

Therapeutic Recreation Month

True or False

Please fill out this quiz and send it to the Recreation Therapist! The person with the most answers correct will win a prize.

- a) Therapeutic Recreation uses a Strengths-Based approach? T or F
- b) Therapeutic Recreation needs to be prescribed by a doctor? T or F
- c) Bingo is a form of a TR intervention? T or F
- d) Recreation is at the core of therapeutic recreation services? T or F
- e) Leisure, recreation and play are forms of non-pharmacological interventions?
- f) The goal for the recreation therapist is to use recreation and leisure to improve functions and create optimal wellbeing for individuals with illness or disability? T or F
- g) Recreation therapists can support participants in all health domains? T or F
- h) Diversional activities and Recreation therapists use the same modalities? T or F
- i) All recreation and leisure is good? T or F
- j) Recreational therapists engage in evidence-based practice in their clinical decision making by integrating the most current research findings with their clinical expertise and client values and preferences? T or F
- k) Recreation Therapists can work in a variety of settings, some of which include community, day programs, acute care, rehab, long term care. T or F
- l) Diversion is recreation therapy? T or F



Answer Key

- a)** True. Research in brain functioning provides concrete evidence that a positive orientation is far more effective.
- b)** False- RT referrals can come from other allied staff.
- c)** False- Bingo is recreation participation – for pure enjoyment
- d)** True. Recreation is our greatest resource to help participants reach their goals and enjoy a high quality of life.
- e)** True
- f)** True
- g)** True. Recreation Therapists take a holistic approach, having the ability to support someone in all domains of health (emotional, physical, social, occupational, spiritual, intellectual).
- h)** True we share similar modalities – however TR is beyond pure enjoyment or to distract from illness.
- i)** False – Taboo or purple leisure such as drinking, drugs, gambling (self medicating leisure)
- j)** True
- k)** True
- l)** False- TR is goal directed that connects assessments to establish the right program for the person. Focus is on matching skill level, interest with ability.

