

WHAT IS “T.R”



THERAPEUTIC RECREATION

- Therapeutic Recreation is a process that uses leisure and recreational programs that include intervention, education and recreation participation. It helps to enable individuals with physical, cognitive, emotional and/or social limitations to acquire skills, knowledge and behaviours that allows themselves to gain independence of daily living abilities.



WHO WE SERVE...

- Therapeutic recreation practitioners provide services to diverse client groups across a variety of settings.
- geriatric, mental health, addictions, general medicine, physical medicine, rehabilitation, developmental disabilities, long-term care, palliative care and pediatric clients.



THE ROLE OF A RECREATIONAL THERAPIST.

- Intensive needs assessment to determine the appropriate personalized interventions.
- therapist must begin the Recreation Therapy process by developing a meaningful relationship with the individual receiving services.
- together the client and therapist determine the best way to assess current interests, abilities, needs, and barriers related to leisure.
- Set realistic goals that are created through participation in recreation and leisure programs.
- Must follow to agency standards and provide documentation of clients progress.
- Evaluates outcomes of their services clients receive.
- Self-reflective practice examines personal and professional competencies to ensure best practices.



WHERE DO RECREATIONAL THERAPISTS WORK?

- In hospitals, rehabilitation programs, long-term care, day programs, Mental health centres, children's treatment centres, residential facilities, community mental health centers, adult day care programs, substance abuse centers, hospital care, community centers and in school systems.



HOW DO WE SERVE OUR CLIENTS?

- Recreational Therapists work with a number of individuals requiring health services.
 - Employed by health care agencies and work in traditional inpatient hospitals or health facilities.
 - We serve inpatients and outpatients.
 - work in private practice providing services in the home and community as well.
 - Serve clients with empathy and understanding.
 - Assessments, evaluations and interventions.
- Client's interests, and the client's family and/or community.
 - Individualized to each person, their past, present and future interests and lifestyle.
 - Social, emotional, cognitive, physical, and leisure needs of the patient.
 - “Recreational therapists weave the concept of healthy living into treatment to ensure not only improved functioning, but also to enhance independence and successful involvement in all aspects of life”.

THE DOMAINS OF HEALTH AND WELLNESS





HOLISTIC APPROACH

- Positive Wellness
- Holistic health or wellness is a dynamic ongoing process.
- Looking at the person as a whole in each of the domains.

WHAT DO RECREATIONAL THERAPISTS DO?

- Work with persons with disabilities and/or limitations to improve their quality of life
- Use recreation and leisure to help maximize an individual's independence



POSSIBLE OUTCOMES OF RECREATIONAL THERAPY

- Positive health outcomes resulting from participation in recreational therapy programs.



IN CONCLUSION...

- In conclusion Recreational Therapy is a rewarding career.
- Through Therapeutic Recreational programs allows society to break through assumptions and norms of individuals who have a disability, disease or illness.
- Recreational Therapy improves an individual's quality of life through the emotional, spiritual, physical, social and cognitive domains to allow them freedom and independence to take control over their own lives.
- <https://www.youtube.com/watch?v=1XJD5XDihhY>

QUESTIONS?!



REFERENCES...

- <http://www.amazingkids.org/Medical-Services/success-stories>
- <https://www.trontario.org/about-therapeutic-recreation>
- <https://www.youtube.com/watch?v=UvwHc5FdFa4>
- <https://www.youtube.com/watch?v=cRrZpc304N4>
- <https://www.youtube.com/watch?v=1XJD5XDihhY>