The purpose of Recreation Therapy is to enable all individuals to achieve quality of life and optimal health through meaningful experiences in recreation and leisure. The Recreation Therapy profession recognizes the right of all citizens to have access to and the freedom to choose recreation and leisure opportunities regardless of their physical, cognitive, emotional, social or financial challenges or the barriers imposed on them by society at large. We believe in the inherent capacities of individuals for personal growth, happiness and freedom. As part of its advocacy, Recreation Therapy is committed to educating society about the rights and capacities of all citizens to participate in recreation and leisure.

What distinguishes Recreation Therapy from other allied health professions resides in the richness of recreation. The recreation experience provides a sense of purpose and context necessary for creating meaningful lives. This is something that no other profession can do better than us.

Youngho Lee, 2002

Recreation Therapy...

- Makes a difference in the lives of others
- Is a part of a dynamic environment with endless possibilities
- Contributes to personal well-being and quality of life through opportunities for leisure

For more information about the profession of recreation therapy visit: www.trontoario.org
What do Recreation Therapists Do?

A Recreation Therapist utilizes recreation to maximize independence and promote an optimal leisure lifestyle. Using a collaborative approach, Recreation Therapy follows a systematic process of assessment, goal-setting, program/intervention development, individual and group facilitation, documentation, and evaluation.

Therapeutic programs are designed to promote independent functioning within the physical, emotional, cognitive, spiritual, and social domains and to educate individuals about the skills and resources required to participate in recreation and leisure. The Recreation Therapy profession utilizes evidence-based practice to create outcome-based interventions suitable to the client’s abilities.

Where do Recreation Therapists work?

Recreation Therapy is a profession providing service to, and advocating for individuals with physical, cognitive, social, or emotional limitations in a variety of settings such as:

- Acute or chronic care hospitals
- Inpatient and outpatient rehab programs
- Mental health settings
- Long term care settings or day programs for older adults
- Children’s treatment centres
- School settings
- Young offender facilities and adult correctional facilities
- Wellness centres and day hospitals
- Private practice
- Municipal parks and recreation departments
- Community-based agencies serving people with disabilities
- Substance abuse treatment centres

What are the educational requirements?

Recreation Therapists in Ontario have a range of educational backgrounds, including a:

- University Degree in Therapeutic Recreation or Recreation and Leisure Studies with TR course content
- College Diploma in Recreation Therapy or Recreation and Leisure Services with TR course content
- Post-Graduate Certificate in Therapeutic Recreation

Recreation Therapists help people develop strategies to:

- Improve physical and cognitive abilities
- Increase confidence and self esteem
- Foster greater involvement in the community
- Strengthen interpersonal skills and relationships
- Improve coping and adaptation skills
- Enhance well-being
- Encourage a greater sense of accomplishment
- Realize the benefits of a healthy leisure lifestyle

... and many more!