

Therapeutic Recreation in LTC

TRO 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

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Benefits of Therapeutic Recreation in Long Term Care



In a study of residents with Dementia, therapeutic recreation activities resulted in an increase of positive affect and a decrease in responsive behaviors

(Kolanowski, Buettner, Costa, & Litaker, 2001)



Long term aerobic exercise has a significant impact on improving cognitive functioning, behavior, and functional mobility in persons with Dementia living in long term care.

(Cancela, Ayán, Varela; Seijo, 2016).



Therapeutic recreation interventions for persons with Dementia have been associated with decreased loneliness, boredom, and depression

(Buettner & Fitzsimmons, 2002)



Relationships that develop through leisure activities between therapeutic recreation professionals and residents can enrich the lives of the residents.

(Sullivan, Pedlar, & Miller, 2002).



Combined therapeutic recreation activities such as strength training, walking, and social activity significantly improves everyday function and sleep in persons living in long term care.

(Lorenz, Gooneratne, Cole, Kleban, Kalra; Richards, 2012).



Residents involved in therapeutic recreation activities such as animal-assisted therapy and art programs have increased social engagement.

(Bernstein, Friedmann, Malaspina, 2015)



“THE EXISTING EVIDENCE IS CLEAR THAT LEISURE CAN PROVIDE MEANINGFUL OPPORTUNITIES FOR CONTINUED ENGAGEMENT IN LIFE... AND IS ESSENTIAL FOR AGEING WELL” - Dupuis, 2008

INCREASE QUALITY OF LIFE



Specialized therapeutic recreation interventions, such as leisure education, can assist older adults in changing their attitudes and improve quality of life.

(Hsieh & Janssen, 2009)



MAINTAIN INDEPENDENCE



Research evidence suggests leisure education can be effective in promoting a sense of independence among older adults.

(Searle, Mahon, Iso-Aloha, Sdrolas, & Dyck, 1995)



PROVIDE MEANING & PURPOSE



Meaningful recreation can provide a sense of purpose, particularly when residents create something, use skills gained from past occupations, or encourage altruism.

(Tak, Kedia, Tongumpun, & Hong, 2014)

