

What is Therapeutic Recreation (TR)?

The focus of Therapeutic Recreation is to enable persons with disabilities to acquire the skills, knowledge and behaviours that will allow them to enjoy their leisure optimally, function independently and participate as fully as possible in society.

Therapeutic Recreationists offer a variety of programs and services that help the child or adolescent to:

- ◆ Eliminate barriers to leisure
- ◆ Develop life long leisure skills and attitudes
- ◆ Optimize their leisure involvement

Goals of Therapeutic Recreation:

1. To provide services based on strengths, needs and interests
2. To assist in the development of a positive leisure lifestyle



Types of Service:

1. Functional Intervention:

Building the skills needed to participate.

E.g. Teaching basic swimming skills required for community lessons

2. Leisure Education:

Gaining knowledge, skills, attitudes and resources.

E.g. Provide families with information regarding activities that are available in the community.

3. Recreation Participation:

Providing opportunities for involvement in recreation activities.

E.g. Partnering with the Golf Professionals to develop golf lessons for clients

Community Development

Therapeutic Recreation Services assists community recreation providers develop quality leisure opportunities to meet the needs of children and youth with disabilities.

Methods of promoting community development:

- ◆ Developing community partnerships
- ◆ Participating on community committees
- ◆ Increasing recreation/leisure opportunities for clients of KidsAbility
- ◆ Telling the community about the needs and interests of persons with disabilities on recreation issues



Benefits of Therapeutic Recreation

- ◆ Learn about your community
- ◆ Learn skills and participate in activities
- ◆ Increase self-esteem and self-confidence
- ◆ Increase independence
- ◆ Reduce stress
- ◆ Increase overall quality of life
- ◆ Make new friends



Where Is It Available?

The Waterloo, Cambridge and Guelph sites of KidsAbility.

How to Refer

Talk to your therapist or call Health Records at (519) 886-8886 ext. 214



Waterloo
500 Hallmark Drive
Waterloo, ON N2K 3P5
Telephone (519) 886-8886
Fax (519) 886-7292
1-888-372-2259

Cambridge
c/o Chaplin Family YMCA
250 Hespeler Road
Cambridge, ON N1R 3H3
Telephone (519) 621-7580
Fax (519) 621-4651

Guelph
c/o West End Recreation Centre
21 Imperial Road South
Guelph, ON N1K 1X3
Telephone (519) 780-0186
Fax (519) 780-0470

Fergus
c/o Community Resource Centre
160 St. David Street, South
Fergus, ON N1M 2L3
Telephone (519) 787-2612
Fax (519) 843-7597

Website: www.kidsability.ca

Check out the KidsAbility website for updated information on programs and community partnerships.

Therapeutic Recreation Services

