

THERAPEUTIC RECREATION AWARENESS MONTH 2022

**Therapeutic Recreation:
Don't just survive. Thrive!**





Benefits of Recreation and Leisure (Leisure Information Network, 2017)

Recreation and active living are essential to personal health; a key determinant of health status

- Adds up to two years to life expectancy
- Prolongs independent living for seniors by compressing the disease and impairment period typically associated with aging

Recreation is a key to balanced human development – helping Canadians reach for their potential

- Recreation is essential to the development of children and youth:
 - Motor skills, intellectual capacities, social and creativity skills are learned through play and sports

Benefits of Recreation and Leisure (Leisure Information Network, 2017)

Recreation, sports, arts and culture builds strong families and healthy communities

- Produces leaders who serve their communities in many ways
- Build social skills and stimulates participation in community life



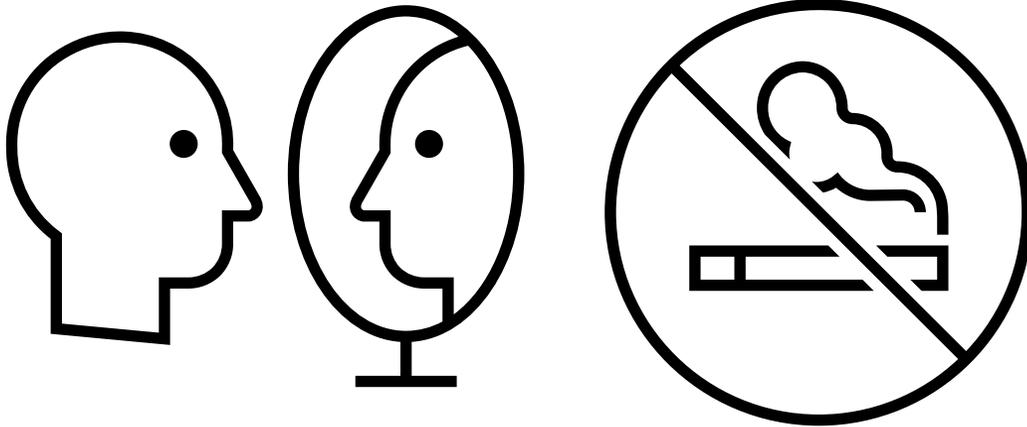
Recreation reduces health care, social service and police/justice costs

- Reduces both the incidence and the severity of illness and disability, lowering healthcare costs
- Prevents crime and social dysfunction – reducing police, justice, and incarceration costs

THERAPEUTIC RECREATION ONTARIO 

Believe · Belong · Become

Benefits of Recreation and Leisure (Leisure Information Network, 2017)



Recreation is essential to quality of life

- Builds self-esteem and positive self-image - foundations to personal quality of life
- Nurture growth, acquisition of life skills, and independent living for those with a disability



Recreation reduces self-destructive and anti-social behaviour

- Prevents smoking, substance abuse, suicide and depression
- Reduce racism – building understanding between diverse cultures

Common Models of Practice

Recreation Therapists follow models to guide their practice. Common models include:

