



the saskatchewan association of recreation professionals

the benefits of hiring a ...

# RECREATION PROFESSIONAL

## Therapeutic Recreation



*Employers identify that Recreation Professionals who have a degree or diploma in Leisure Studies have the following skills, knowledge and abilities:*

### 1 Assessment Skills

A Therapeutic Recreation Professional

- ❖ Has assessment skills critical to successful intervention and rehabilitation, which lead to faster recovery and decreased healthcare costs
- ❖ Will critically analyze client strengths and deficits and then prescribe an appropriate therapy critical to rehabilitation and/or maintenance

### 2 Communication Skills

A Therapeutic Recreation Professional

- ❖ Has communication skills that are essential when dealing with clients, family members and the public
- ❖ Will be able to articulate the purpose of their role and the value of their services, which is essential when working with an interdisciplinary team

### 3 Organizational Skills

A Therapeutic Recreation Professional

- ❖ Has organizational skills and is able to meet the daily demands of working with clients (e.g. having the ability to efficiently coordinate on-site services, community integration opportunities and other activities required by the clients and facility)

### 4 Program Planning Skills

A Therapeutic Recreation Professional

- ❖ Has program planning skills which result in more successful treatment and ultimately translate into reduced healthcare costs
- ❖ Understands that successful treatment is based not only on physical goals, but also on the psychological and social impact treatment can have on the client

### 5 Broad Perspective/Vision

A Therapeutic Recreation Professional

- ❖ Has a strong philosophical base and a unique understanding of how recreation fits into the "big picture" (e.g. the physical, social, and psychological impacts of therapeutic recreation and how they relate to overall client rehabilitation)

### 6 Understanding disease, illness and disabilities

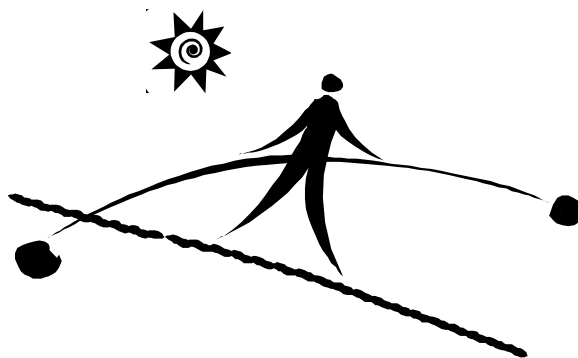
A Therapeutic Recreation Professional

- ❖ Has solid understanding of disease processes, disabilities and chronic illnesses and the impact on an individual's level of functioning, resulting in the selection of appropriate leisure assessment tools and the development of individualized treatment plans

### 7 And Many More Benefits ...

A Therapeutic Recreation Professional

- ❖ Has a distinct level of professionalism
- ❖ Is current on issues and programs related to their field
- ❖ Has critical thinking and problem solving skills
- ❖ Works independently



Financial assistance received from:



*The Saskatchewan Association of Recreation Professionals is a volunteer driven organization committed to the ongoing development of leadership excellence of Recreation Professionals from the diverse leisure services field.*

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## Therapeutic Recreation



### 1 Physical Health & Health Maintenance

Involvement in therapeutic recreation:

- ❖ Reduces cardiovascular and respiratory risk
- ❖ Reduces the risk of physical complications secondary to disability
- ❖ Improves the general physical and perceptual motor functioning of individuals with a disability

### 3 Cognitive Functioning

Involvement in therapeutic recreation:

- ❖ Increases general cognitive functioning
- ❖ Increases short and long term memory
- ❖ Decreases confusion and disorientation

### 5 Personal and Life Satisfaction

Involvement in therapeutic recreation:

- ❖ Increases life and leisure satisfaction and perceived quality of life
- ❖ Increases social support
- ❖ Increases community integration, community satisfaction and community self-efficacy
- ❖ Increases family unity and communications

### 2 Psychosocial Health

Involvement in therapeutic recreation:

- ❖ Reduces depression and anxiety
- ❖ Improves coping behavior
- ❖ Reduces stress level
- ❖ Improves self-control
- ❖ Increases self-concept, self-esteem, and adjustment to disability
- ❖ Improves general psychosocial health
- ❖ Improves social skills, socialization, cooperation, and interpersonal interactions
- ❖ Reduces self-abusive and inappropriate behaviors

### 4 Growth and Development

Involvement in therapeutic recreation:

- ❖ Increases communication and language skills
- ❖ Reduces inappropriate behavior and encourages age appropriate behavior
- ❖ Involvement in therapeutic play increases the acquisition of developmental milestones

### 6 Societal and Health Care Systems

Involvement in therapeutic recreation:

- ❖ Helps prevent complications secondary to disability
- ❖ Improves patient compliance with rehabilitation regimes, patient satisfaction with treatment and self-dedication to treatment
- ❖ Increases outpatient involvement and post-discharge compliance with treatment plans

