Recreational Therapy embraces a definition of "health" which extends to the enhancement of physical, cognitive, emotional, social and leisure development so individuals may participate fully and independently in chosen life pursuits. RT is extremely individualized to each person by his or her past, present and future interests and lifestyle. Incorporating client's interests makes the therapy process meaningful and relevant.

-American Therapeutic Recreation Association

What Services Does TR Provide?

· Creative Expression
· Animal Therapy
· Special Events
· Camps
· Outdoor Recreation
· Adapted Sports
· Music Therapy
· Independent Living Skills
· Leisure Education
· Exercise
· And SO MUCH MORE!

Purpose:

To improve the health and overall quality of life for individuals with disabilities, utilizing the process of thoughtful and careful intervention so they may overcome barriers, learn, adapt, and grow in their chosen life pursuits.

Benefits:

- Social skills
- Attention, Focus, Concentration
- Decision-making skills
- Communication skills
- Following directions
- Coordination, endurance, strength
- Physical abilities
- Fine/gross motor skills
- Confidence & self-esteem
- Emotional/Self-regulation
- Leisure Education
- Recreation participation
- Decreases depression, anxiety, behaviors & stress

Local Roots, Global Reach
ISLE OF WIGHT COUNTY, VIRGINIA
DEPARTMENT OF PARKS AND RECREATION

THERAPEUTIC RECREATION



Image: Medical and Healthcare

For more information & how to register, please contact

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Image: Abbots Care



Image: Adapted Physical Education

Why is Recreational Therapy Important?

The fascinating feature about Recreational Therapy in comparison to other therapies is the utilization of recreation and leisure modalities in the designed intervention strategies. Therapeutic Recreation is extremely individualized to each person's past, present, and future interests, abilities, and needs. Evidence based research and practice has proven the benefits and success of recreational therapy interventions in all ages and varying disabilities.

What is Therapeutic Recreation?

Therapeutic Recreation, also known as Recreational Therapy, uses recreation and leisure activities to help people with disabilities improve their skills, abilities, overall health, and well-being.

Isle of Wight County Parks and Recreation is dedicated to serving individuals with disabilities and offering them the best opportunities to experience recreation while also providing them with a healthy leisure lifestyle. Recreational Therapy recognizes play, leisure, and recreation as integral components of a person's well-being no matter their needs, illness, or disabilities.



Image: University of Wisconsin Milwaukee

Population served?

Recreational Therapy serves a variety of individuals including, but not limited to: older adults, mental health, addictions, rehabilitation, developmental disabilities, intellectual disabilities, physical disabilities, learning disabilities, behavioral and emotional disorders, and much more.

What do Recreational Therapists do?

Recreation Therapy services are provided by Certified Therapeutic Recreation Specialists (CTRS). The CTRS is the qualified provider who works with the participant and their family to set personalized goals and incorporate specific interests and needs into therapy based interventions to achieve optimal outcomes that transfer to every day life making the practice meaningful and relevant. The Recreational Therapist has a unique perspective regarding the social, cognitive, physical, and leisure needs of the participant.