



THERAPEUTIC RECREATION ONTARIO
Believe · Belong · Become

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THERAPEUTIC RECREATION

Helping Participants On The Road To Satisfying, Adapted Recreation

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

THE ROAD TO SATISFYING, ADAPTED RECREATION

THERAPEUTIC RECREATION ASSESSMENT

A systematic process for gathering specific information about an individual and his or her environment for the purpose of identifying aspirations and strengths and collaboratively making decisions about the individual's plans

ACTIVITY ANALYSIS

A procedure for breaking down and examining a recreation activity to determine the skills necessary for successful participation

MEANINGFUL ADAPTATION

Adaptations based on participant abilities can have a positive impact on persons leisure experience. Therapeutic Recreation professionals consider a variety of aspects when attempting to make adaptations which include changes to materials, the activity, the environment, the participant, and instructional strategies

SATISFYING RECREATION EXPERIENCE

Therapeutic Recreation professionals focus on the person first, by individualizing adaptations, focusing on abilities, and matching challenge and skill. This leads to a satisfying recreation experience for the participant.

