

WHAT IS THERAPEUTIC RECREATION?

Therapeutic Recreation is a profession which recognizes leisure, recreation and play as integral components of quality of life. Therapeutic Recreation services are provided by trained Therapeutic Recreation Specialists. Services are provided to individuals who have physical, mental, social or emotional limitations which impact their ability to engage in meaningful leisure experiences.

Therapeutic Recreation is more than play; it uses the power of recreation and leisure activities to support the rehabilitation process and promote overall wellness. It helps people find meaning and purpose in their lives by teaching them how to develop a healthy leisure lifestyle.

Therapeutic Recreation is directed toward functional interventions, leisure education and recreation participation opportunities for individuals. These processes support the goals of assisting the individual to maximize independence in leisure, optimal health and the highest possible quality of life.

THERAPEUTIC RECREATION INVOLVES:

Functional Intervention

To maintain and/or improve functional abilities; enhance well-being and facilitate independence

Leisure Education

To teach or enhance recreation skills, knowledge and attitudes that can be used throughout life

Recreation Participation

To promote health and growth through leisure and recreation experiences

Services are based on individual assessment and program referral procedures and are offered in clinical, residential and community based settings.

Therapeutic Recreation can **BENEFIT** people of all ages.

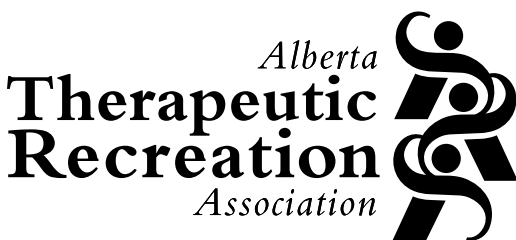


RECREATION THERAPISTS

Recreation Therapists, also referred to as Therapeutic Recreation Specialists, provide treatment and recreation services to individuals with disabilities or illnesses. Using a variety of techniques, therapists maintain and improve the physical, mental, social and emotional well-being of clients. Therapists may help individuals reduce depression, stress and anxiety, recover basic motor functioning and reasoning abilities and build confidence so they may enjoy greater independence and quality of life. In addition, therapists help integrate

THERAPEUTIC RECREATION has physical, cognitive, social and emotional benefits

people with disabilities into the community by teaching them how to use community resources and participate in recreation and leisure activities.



The Alberta Therapeutic Recreation was founded in 1985 and represents professionals working in the field of therapeutic recreation in Alberta.

For further information, please contact us:

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