4-hour presentation in London, Ontario, Canada.

Savell, K. & Boothman (Caspar), S. (2001 & 2002). *Enabling Freedom in Dementia Care*, 4-day intensive training on all aspects of care for individuals with dementia of the Alzheimer's type. All-staff training provided to LTC facilities throughout California, USA.

## **Publications**

### **Refereed—Published or In Press**

Caspar, S., & O'Rourke, N. (2009). The composition and structure of depressive symptomatology among young and older caregivers of persons with dementia. *Ageing International*, 34, 33-41.

Caspar, S., O'Rourke, N., & Gutman, G. (2009). The differential influence of culture change models on long-term care staff empowerment and provision of individualized care. *The Canadian Journal on Aging*, 28(2), 165-175.

O'Rourke, N., Chappell, N. & Caspar, S. (2009). Measurement and analysis of individualized care inventory responses comparing long-term care nurses and care aides. *The Gerontologist*, 49(6), 839-846.

O'Rourke, N., Caspar, S., Gutman, G., Theurer, K., Cook, M., Kaspro, P., & Bachner, Y, G. (2009). Cognitive status and the psychological well-being of long-term care residents over time. *Ageing and Mental Health*. 13(2), 280–287.

Caspar, S. & O'Rourke, N. (2008). The influence of care provider access to structural empowerment on individualized care in long-term care facilities. *Journal of Gerontology: Social Sciences*, 63B(4), S255-S265.

Boothman (Caspar), S. & Savell, K. (2004). Development, reliability and validity of the measurable assessment in recreation for resident-centered care (MARRCC). *Therapeutic Recreation Journal*, 38(4), 382-393.

### **Portion of a Book**

Boothman (Caspar), S. (2002). Group Drumming Protocol, Antecedent Behavior Monitor, and Reminiscence Based Sensory-Motor Stimulation. In Buettner, L., Fitzsimmons, S., *Dementia Practice Guideline for Recreational Therapy: Treatment of Disturbing Behaviors*. American Therapeutic Recreation Publications.

### **Manuals**

Boothman (Caspar), S. (2005). *Transforming Dementia Care in British Columbia: Addressing Gaps and Improving Care*, The British Columbia Dementia Working Group, Vancouver, BC, Canada.

Boothman (Caspar), S. (2001). *The Measurable Assessment in Recreation for Resident-Centered Care Manual and User's Guide*, Sienna's Mark LLC, High Rolls, N.M., USA

### **Newsletters**

Boothman (Caspar), S. (2004, November). Nutrition and Dementia, Opportunities for TR Intervention. *American Therapeutic Recreation Association Newsletter*

Boothman (Caspar), S. & Getz-Warren, T. (2004, February). Geriatric Treatment Network Update. *American Therapeutic Recreation Association Newsletter*.