



## THERAPEUTIC RECREATION

Researchers have identified that involvement in recreation activities provides many benefits, some of which include increased physical fitness, increased self-confidence and increased social interaction. Research shows that productive and positive use of recreation time for someone with a disability is not only desirable, it is imperative. Attitude and activity strongly affect a person's health and well-being. Involvement in positive and meaningful recreation activities assists with decreasing medical complications and the need for further medical intervention and /or hospitalization, and it is one of the best ways to adjust to lifestyle changes caused by a disability.

### WHO IS APPROPRIATE?

Anyone who has acquired a disability and wishes to return to an active lifestyle.

### INITIAL ASSESSMENT

Individuals are assessed to see what goals they have for themselves and what goals the Therapeutic Recreation Specialists finds appropriate for the individual. Once goals are agreed upon then individual sessions are set to work towards achieving these goals.

### THERAPEUTIC RECREATION SERVICES

#### **Leisure Counseling/Leisure Education Content Areas**

- Laws and rights
- Meaning of wellness
- Benefits of recreation
- Problem solving techniques
- Community accessibility
- Self-advocacy
- Transportation and Air travel

- Time management
- Community resources
- Stigma management

#### **Leisure Skill Instruction Content Area**

- Explore Recreation Interest
- Adaptive equipment
- Adaptive techniques
- Activity modifications
- Recreation Resources

### COMMUNITY REINTEGRATION

All learned information is combined to assist an individual with the confidence and knowledge to return to their community. Individuals with the support and guidance of the Therapeutic Recreation Specialists, learn how to function more independently and practice skills within their community. External resources are used whenever needed to assist in achieving a goal. Through the assistance of Therapeutic Recreation services individuals gain the confidence and knowledge to become active members of their community.

### REASSESSMENT AND FOLLOW UPS:

Once an individual and their support system feel comfortable and knowledgeable with performing a goal, and the Therapeutic Recreation Specialists feels confident that they are successful with the goal it is considered met.

### CONTACT INFORMATION:

For more information about Therapeutic Recreation services, call Shepherd's Therapeutic Recreation Department at 404-350-7375.

Visit Shepherd Center online at [www.shepherd.org](http://www.shepherd.org).