

# Therapeutic Recreation



**Eastern Michigan University  
College of Health and Human Services**

**Student Therapeutic Recreation Organization (S.T.R.O.)**



# What is Therapeutic Recreation?

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- ❑ TR is the provision of purposeful intervention designed to help clients grow and to assist them to prevent or relieve problems through recreation and leisure (Austin, 1982).
- ❑ Simplified: TR uses activities that individuals enjoy, to rehabilitate physically, mentally, and emotionally.
- ❑ TR can also be referred to as Recreational Therapy and Recreation Therapy.



# What is a CTRS?

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- Certified Therapeutic Recreation Specialist
- After completing your degree in Therapeutic Recreation you must pass a National Therapeutic Recreation Certification exam.
- NCTRC – National Council for Therapeutic Recreation Certification



# Settings

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- Prisons
- Schools
- Hospitals
- Hospice care
- Nursing homes
- Retirement homes
- Aquatic program
- Community centers
- Residential facilities
- Substance abuse centers
- Adult day care programs
- Detention facilities
- Community mental health centers
- Adaptive sports programs



# Populations

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- Spinal Cord Injury
- Traumatic Brain Injury
- Developmental Disabilities
- Psychological Disabilities
- Geriatrics
- Pediatrics
- Behavioral Issues
- Chronically Ill



# Goals of TR

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- Improvement in
  - Quality of Life
  - Recreation
  - Leisure Skills
  - Physical Functioning
  - Cognitive Status
  - Psychosocial Status
  - Community Activities
  - Physical Health Status

# Activity Interventions

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- **Board Games** – Scrabble, Sorry, Story Board, Checkers, etc.
- **Card Games** – Uno, War, Go Fish, Memory,
- **Crafts** – Scrapbooking, sewing, clay molding,
- **Adaptive Activities** – Wii, bowling, wheelchair basketball, Hand bikes, adaptive skiing.
- **Activities of Daily Living (ADL's)** – cooking groups, woodshop, community re-integration trips (visiting restaurants, shopping, using public transportation.)



# TR classes at EMU

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- Anatomy and Physiology
- Counseling
- Health Care Administration
- Aquatic Therapy
- Abnormal Psychology
- Leisure Education classes
- Nature of Disabilities classes
- Fieldwork I, II, III

# Fieldwork

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- 3 sets of 60 hours
- At least 2 of the 60 hrs must be in a clinical setting
  - Clinical meaning hospital, nursing home, etc., under the supervision of a CTRS.
  - Non-Clinical meaning an outdoor facility that has a CTRS at that site.

# TR, Is it you ?

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- ❑ Do you feel comfortable around individuals with disabilities?
- ❑ Have you been thinking about the Medical Field, but aren't sure if Medical School or Nursing is right for you ?
- ❑ Do you enjoy a wide range of activities ?
- ❑ Do you have a genuine compassion and patience when dealing with people ?



# Volunteer Opportunities

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## □ Hospitals

- University of Michigan Hospital(s)
- Detroit Medical Center
- St. Joseph Mercy Hospital(s)
- Nursing Homes

# Organizations

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- MTRA
  - Michigan Therapeutic Recreation Association
- ATRA
  - American Therapeutic Recreation Association
- NCTRC
  - National Council of Therapeutic Recreation Certification
- NTRS
  - National Therapeutic Recreation Society
- STRO
  - Student Therapeutic Recreation Organization (EMU)

# Adaptive Equipment

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