

# Recreation Therapy

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## Defining Recreation Therapy

- Person centered
- Quality of life
- Enjoyable
- Outcome focused
- Evidence-based
- Provides choice
- Breaks barriers

# Where do Recreation Therapists work?

- Acute care
- Hospitals
- Rehabilitation centers
- Supportive Living
- Long term care homes
- Day programs
- Mental Health
- Addiction Services
- Child Services
- Adolescent Services
- Correctional Facilities
- Schools
- Community
- Private Practice

# Therapeutic Recreation



What my friends think I do



What my family thinks I do



What society thinks I do



What my clients think I do

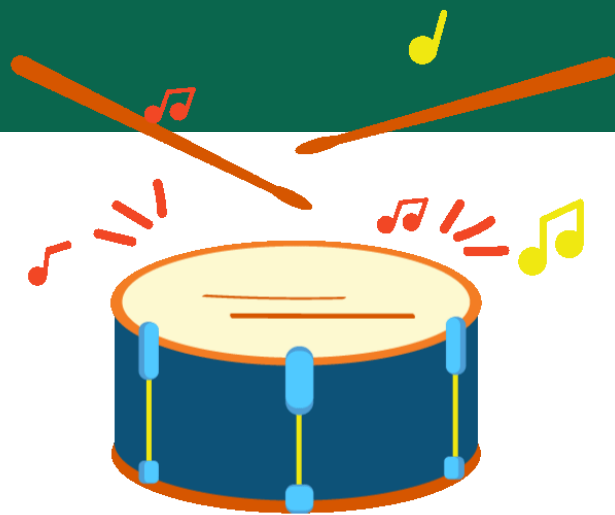


What I think I do



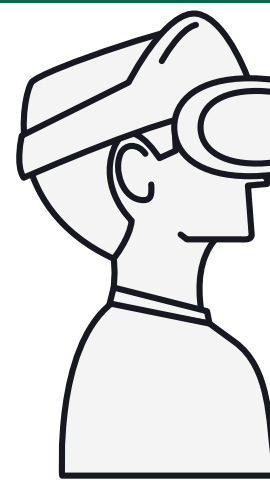
What I actually do

# Examples of Recreation Therapy interventions and why it works



## ***Music Therapy***

- Reduce stress and even to alleviate pain.
- A great way to get those endorphins (happy hormones) flowing through your body.
- Memory, orientation



## ***Technology***

- Following guidelines for physical activity with a disability
- Motivation for engagement
- Memory, fine motor skills
- Returning to normal activities



## ***Aromatherapy***

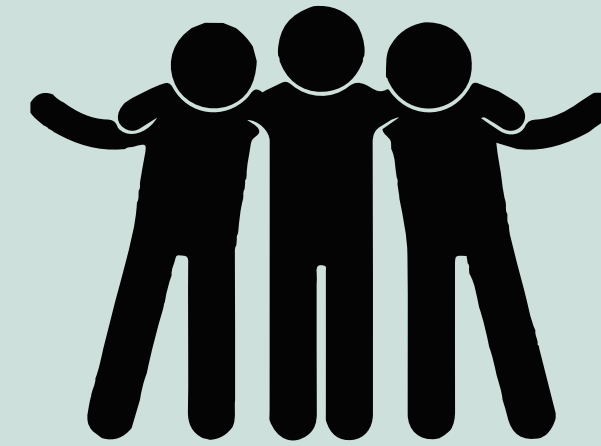
- The sense of smell is a powerful link to memories, and positive smells.
- This type of therapy is particularly calming for seniors with dementia or people with brain injury.



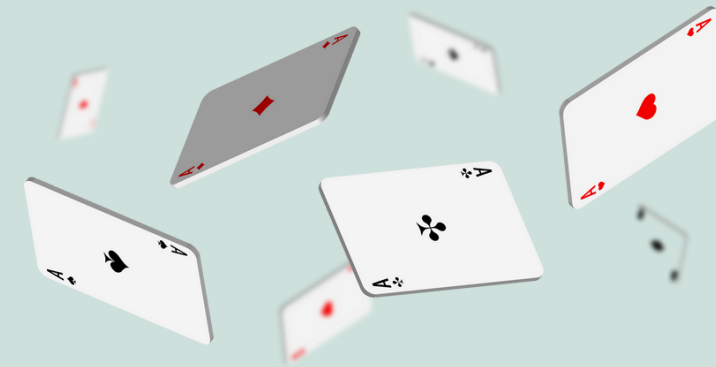
- Increase strength & physical abilities
- socialization
- Improve mood and coping



- Improve symptoms of depression
- Improve motor skills
- Improve sense of self
- Improves independence



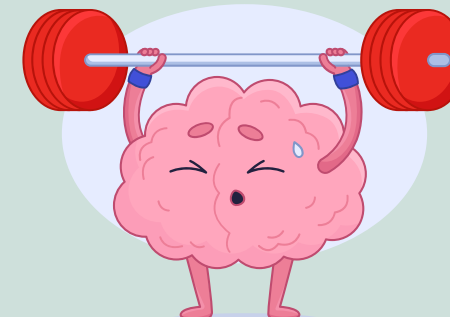
- Improve cognitive and social skills
- Strengthen connections



- Improve memory, concentration, judgment, strategy, teamwork



- Relieves anxiety about hospitalization
- Inclusive play



## Recreation Therapy



- Conduct assessments, develop intervention plans, and evaluate client progress.
- Following evidence based & Standards of Practice
- Recreation Therapist led (BA degree)

## WHAT'S THE DIFFERENCE?

## Recreation/Leisure services



- Providing activities for overall participation, engagement
- Program implementation, observation.
- Activity worker / Recreation Therapy assistant led (diploma)
- Activities open to all participants



- Bachelor's degree of Therapeutic Recreation or higher from an accredited university.