Leisure Ability Model

Strengths-Based Approach

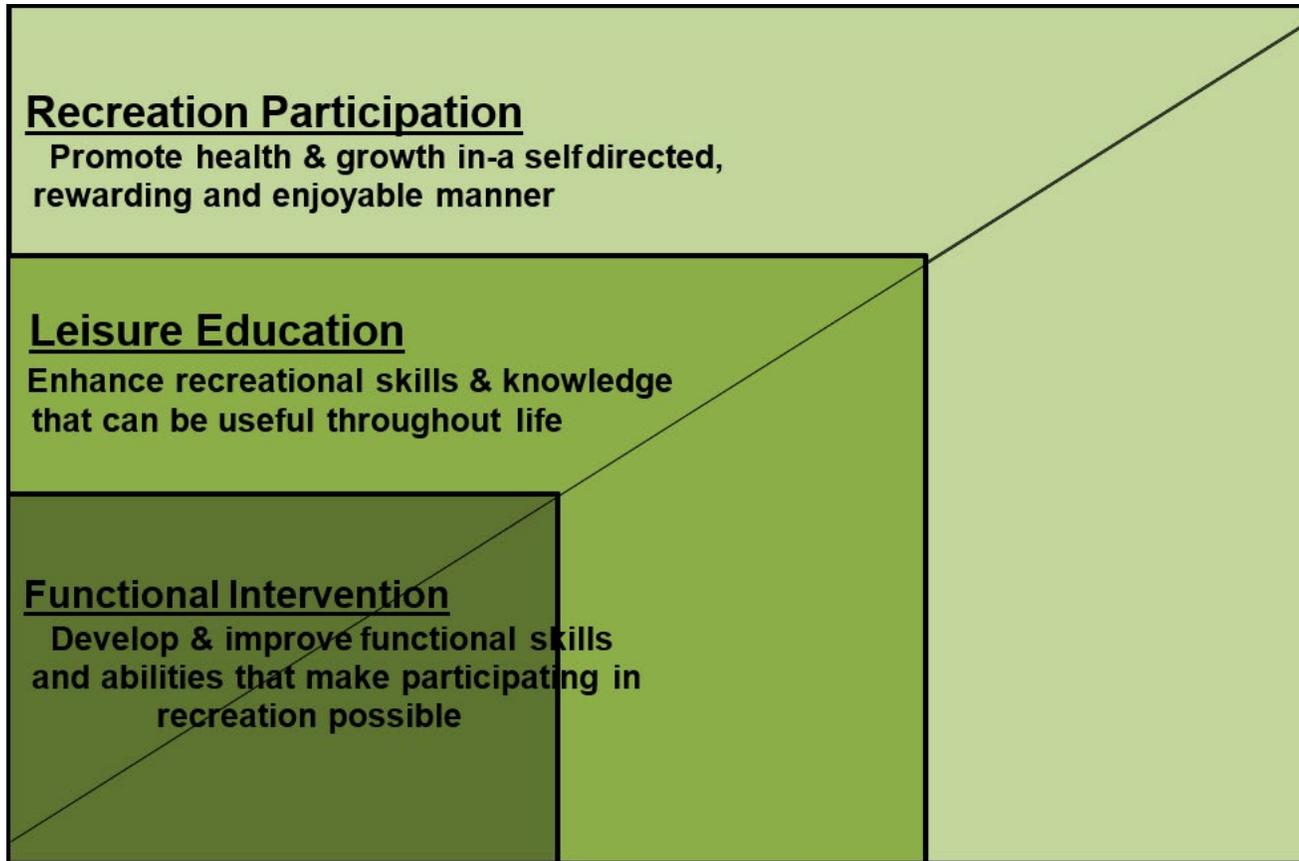
Health Protection & Promotion Model

Leisure & Wellbeing Model

Ask your Recreation Therapist which model they use!

The Leisure Ability Model

(Stumbo & Peterson, 2009)



The Leisure Ability Model

serves as a graphic representation of the services that therapeutic recreation practitioners utilize to help a client achieve the goal of an *Independent Leisure Lifestyle*.

There are 3 main components to The Leisure Ability Model:

- Recreation Participation
- Leisure Education
- Functional Intervention



Strengths-Based Approach

(Anderson & Heyne, 2012)

The strengths based approach utilized in Therapeutic Recreation focuses on an individual's internal and external strengths for optimizing an individual's quality of life.

Principles:

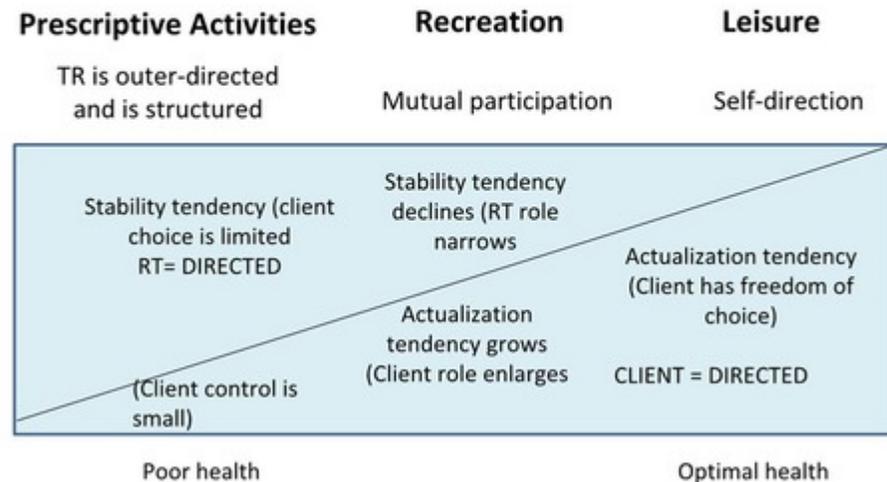
- Professionals provide opportunities for clients to use self determination and utilization of strengths in order to build and achieve more meaningful leisure
- Collaboration with the clients (not “expert” based)
- Leisure is freely chosen and is used to develop skills
- Participants’ dreams drive the helping relationship
- Don’t assume the extent of someone’s abilities; what they can develop, change and achieve is limitless



