



THERAPEUTIC RECREATION AWARENESS MONTH 2023

**Therapeutic Recreation:
Let Your Passions Flow!**



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

Scope of Practice

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.

Common Models of Practice the underpinnings for Therapeutic Recreation

Leisure Wellbeing Model, The Leisure Ability Model, and Strengths-Based Approach

The Leisure Ability Model (Stumbo & Peterson, 2009)

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
individuals internal and external
strengths for optimizing an
individual's quality of life.

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.

Ask your Recreation Therapist which model they use!

Therapeutic Recreation Not vs. Is About...

Therapeutic Recreation Is Not:

- Diversional Therapy
- Activity for the sake of being busy
- A distraction

Therapeutic Recreation Is About:

- The difference between living vs. surviving/existing
- Maintaining continuity in life through valued activities as well as opportunities to grow and develop by discovering new abilities and learning new skills and talents
- Developing and nurturing strong relationships critical for quality care and support
- Providing non-pharmacological interventions

All through learning a person's story, identifying their strengths and challenges and connecting them to meaningful and authentic leisure experiences.



Benefits of Therapeutic Recreation

- Decrease in responsive behaviours
- Decreased in loneliness, boredom and depression
- Improvement in overall Quality of Life and Wellbeing
- Decrease stress levels
- Improves feelings of joy
- Improvement of cognitive abilities
- Sense of Belonging
- Increased Sense of self worth
- Increased Functional Independence
- Increased physical activity
- Reduces Hospital re-admission rates

Benefits of Therapeutic Recreation

Therapeutic 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

Therapeutic 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

Therapeutic 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

Therapeutic Recreation reduces self-destructive and anti-social behaviour

Prevents smoking, substance abuse, suicide and depression

Reduce racism – building understanding between diverse cultures



Who do we Serve ? Where do we Work?

Who do we work with?

- Older Adults
- Mental Health
- Pediatrics
- Private Practice
- Physical Rehabilitation.

Where do we work?

- Hospitals
- Long Term Care facilities
- Community
- Day programs
- Children Centres



What training do **QUALIFIED** Therapeutic Recreation professionals have?

- You can choose to enroll in either a University or College Program
 - 3 Degree Programs in Ontario
 - 10 Diploma Programs (including 4 certificate programs) in Ontario

TRO has developed a designation called R/TRO

- A voluntary designation in which a qualified TR practitioner completes an application outlining a blend of education and demonstrated standards of practice that are then reviewed by a committee of peer volunteers
- This designation once received, one must reapply every 5 years, demonstrating continued engagement in the profession and standards of practice.

Therapeutic Recreation: Let Your Passions Flow!

- { This is where you can insert images, stories and resident/client testimonies that describe what Therapeutic Recreation Looks like to you }
- { This is where you can discuss how important collaboration is across disciplines and how Therapeutic Recreation works with other disciplines }
- Add pictures!!

References

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

Austin, D.R. (1998). The Health Promotion/Health Promotion Model. *Therapeutic Recreation Journal*, 32, 109-117.

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Leisure Information Network (2017). Benefits of Therapeutic Recreation. Retrieved from <http://www.lin.ca/resource/html/bencat.htm>

Stumbo, N.J., & Peterson, C.A. (2009). *Therapeutic Recreation Program Design, 5th ed.* San Francisco, CA: Pearson Education, Inc.