Therapeutic Recreation Services

What is Recreation Therapy?
The aim of Recreation Therapy is to assist individuals with chronic conditions and disabilities to engage in a leisure lifestyle that is satisfying and leads to improvements in function and behaviour. Leisure and recreation are used as tools to achieve health outcomes. The role of the recreation therapist is focused on creating conditions that enable individuals to successfully experience leisure, despite physical, psychological and social limitations. Focusing on individual strengths and the restorative benefits of leisure, clients can experience improved quality of life.

Active Living
Given the overwhelming evidence on the importance of an active lifestyle, the role of a recreation therapist is to teach, promote, and motivate individuals to get more physically active. Walking, exercises, aquatics and more.

Leisure Education
The primary focus in leisure education is to improve knowledge, skills and attitudes regarding the importance of leisure experiences in our every day lives. Recreation therapists assist in overcoming or minimizing barriers to leisure within the home and community.

Leisure Participation Development
Making behaviour changes can take effort, especially when faced with chronic illness and disability. A recreation therapist can lead the process of exploring values and interests and then develop an optimal leisure pattern. Interventions may focus on stress reduction, community belonging, cognitive stimulation, legacy projects and much more.

Expressive Arts
Designed to offer a creative outlet and an opportunity to appreciate art using a variety of materials. Clients with different skill levels and abilities can reap the benefits of art in the form of self-expression, empowerment and personal fulfillment.

Dementia Care
The needs of clients with dementia and the caregiver can be overwhelming and complex. The care is about promoting effective communication, providing strategies to cope with changes, and developing a client-centred leisure action plan.

Tandem Wheelchair Biking
Using a specially-designed bike, this evidence-based therapy helps reduce symptoms of mild to moderate depression. This treatment involves a ride on a tandem bike and group discussion. Wheelchair Biking is offered for select individuals at care facilities in southern Alberta.