Courses : physical, biological, and behavioral sciences and recreation and leisure theory.

- Membership to professional organizations Canadian Therapeutic Recreation Association (CTRA).

- Recommendation for "Certified Therapeutic Recreation Specialist Certification" (CTRS) via the National Council for Therapeutic Recreation Association (NCTRC).

# Qualifications

## of a Recreation Therapist





# Educational placements

- Internship placements that are supervised by Certified Recreation Therapist Specialist (CTRS).
- 14 consecutive week internship, at various locations throughout Horizon Health.

Recreation Therapy

RÉSEAU DE SANTÉ  
**Horizon**  
HEALTH NETWORK





- Dalhousie University – Halifax, NS
- Memorial University of Newfoundland – St. John's, Newfoundland
- Concordia University – Montreal, QC
- Brock University – St. Catharine's, ON
- University of Waterloo – Waterloo, ON
- Seneca College – Toronto, ON
- Fleming College – Ontario
- University of Manitoba – Winnipeg, MB
- University of Regina – Regina, SK
- University of Alberta – Edmonton, AB
- University of Lethbridge – Lethbridge, AB (Post Diploma)
- Douglas College – Coquitlam, BC

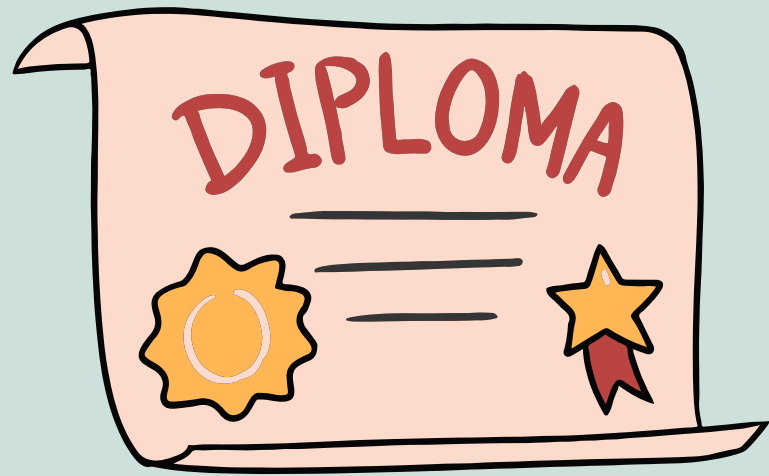
Universities offering Recreation Therapy degrees

- Encouraged to obtain a recreation therapy diploma from an accredited Therapy Assistant program, with a major in Recreation Therapy/Therapeutic Recreation.
- Maintain a supporting member membership, in good standing, with at least one Therapeutic Recreation Association

# Qualifications

of a Recreation Therapist  
Assistant





- Nova Scotia Community College – Dartmouth, NS
- Keyin College – Campuses throughout Newfoundland
- Academy Canada – Campus in St. John's & Cornerbrook, NFLD
- Saskatchewan Polytechnic – Saskatoon, SK
- SIAST – Kelsey Campus Diploma in Therapeutic Recreation 2 years of study or option for distance education
- SIAST – Kelsey Campus Diploma in Recreation and Leisure Management 2 years of study
- SIAST – Northlands College Diploma in Recreation and Leisure Management 3 years (part time model)
- Douglas College – New Westminster, BC

- Confederation College – Thunder Bay, ON
- Georgian College – Barrie, ON
- Mohawk College – Hamilton, ON
- Niagara College – Niagara, ON
- Canadore College, ON
- Lambton College – Sarnia, ON
- Six Nations Polytechnic – Ohsweken, ON
- St. Lawrence College, ON
- Algonquin College, ON
- Fleming College, ON
- Georgian College, ON
- Lethbridge College – Lethbridge, AB (online program)
- NorQuest College – Edmonton, AB

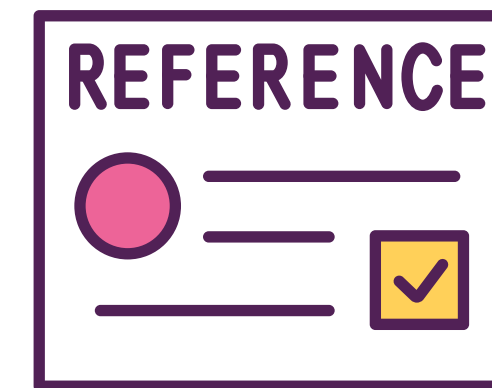
Colleges that Offer a Diploma in Recreation or Therapeutic Recreation in Canada

# How to Volunteer in Recreation Therapy and Horizon Health Network



- Volunteers are a valuable part of many Recreation Therapy programs.
- Many Horizon volunteers say they receive far more than they give
- Some examples of the benefits of volunteering include:

- Helping and serving those in need
- Networking with other volunteers



- Obtaining references for employment, scholarships, and bursaries



- Gaining valuable experience
- Making new friends.





If you are interested in applying to become a Horizon volunteer apply now at:  
<https://myhorizoncareer.ca/volunteering/volunteer-application-form/>

# VOLUNTEER APPLICATION FORM

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# Bottom line





# THANKYOU

