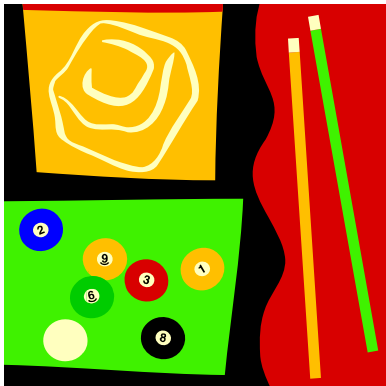


What our clients said about therapeutic recreation programs

"It is healing. There is no better word than 'healing'".

"Life would be bleak and lonesome without these programs. We can keep up our hobbies like gardening and baking. "

"Recreation is a part of life. It keeps me going and makes me feel alive".



It is in his pleasure that a man really lives; it is from his leisure that he constructs the true fabric of self.

Agnes Repplier

Printshop #256218

www.fraserheath.ca

***Caring for the
Whole Person***

Therapeutic Recreation



***Engaging
Hands, Hearts
and Minds***

What is Therapeutic Recreation?

Therapeutic Recreation is a process or intervention that uses recreation, leisure and play as tools to improve or maintain one's quality of life.

Philosophy Statement:

We believe that recreation, leisure, and play are inherent and significant aspects of the human experience as they promote quality of life and wellness at every stage of development. We believe, furthermore, that individuals of all abilities have the right to benefit from leisure and recreation, and play.

Therapeutic Recreation Practitioners believe:

Person first.

The focus is on the individual's strengths and abilities not the disability or diagnosis.

Everyone has a right to leisure.

Every person has the right to achieve a meaningful leisure lifestyle regardless of race, religion, age, ability or disability.

What are the benefits of Therapeutic Recreation?

- Improved quality of life
- Development of interpersonal relationships and friendships
- Development of self esteem and self-awareness
- Potential to improve mood
- Increased physical activity levels
- Encourages the human spirit
- Opportunities for joy and laughter
- Self-expression and freedom of thought
- Improved cognitive abilities
- Increased independence
- Stimulates the senses
- Healthy community living
- Empowerment through choice and independence
- Opportunities for creative expression
- Improved overall health and wellness

... the benefits are endless!

Settings

Therapeutic Recreation can be found in many different settings within Fraser Health including:

- Rehabilitation
- Residential Care
- In patient and outpatient psychiatry
- Community Mental Health
- Adult Day programs
- Community Recreation Centers
- Hospitals



Teamwork

Therapeutic Recreation practitioners work with clients and their families and are members of the interdisciplinary team that may include physicians, nurses, psychologists, physical and occupational therapists, social workers, and other skilled professionals.