

## Therapeutic Recreation More Than Activity!

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## Session Outline

- Introduction to Therapeutic Recreation (TR)
- Leisure Ability Model – TR Model of Practice and Service Delivery
- Functional Intervention
- Leisure Education
- Recreation Participation

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## Session Outline...Continued

- Examples of How to Apply the Model
- Why Therapeutic Recreation?
- Benefits – a research example
- Resources – a few examples
- Questions and Discussion

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## Therapeutic Recreation - A Definition

Therapeutic Recreation is a holistic process that **purposively uses recreation and experiential interventions** to bring about a **change**, either **socially, emotionally, intellectually, physically, or spiritually**, in an effort to **maintain and improve health status, functional capacities**, and ultimately **quality of life**.

(Carter & Van Andel, pg. 9, 2011)

## The Leisure Ability Model of TR Practice

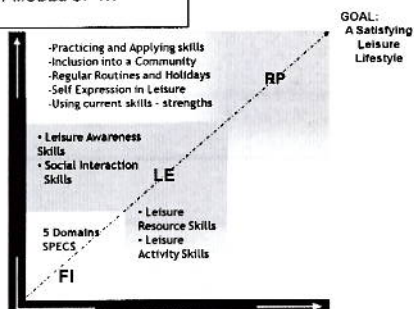
- Provides a guide for decision making – interventions appropriate for the client based on their assessed needs.
- Continuum of growth
  - A client can be anywhere on the continuum as well as in more than one area of the model at one time

## The Leisure Ability Model of TR Practice

- Client's freedom and self-determination increases as Rec Therapist's role decreases
- Builds on client strengths, abilities and interests
- Goal is for each client to develop a satisfying and fulfilling individual leisure lifestyle

Stumbo, N.J. & Peterson, C.A. (2009) Therapeutic recreation program design: Principles and procedures 5<sup>th</sup> Ed. Pearson Publishing: US

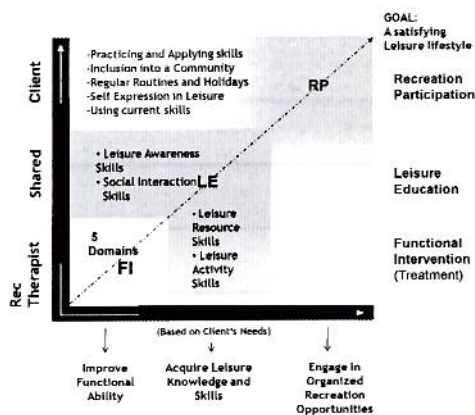
### THE LEISURE ABILITY MODEL OF TR PRACTICE



#### 3 Areas of TR Intervention

- Functional Intervention – Social, Physical, Emotional, Cognitive
- Leisure Education
- Recreation Participation

Stumbo, N.J., & Peterson, C.A. (2009). Therapeutic recreation program design: Principles and procedures (3rd ed.). Pearson Publishing, US. Adapted by F. Mullin (2010) and T. Barnard (2012).



### Functional Intervention – Key Component Elements:

- Choice and Decision Making
- Goal Setting and Attainment
- Internal Locus of Control and Self Efficacy
- Problem Solving
- Self-awareness: self-observation skills, self-evaluation skills, self-knowledge

### Leisure Education – Key Component Elements:

- How to Access Recreation Resources
- Communicate Recreation Interests/Preferences
- Plan and Manage Use of Leisure Time
- Identify and Solve Leisure Problems
- Learn How to Assert Self
- Be an Effective Team Member

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### Recreation Participation – Key Component Elements:

- An Opportunity to Practice Applying Skills Learned
- Can Offer Positive Diversion
- Can Provide Opportunities for Social Interaction
- Use Current Skills
- Self Expression

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### Applying the Model

- Applying the model in an acute rehab setting
- "Jane"
  - Motivation, personal interest and choice.
- "John"
  - Motivation, safety, activity restrictions, fostering friendships and participation.

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## Why Therapeutic Recreation?

- Social and Physical Play is Essential for Children
- Holistic – looks at all domains of a person
- Recreation Therapists are Trained in Various Aspects of Group Dynamics and Leadership
- Can build confidence and self esteem

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## Why Therapeutic Recreation cont..

- Recreation is part of life – natural and realistic, fits into the "everyday"
- Can aid in "inoculating" against learned helplessness
- Based on strengths, interests, and capabilities
- Provides an outlet for self expression

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## Increased Self-Determination

- There is a predictive relationship between recreation and self-determination showing that the more time adolescents and young adults spend actively involved in recreation, the higher their level of self-determination
- Researchers conclude that self-determination can be increased not only through teaching explicit skills but also through recreation experiences

McGuire and McDonnell (2008)

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## Resource Information

- "Citizens for Accessible Neighborhoods" – Info on Inclusive Playgrounds, Adaptive Sports and Recreation Around BC
- Child Development and Rehabilitation website – Sports, Fitness and Leisure Section
- Annual Leisure Fair held in early April at Trout Lake Community Centre

## Questions?

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## Functional Intervention Focused Recreation Resources - Examples

