



Therapeutic Recreation PROGRAMMING TIPS & RESOURCES

Therapeutic Recreation Ontario has gathered TR program ideas from our members and online to help other TRs continue to run their programs during the COVID-19 pandemic. Do you have an idea to share? Send it to ed@trontario.org.



ACTIVITY IDEAS

Confessions of a Rec Therapist offers alternative programs for those in long term care such as chair yoga, guided meditation, white board games, audio books, live streaming concerts, hallway activities, and more. With a little TR ingenuity, they could be adapted to just about any setting.

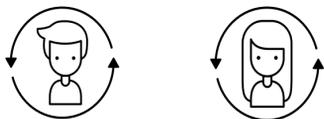
<https://confessionsofarectherapist.com/alternative-activities>



FREE CARE PLAN TEMPLATE

SMART CEUs Hub has created a free, downloadable Activities/Psycho-Social Well-being Care Plan to help TRs stay on top of social distancing protocols.

<https://smartceushub.com/free-covid-19-care-plan>



HELP COMBAT SOCIAL ISOLATION

The Pioneer Network has put together a list of activities/programs/resources to help fight social isolation in long term care during this pandemic crisis.

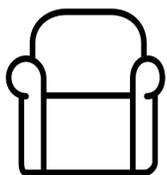
<https://www.pioneernetwork.net/resource-library>



KEEP THEM CONNECTED

If you work with patients in a hospital or home care facility, help them stay connected to loved ones by **arranging virtual visits** with apps such as Face Time, Skype WhatsApp and others.

<https://bit.ly/2UU4evF>



BECOME A VIRTUAL EXPLORER

Leave home without leaving your couch. Museums, zoos and other attractions from around the world are offering **virtual tours**. Start your adventure with these sites:

[Insider.com](https://www.insider.com) [The Louvre Online Tours](https://www.louvre.org/en/online-tours) [Royal Ontario Museum](https://www.royalontario.ca/museum) [Johannesburg Art Gallery](https://www.johannesburgartgallery.com)



YOGA: GOOD FOR THEM, GOOD FOR YOU

Many yoga studios are taking their classes online during the pandemic. Here are two studios you can use to supplement your own offerings (or check out for yourself!)

Good Body Feel www.goodbodyfeel.com
In Fine Feather Yoga www.infinefeatheryoga.com



PRACTICE SELF-CARE

OK, a little self-care is in order for TRs too. Take some time to rejuvenate your professional spirit by listening to a podcast like **The Recreation Therapy podcast** as you drive to work in the morning.

<https://apple.co/3awETyk>

Therapeutic Recreation benefits everyone

Therapeutic Recreation is a collaborative and purposeful process facilitated by trained professionals offering recreation and leisure assessment, planning, intervention and evaluation to achieve individual goals. The profession uses meaningful recreation and leisure education, counselling and experiences to promote, restore, rehabilitate, and/or maintain quality of life and well-being. Therapeutic Recreation supports the development of strengths while addressing social, emotional, physical, spiritual and cognitive needs.

To learn more about what Therapeutic Recreation professionals do, visit www.trontario.org