

What do Therapeutic Recreation Practitioners do?

The following are some of the responsibilities that Therapeutic Recreation Practitioners have:

- Conduct client assessments
- Develop individualized intervention plans to address identified client needs
- Plan, implement, and evaluate programs and services
- Facilitate leisure education programs in which clients learn about personal leisure needs, develop new skills, and learn about community resources
- Provide recreation participation programs



THE KEY TO WELL-BEING



For more information on TR services at St. Joseph's Healthcare, please call 905. 522.1155 and speak with Sandra Berzaitis Smith at ext. 35566 or Susy Marrone at ext. 33963.

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Therapeutic Recreation



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What is Therapeutic Recreation?



Therapeutic Recreation Ontario (TRO) defines Therapeutic Recreation as, "...a process that utilizes functional intervention, leisure 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."

Is there a professional organization for Therapeutic Recreation in this Province?

YES! Therapeutic Recreation Ontario (TRO) is the professional organization for the province of Ontario. For more information, visit www.trontario.org.



Who receives Therapeutic Recreation services?

Therapeutic Recreation services are provided to a wide variety of clients in various settings. Some examples of individuals who benefit from Therapeutic Recreation include:

- Persons experiencing mental illness such as mood disorders, addictions, schizophrenia, etc.
- Individuals with an acquired brain injury and/or spinal cord injury
- Children and adults with physical and emotional disabilities and their families
- Individuals residing in long-term care facilities or palliative care settings
- Older adults participating in day programs or senior centres

What are some benefits of Therapeutic Recreation?

By providing varied Therapeutic Recreation services in different settings to meet the individual's needs, the following benefits may result:

- Improvement in physical, social, affective, spiritual, and cognitive function
- increased confidence and self-esteem
- Greater Involvement in the community
- Increased Independence
- Strengthened interpersonal skills
- Enriched quality of life

Where do Therapeutic Recreation Practitioners work?

You will find Therapeutic Recreation Practitioners working in the following settings:

- Mental Health and Addiction Care Settings
- Inpatient or Outpatient Rehabilitation Programs
- Acute or Chronic Care Hospitals
- Community-Based Agencies
- Long-Term Care Facilities
- Day Programs for Older Adults
- Children's Treatment Centres
- Educational Facilities
- Public Health Settings
- Private Care Practices
- Legal and Correctional Systems

