

Recreation Therapy

@ GF Strong Rehab Centre

Please refer to chapter 17 in your SCI
reference manual



Outline of Session

- Introduction to Recreation Therapy services and programs
- What does a Recreation Therapist do?
- Benefits of leisure
- Barriers to participation
- Choices & Resources – what's out there?
- Discussion



Recreation/Leisure

- What is your definition of recreation/leisure?
- What does recreation/leisure mean to you?



Recreation

- is the expenditure of time in a manner designed for therapeutic refreshment of one's body or mind – to restore oneself
- active participation
- can be viewed as activities or experiences occurring within leisure



Leisure

- “free-time”
- period of time free from obligations – work, school, sleeping, eating, chores, etc.
- leisure experiences feature self determination, intrinsic motivation, & mastery and competence – experiences that lead people toward feelings of self efficacy, empowerment, pleasure & enjoyment



Recreation Therapy

- “utilizes treatment, education & recreation participation to enable persons with disabilities to acquire and/or maintain the skills, knowledge & behaviours that will allow them to enjoy their leisure optimally, function independently with the least amount of assistance & participate as fully as possible in society”



Recreation opportunities at GF Strong

Unwind/Connect:

- Far-side lounge
- Courtyard garden
- Computer lab

Referral programs:

- 3-Peaks Fitness Centre
- Swimming Program
- Healthy Heart &
Globetrotters Supper
Club

Drop-In:

- ArtWorks studio
- VAMS (music studio)
- Wii
- Wheelchair Sports
- Tai Chi
- Karaoke
- Rehab Rap
- Coffee house
- Community outings (sign
up with rec 1st!)

Check out the “Recreation Choices” poster and the white board on your floor for outings & events, or come and talk to us in room 249!



What do Recreation Therapists do?

- Meets with you to talk about your past recreation & leisure interests
- Finds out:
 - What you enjoy
 - Why you do what you do
- Meets with you to make future plans for recreation and leisure
- Trials activities & equipment specific to your leisure interests
- Works with you on your skill development
- Plans with you for discharge
- Provides community resources specific to your leisure interests

Do I need a Recreation Therapist?

- Are you:
 - Wondering how you can continue to participate in the activities you enjoy?
 - Ready to get into the community?
 - Looking for something engaging, fun, or social to participate in?
 - Looking for support for recreation?
 - Ready to challenge yourself?
 - Curious about how to plan for leisure, costs involved, transportation, etc?

Come see us!!!



Benefits of Leisure:

What do you think some of the benefits of leisure are?



Benefits of Leisure:

Develop Skills

Quality of Life

Reduce Stress

Stay fit

Manage pain

Independence

Enhance self-esteem

FUN!

Connections with
family, friends,
and community

Increase balance

Express creativity

etc...

Barriers

Things that get in the way of you doing what you want to do!

What do you think are some barriers?

Or

What are some barriers you have faced or may face in the future?



Barriers

- Transportation
- Cost
- Architectural/Accessibility
- Attitudes of society/community
- Awareness
- Health/Physical functioning
- Time



Barriers

Recreation Therapists can work with you to
break down the barriers



Resources

- Many community organizations offer programs, equipment, instruction, and experiences
- Explore sources of financial assistance, discounts or subsidies
- Learn where to look for information in your community!



Come and see us!!!

- 2nd floor clients – see Kim in room 249
- 3rd floor clients – see Janet in room 309
- AYA clients – see Lara in room 137
- 4th floor clients – ask your team for a referral to Jan Vetter (room 132 C)
- All clients – see recreation programmers Shannon (room 249) & Mark (room 309) for in-centre programs & community outings



Summary of Session

- Introduced you to Recreation Therapy
 - Defined the terms
 - Programs offered
 - What we do as Rec Therapists
- Benefits of leisure
- Barriers to participation



Discussion

- Share experiences
- Questions?

“You can learn more about a person in an hour of play than in a lifetime of conversation”

~Plato

