

Recreation Therapist Role Description

The Recreation Therapist (RT) role description is designed to serve as a foundation for the practice of Therapeutic Recreation, regardless of setting. This document complements the Therapeutic Recreation Ontario (TRO) Standards of Practice and is intended to guide practitioners and employers province wide. As the profession continues to evolve, the role description will reflect changes within the field. The rationale and benefit to utilizing a standardized role description includes the following:

- Defines the scope of practice for Recreation Therapists
- Encourages consistency across the profession by adhering to the Standards of Practice for TRO
- Ensures professionals meet minimum competencies
- Promotes higher quality of services to clients resulting in a strengthened profession
- Identifies Therapeutic Recreation as a separate and distinct field of practice

The RT utilizes recreation to maximize independence and promote an optimal leisure lifestyle. He/she is responsible for assessments, interventions, and evaluations to promote skill development in the physical, cognitive, affective, social, and spiritual domains, in addition to non-direct client activities.

The RT will practice in accordance with the Standards of Practice set out by TRO. The Standards of Practice reflect the major functions and competencies for effective performance. RT's must also perform in accordance with the mission, vision, values and philosophy of the organization they are employed with.

RECOMMENDED QUALIFICATIONS:

Note: Qualifications may vary across employers

- Post-Secondary education in Therapeutic Recreation or related field

RECOMMENDED CREDENTIALS:

- Registration with TRO (R/TRO, R/TRO DIP) or pending
- Certified Therapeutic Recreation Specialist (CTRS)

RECOMMENDED AFFILIATIONS:

- Professional member in good standing with TRO
- Membership with other recreation related organizations (ex. Canadian Therapeutic Recreation Association, Recreation Professionals of Ontario, Parks and Recreation Ontario, Older Adult Centres Association etc.)

ROLES & COMPETENCIES:

Note: Competencies may vary across employers due to agency requirements and protocols

1. Therapeutic Recreation Assessment

- Complete initial assessment in a timely manner
- Identify information necessary to be collected during the Therapeutic Recreation assessment (e.g. records or charts, staff, support system)
- Select appropriate assessment tools based on client profile and agency mandate
- Use appropriate interview and observational techniques when administering the selected assessment tools
- Accurately analyze and interpret results of the assessment tools administered
- Communicate Therapeutic Recreation assessment results with the client, the client's family members, professional team members, and other key support networks
- Apply assessment findings to the Therapeutic Recreation intervention plan

2. Therapeutic Recreation Intervention Plan

- Develop a relevant intervention plan based on an established Therapeutic Recreation theoretical model
- Create client-centered goals based on assessment data and individual learning preferences
- Identify measurable outcomes, which relate to client goals, profile (diagnosis impact) and external diversity considerations (cultural, economic, geographic, etc.)
- Select appropriate Therapeutic Recreation interventions that will facilitate goal attainment
- Utilize a collaborative model with support networks when establishing the Therapeutic Recreation intervention plan and the inter-professional care plan

3. Therapeutic Recreation Program Development

- Implement a client-centred approach to program development
- Apply Therapeutic Recreation intervention based upon a continuum model of care (functional intervention, leisure education, and recreation participation) in program development
- Incorporate program outlines and outcome measures when developing a comprehensive program design based on population group
- Develop and apply appropriate evaluation techniques
- Assess and access program resources as required
- Collaborate with the client and relevant support networks during Therapeutic Recreation program development

4. Therapeutic Recreation Program Delivery

- Deliver programs taking into account the strengths, abilities, and any contraindications imposed by client diagnosis
- Incorporate data derived from the Therapeutic Recreation assessment into program delivery
- Apply facilitation techniques and adapt them as required to match the client intervention plan
- Identify and access relevant resources to achieve maximum client independence (adaptive devices, financial resources, transportation, etc.)
- Facilitate Therapeutic Recreation programs that acknowledge individual and cultural diversity
- Appropriately utilize support networks to enhance Therapeutic Recreation program delivery

5. Therapeutic Recreation Documentation

- Document in a manner that meets specific professional, agency, and/or government requirements
- Document client-centred outcomes and record progress toward goals
- Identify and record useful data in a clear, professional, and accurate manner

6. Therapeutic Recreation Evaluation

- Utilize agency, professional and/or government evaluation protocols accurately into Therapeutic Recreation service delivery
- Develop and implement formal and informal evaluation measures
- Gather information from a variety of sources
- Analyze and interpret evaluation findings
- Write evaluation reports (outcomes and recommendations)
- Establish efficacy of Therapeutic Recreation services based on evaluation results and convey the findings to relevant groups

7. Therapeutic Recreation Research

- Accurately apply agency, professional and/or government guidelines to Therapeutic Recreation research initiatives
- Utilize suitable research methods to collect quantitative and/or qualitative data
- Acquire information from a variety of sources (electronic, printed, support networks, verbal etc.) for research proposals
- Analyze research results and incorporate relevant findings within Therapeutic Recreation service delivery
- Establish Therapeutic Recreation services based on research findings
- Communicate findings either by writing in journals or professional newsletters, or verbally in professional forums

8. Therapeutic Recreation Professional Development

- Create, compile, and follow Therapeutic Recreation policies and procedures
- Practice the guidelines and policies as stated in the agency, professional organization (i.e. Standards of Practice, Code of Ethics, etc.), and/or government documentation
- Provide intervention that incorporates and embraces the theories, practices, and philosophies behind Therapeutic Recreation
- Contribute and participate in the development and growth of Therapeutic Recreation
- Provide quality Therapeutic Recreation services through application of current Therapeutic Recreation materials obtained through a variety of sources (conferences, courses, research, articles, seminars, etc.)
- Advocate the importance and benefits of Therapeutic Recreation
- Participate in inter-professional collaboration to provide optimal service delivery

9. Therapeutic Recreation and Community Practice

- Seek, support, and develop appropriate partnerships with a range of community service providers
- Facilitate connections with community services needed for transition to and/or independent participation within the community of the client
- Collect and compile data necessary in linking with community resources
- Provide intervention in a variety of community settings and/or involve the community within the client's environment
- Demonstrate safe and appropriate procedures for accessing the community (i.e. transportation, appropriate staffing, etc.)
- Supervise and support volunteers
- Enhance the growth of social networks
- Conduct evaluations of community-based programs to ascertain compatibility with individual participant preferences and needs

REFERENCES

Standards of Practice for Therapeutic Recreation (2004). Therapeutic Recreation Ontario.
Retrieved from <https://trontario.org/tro-professional-documents>