

# What is Therapeutic Recreation?

Therapeutic Recreation is a process that utilizes functional intervention, education and recreation participation to enable 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. Therapeutic Recreation intervention is provided by trained professionals in clinical and/or community settings.



## What do TR professionals do?

- Work with persons who may benefit from assistance to improve their quality of life
- Use recreation and leisure to help maximize an individual's independence
- Make necessary adaptations to recreation and leisure opportunities to allow for full participation
- Educate individuals about the skills and resources required to participate in recreation and leisure



## TR professionals use recreation and leisure to help people to:



- Improve physical and cognitive abilities
- Increase confidence and self-esteem
- Foster greater involvement in the community
- Strengthen interpersonal skills and relationships
- Improve coping and adaptation skills
- Enhance well-being
- Encourage a greater sense of accomplishment
- Realize the benefits of a healthy leisure lifestyle

## Where do TR Professionals Work?



Hospitals



Rehabilitation Centres



Community Settings



Long-Term Care and Retirement Residences



Day Programs



Mental Health Facilities



Children's Treatment Centres

## The role of a TR professional



The TR professional conducts an intensive needs assessment to determine the capacities of the population being served and the appropriate personalized interventions based on current best practices. As a professional in a health care field, the TR is responsible for following TRO's Standards of Practice and Code of Ethics.



The TR and individual receiving services together determine the best way to assess current interests, abilities, needs, and barriers related to a meaningful leisure lifestyle.



The TR process adheres to agency standards regarding assessment and documentation of the process and individual responses.



In order to ensure appropriate service to individuals, the TR must begin the Recreation Therapy process by developing a meaningful relationship with the individual receiving services.



Throughout the process, the TR is responsible for community development, advocacy and developing relationships with key stakeholders to ensure that individuals are equally valued members of the community.



The TR works collaboratively to set realistic goals which can be achieved through engagement in various facilitation techniques, recreation interventions and programs.



Through on-going self-reflective practice, TRs critically examine their personal and professional competencies to ensure best practices.



To ensure efficacy, the TR systematically evaluates the outcomes of their services.

## The role of a Recreation Therapy Assistant



RTAs work under the direction of a Recreation Therapist to deliver recreation therapy services as described above in the role of the TR. They assist in the delivery of goal-oriented programs and services to meet the leisure related needs of clients.



RTAs provide input, which will enable the Recreation Therapist to conduct assessments, develop intervention plans or evaluate a client's progress in relation to the intervention plan.