

# Recreational Therapy: maximize client care

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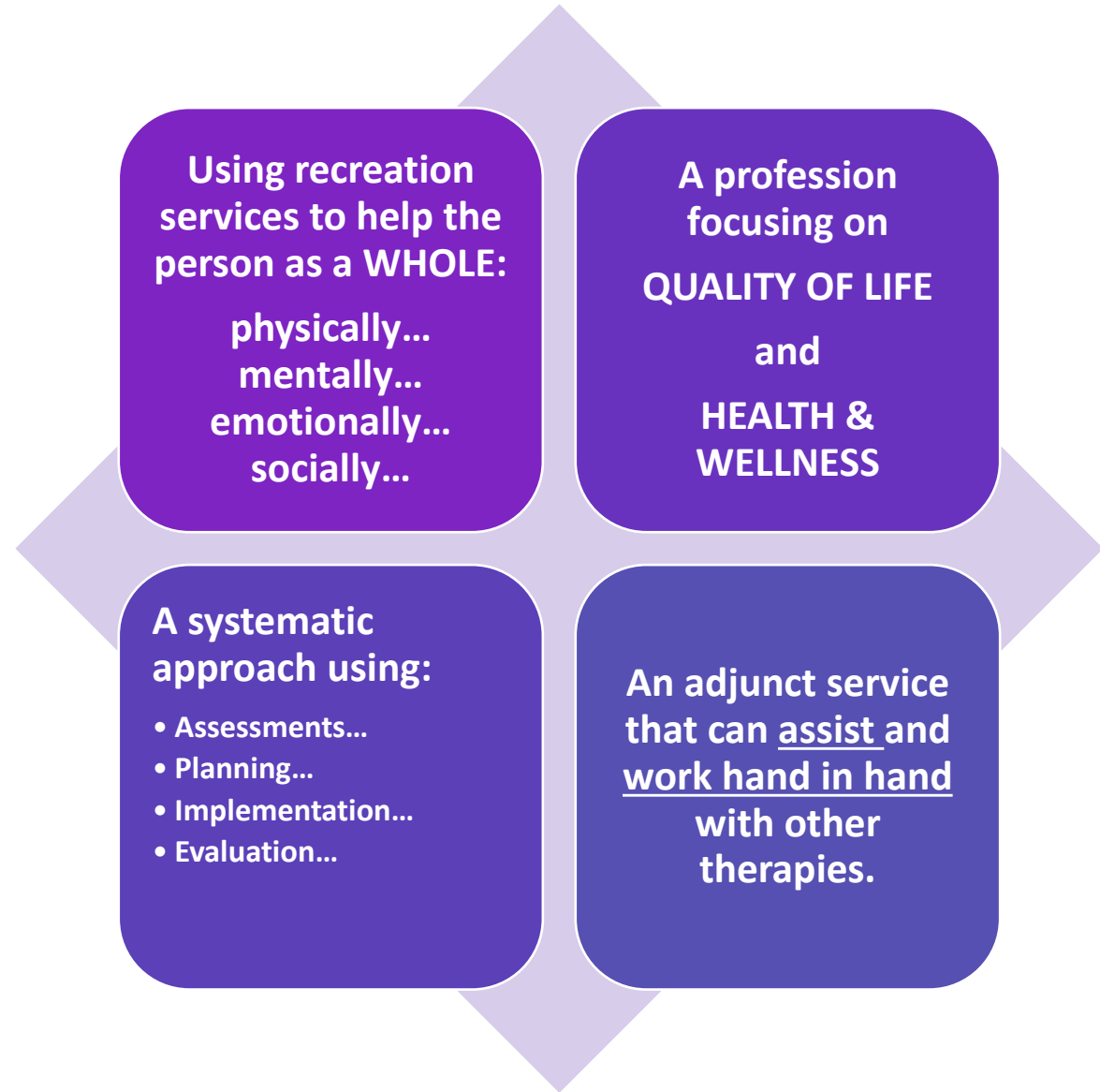
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# Objectives

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- **Identify the Recreational Therapy process.**
- **Identify the barriers and benefits of Recreational Therapy.**
- **Identify populations served and treatment frequency.**
- **Identify typical client goals and objectives in Recreational Therapy.**

# What is Recreatio nal Therapy?



# Primary Purpose: the use of meaningful activity- based interventions to

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- **Restore:** to previous life functioning.
- **Remediate:** to improve independence.
- **Rehabilitate:** back to health and wellness.
- **Reduce:** any illness or effect of injury.
- **Eliminate:** secondary health issues.

