

## 2016 Conference Recording

### *“T12 - Community Recreation Therapy and the Strengths-based Approach: Improving Patient Quality of Life”*

#### Objectives:

1. Identify three elements of a health promotion approach in a community recreation therapy setting.
2. Identify potential assessment tools and evaluation methods for a community recreation therapy program.
3. Provide an example of a challenge that Recreation Therapists face and identify an action to overcome it.

#### Session Description:

The Recreation Therapy program at Red Deer Primary Care Network was established to address the need for an individualized therapy program for patients wishing to make healthy lifestyle changes. The program incorporates both a patient-centred strengths-based approach, and the AMSO model of health promotion. Patients include those who are socially-isolated, experiencing life stage changes, or need further assistance following a group program. The Leisure Diagnostic Battery and the Health Quality of Life Survey are used to determine patient baseline status. Six month follow-up assessments have shown statistically significant increases in general health, vitality, social functioning, and mental health domains of the SF-12v2® survey. This session will provide Recreation Therapists with an understanding of a community-based preventative approach, and the use of assessment tools in assisting patients in improving their quality of life.

#### Presenter:

**Jeff Kopp**, Red Deer Primary Care Network

#### PCCs:

- Pre-approved for 1.5 professional contribution points
- [Purchase a PCC Transcript](#) at the TRO Store in advance and follow the login and post-test instructions

#### CEUs

##### NCTRC Pre-Approved for Job Analysis Areas:

- Foundational Knowledge
- Advancement of the Profession

#### Register:

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