The Health Protection & Health Promotion Model

(Austin, 1988)

Health Protection/Health Promotion Model (Austin, 2009)



This model assumes that every individual has the desire for optimal health and wellness. It is suggested that the focus of Therapeutic Recreation should be for a client to achieve maximum health, not to recover from illness. An individual that is healthy will have the desire and ability to pursue higher levels of personal growth and development.

“The purpose of therapeutic recreation is to recover following threats to health (health protection) and to achieve as high a level of health as possible (health promotion)” (Austin, 1988).

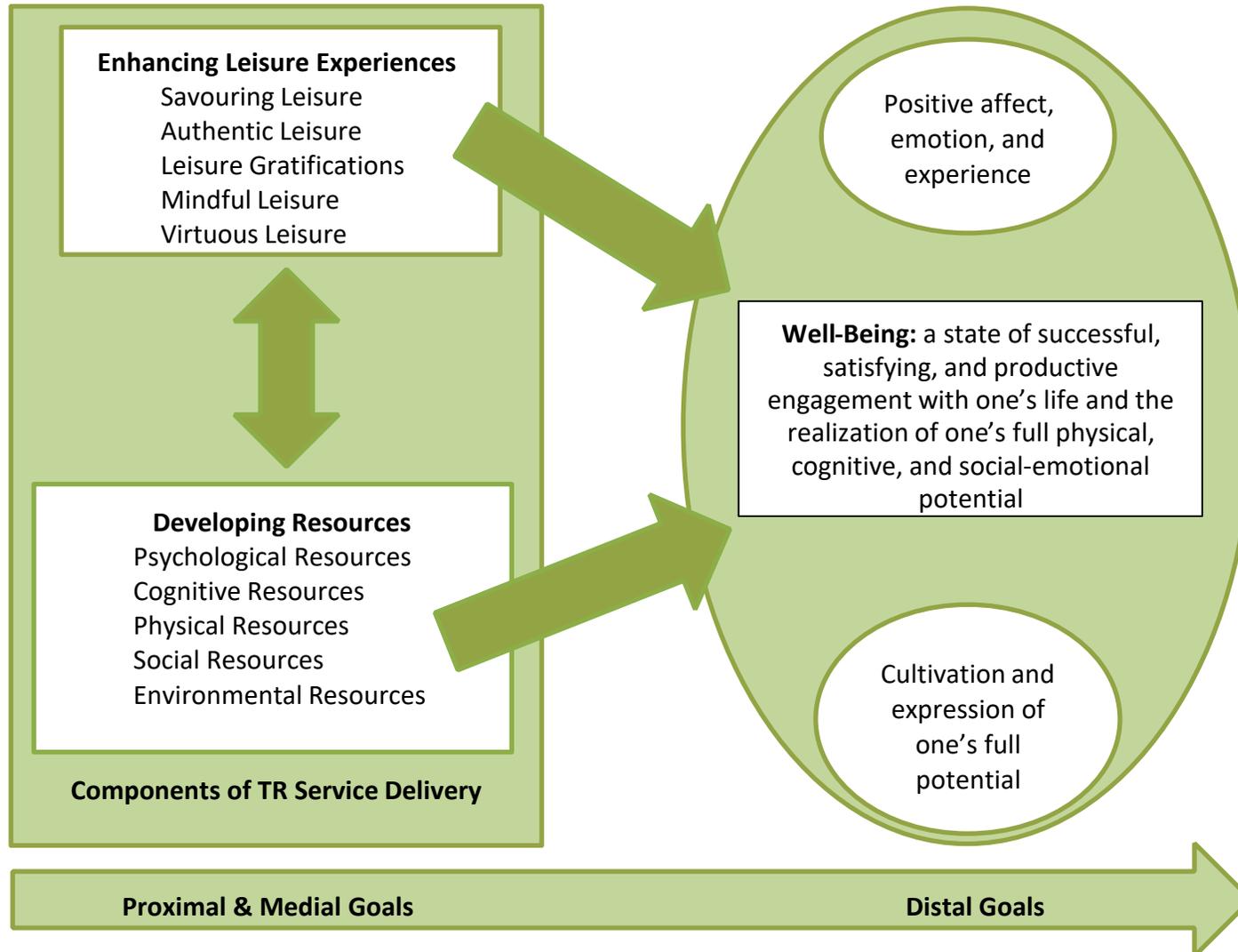


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Leisure and Well Being Model

