



RECREATION THERAPY

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.

- Transportation and Air travel
- Time management
- Community resources
- Stigma management
- Explore Recreation Interest
- Adaptive equipment
- Adaptive techniques
- Activity modifications
- Recreation Resources

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 certified Recreation Therapy specialists finds appropriate for the individual. Once goals are agreed upon then individual sessions are set to work towards achieving these goals.

SERVICES

Leisure Counseling/Leisure Education Content Areas

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

COMMUNITY REINTEGRATION

All learned information is combined to assist an individual with the confidence and knowledge to return to their community. With the support and guidance of the certified Therapeutic Recreation Specialists, individuals learn how to function more independently, practice skills within their community and 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 certified Therapeutic Recreation Specialists feels confident that they are successful with the goal it is considered met.

SHEPHERD CENTER IS:

- The largest freestanding hospital in the country devoted to the medical care and rehabilitation of people with spinal cord and disease, acquired brain injury, multiple sclerosis and other neuromuscular problems.
- A Spinal Cord Injury Model Center
- Accredited by the Joint Commission, and its spinal cord and brain injury programs are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF)

CONTACT INFORMATION:

For more information about Recreation Therapy services, call 404-350-7375.

Visit Shepherd Center's Recreation Therapy program online at Shepherd.org/Rec-Therapy.