

Therapeutic Recreation

Therapeutic recreation intervention is provided by trained professionals in clinical and/or community settings.



Contact

Professional Practice Leader
Therapeutic Recreation
Mental Health Services site
Providence Care
752 King Street West
Kingston, ON K7L 4X3

Tel: 613-546-1101

Therapeutic Recreation
Providence Care
525 Montreal Street
Kingston, ON K7K 3H9

Providence Care

is the leading provider of compassionate, non-acute health care in southeastern Ontario, and is affiliated with Queen's University. Treating each person with respect, dignity and compassion, we specialize in complex continuing and long-term care, geriatric and rehabilitation programs, mental health services and palliative care.

Our Vision

Providence Care will lead the way in compassion and discovery.

Our Mission

Trusting in Providence and strengthened by the spirit and tradition of our Founders, the Sisters of Providence of St. Vincent de Paul, we enhance the quality of life by meeting the physical, emotional, social and spiritual needs of each person.

We work with our partners to innovate and excel in education and research.

We treat each person with respect, dignity and compassion.

Our Values

*Respect & Dignity ♦ Compassion
♦ Stewardship*

Providence Care

- ♦ Providence Manor
- ♦ Mental Health Services
- ♦ St. Mary's of the Lake Hospital in Kingston, plus a number of community locations throughout southeastern Ontario

www.providencecare.ca

July 2009

Therapeutic Recreation



"Recreation's purpose is not to kill time, but to make life; not to keep a person occupied, but to keep them refreshed; not to offer an escape from life, but to provide discovery of life"
- Author Unknown

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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.

(Therapeutic Recreation Ontario)

Standards of practice for therapeutic recreation

1. Therapeutic Recreation Assessment
2. Therapeutic Recreation Intervention Plan
3. Therapeutic Recreation Program Development
4. Therapeutic Recreation Program Delivery
5. Therapeutic Recreation Documentation
6. Therapeutic Recreation Evaluation
7. Therapeutic Recreation Research
8. Therapeutic Recreation Professional Development
9. Therapeutic Recreation and Community Practice

For full descriptions of these standards please visit www.trontario.org

Leisure Ability Model

The Leisure Ability Model contains three major categories of service:

Functional Intervention	Leisure Education	Recreation Participation
<p><i>Purpose</i></p> <p>To improve functional ability and to bring about desired change in behaviour</p> <p><i>Process</i></p> <ul style="list-style-type: none"> ◆ Assessments ◆ Goal Setting ◆ Service planning ◆ Monitoring progress ◆ Evaluation 	<p><i>Purpose</i></p> <p>To develop and acquire necessary leisure related skills for the expression of an appropriate leisure lifestyle</p> <p><i>Support and Education</i></p> <ul style="list-style-type: none"> ◆ Leisure Awareness ◆ Social Interaction ◆ Skills ◆ Leisure Resources ◆ Leisure Activity Skills 	<p><i>Purpose</i></p> <p>To provide opportunities for fun, enjoyment, and self-expression within an organized delivery system</p> <p><i>Activity Examples</i></p> <ul style="list-style-type: none"> ◆ Sports and Fitness ◆ Arts, Crafts, Hobbies ◆ Music, Dance, Drama ◆ Social Recreation ◆ Education Activities ◆ Trips and Outings ◆ Community Integration

Service Recipients are involved in all aspects of this model as they are truly the experts.

“Tell me and I forget, teach me and I remember, involve me and I learn.”
- Benjamin Franklin