(Carruthers & Hood, 2007)



The Leisure and Well-Being Model (LWM) is a strengths-based therapeutic recreation (TR) service delivery model that provides a theoretical framework for TR practice designed to facilitate clients' development of the skills, knowledge, and resources essential to well-being.

Frequently Asked Questions: What is Therapeutic Recreation?

Therapeutic Recreation Ontario (TRO) defines Therapeutic Recreation as a process that:

- utilizes functional intervention, leisure education and recreation participation
- enables persons with physical, cognitive, emotional and/or social limitations to acquire and/or maintain the skills, knowledge and behaviours that will allow them to enjoy their leisure optimally, function independently with the least amount of assistance and participate as fully as possible in society
- is provided by trained professionals in clinical and/or community settings

What are the Benefits of Therapeutic Recreation?



Improved physical
and cognitive
abilities



Increased
confidence and self
esteem



Greater involvement
in the community



Increased
independence



Strengthened
interpersonal skills
and relationships

- Increased awareness of leisure lifestyles
- Increased happiness
- Decreased stress in your life
- Enhanced well-being
- Increased social engagements and opportunities
- And many more!

What do Therapeutic Recreation practitioners do?

- Conduct client assessments
- Develop individualized intervention plans to address identified client needs
- Plan, implement, and evaluate programs and services
- Facilitate therapeutic programs in which clients learn about personal leisure needs, develop new skills, and learn about community resources
- Document client progress
- Work as an integral member of an interdisciplinary team and engage in community integration with the client
- Conduct research on the efficacy of therapeutic recreation services
- Advocate for the development of therapeutic recreation

Where do Therapeutic Recreation practitioners work?

Acute or chronic
care hospitals

Inpatient and
outpatient
rehabilitation
programs

Wellness
centres and day
hospitals

Private practice

Mental health
settings

Long-term care
facilities or day
programs for older
adults

Municipal parks
and recreation
departments

Community-
based agencies
serving people
with disabilities

Children's treatment
centres
Youth/Adult
correctional facilities

Substance
abuse treatment
centres

Who receives Therapeutic Recreation services?

- Children and adults with physical and emotional disabilities
- Youth at risk; youth and adults in correctional settings
- Individuals with a developmental disability
- Individuals with mental illness such as depression, addictions, eating disorders, etc.
- Individuals with acquired brain injury and/or spinal cord injury
- Individuals residing in long-term care facilities or palliative care settings
- Individuals in communities through their local parks and recreation departments
- Older adults participating in day programs or seniors centres



What training do Therapeutic Recreation practitioners have?

Therapeutic Recreation practitioners educated in Ontario may have a variety of educational backgrounds. Registered Professional Members of TRO have successfully completed one of the following options:

- Degree in Therapeutic Recreation (R/TRO)
- Allied degree + Post Graduate Certificate in Therapeutic Recreation (R/TRO)
- Allied degree + Therapeutic Recreation Diploma (R/TRO)
- TR diploma (R/TRO DIP)
- Allied diploma + Post Graduate Certificate in Therapeutic Recreation (R/TRO DIP)

Is there a professional organization for Therapeutic Recreation in this Province?

Yes, Therapeutic Recreation Ontario (TRO)!

Our Vision: Therapeutic Recreation for ALL

Our Mission: Leading the TR profession through growth, advocacy and innovation.

For more information, visit our website:

www.trontario.org



TRO Member Benefits

- Provincial Registration designation (R/TRO, R/TRO DIP)
- Educational opportunities
- Marketing and advocacy tools to educate and promote the TR profession
- Professional documents
- Regular communication: e-TRO newsletter and social media
- Learn more: www.trontario.org/membership

Therapeutic Recreation: Don't just survive. Thrive!



Happy Therapeutic Recreation Awareness Month 2022!

*For more information, contact TRO:
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References

Anderson, L., & Heyne, L. (2012). *Therapeutic Recreation Practice: A Strengths Approach*. State College, PA: Venture Publishing

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