- BC Centre for Ability
- Sunny Hill Health Centre
- North Fraser Therapeutic Riding Association
- Pacific Riding for Developing Abilities
- Friend 2 Friend Social Learning Society
- "Let's Play" (w/c sports program) – focus is on skill development

### Leisure Education Focused Resources - Examples

- Disabled Sailing Association
- Power to Be Adventure Therapy Society
- Special Olympics-British Columbia
- North Shore Disability Resource Centre
- Developmentally Challenged Youth Basketball Association
- Sirota's Alchymy Martial Arts and Life Skills Centre
- Program of PosAbilities: Group Services – Structured Day Support Programs
- Sport Ability

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### Recreation Participation Focused Resources - Examples

- Interfit
- British Columbia Mobility Opportunities Society
- Variety of summer camps, both daycamps and overnight camps
- Vancouver Adaptive Snow Sports (VASS)
- Disabled Independent Gardeners Association
- Municipal Recreation Programs
- Challenger Baseball
- Vancouver Adapted Music Society

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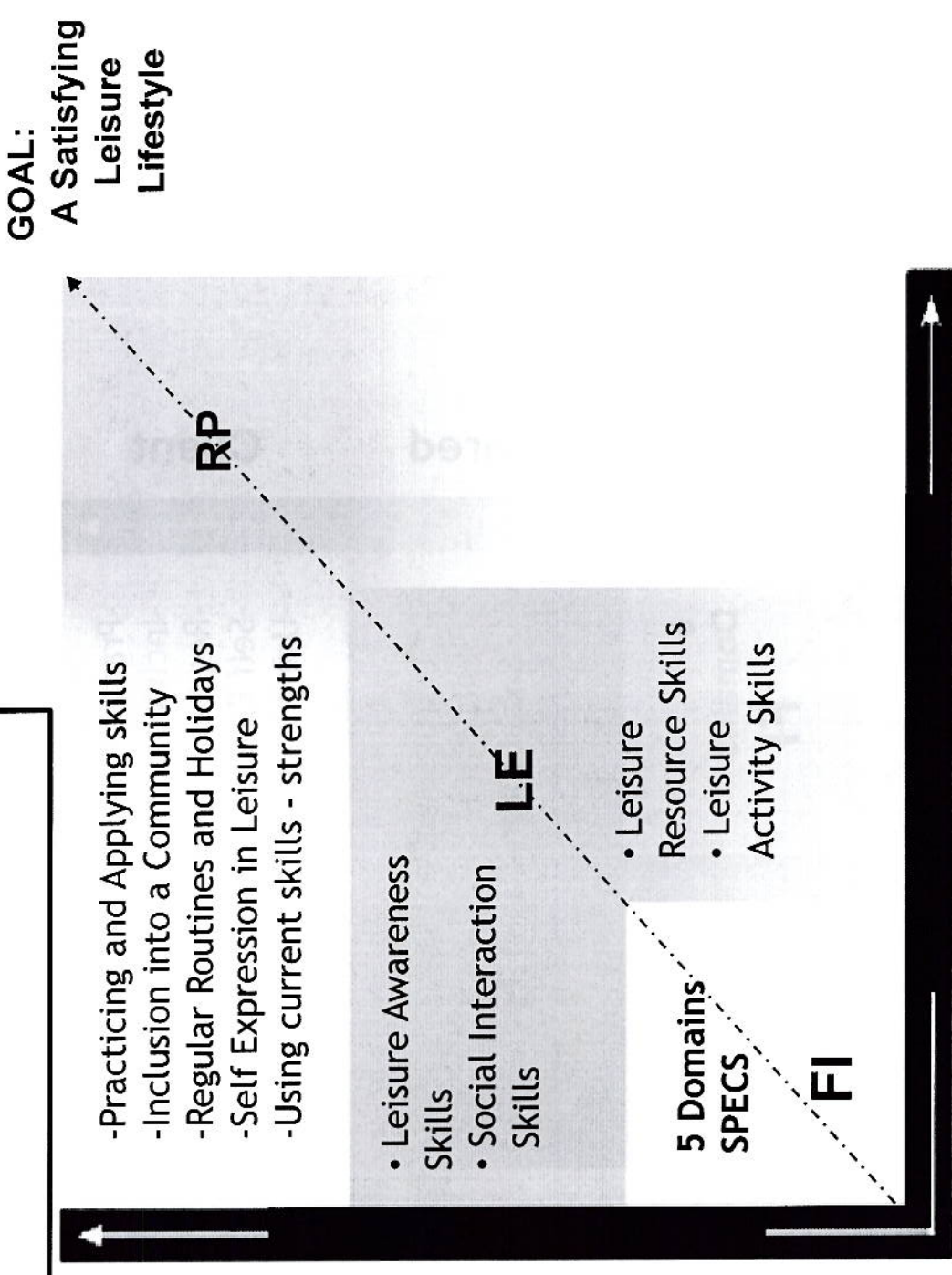
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## THE LEISURE ABILITY MODEL OF TR PRACTICE



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