- Taken from American Therapeutic Recreation Association

# Where do you see Recreational Therapy?

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Hospitals &  
Health  
Facilities

Residential  
Facilities

Nursing  
Homes

Community  
Mental Health  
Centers

Adult Day Care  
Programs

Substance  
Abuse  
Programs

Hospice Care

Youth Centers

Senior Centers

School  
Systems

In- Home  
Private  
companies

What does  
Recreational  
Therapy have  
to offer?

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# Therapy aspect...



# Educational piece...



**TEACHES SKILLS TO  
BE USED  
THROUGHOUT THE  
REST OF LIFE**



**ENHANCES  
ATTITUDES  
TOWARDS SELF &  
OTHERS**



**PROVIDES  
RESOURCES TO  
LEARN, GROW &  
IMPROVE**

# Recreation part...

Promotes health and wellness of client

Provides enjoyment in rewarding opportunities

Matches client leisure interests and aptitudes

# Requirements to become a CTRS

CTRS= Certified Therapeutic Recreation Specialist

Bachelor's degree or higher from an accredited university

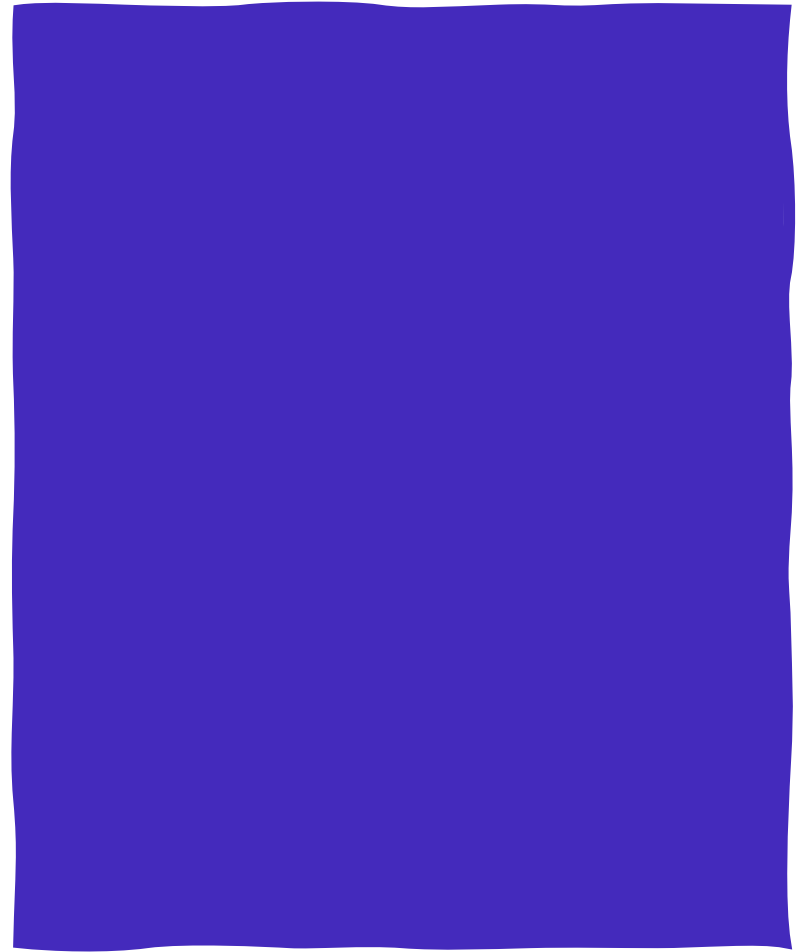
A formal clinical internship (sometimes two!)

Pass the national competency exam by National Council for Therapeutic Recreation Certification (NCTRC).

Licensure depends on state

Why is  
Recreational  
Therapy  
Needed?

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# A look at a client following a catastroph hic injury...

- What are their changes in their own social role?
- Uncertainty about self. Struggling with issues of post- injury identity.
- Ambiguous loss creates stress and defies closure of their “loss”.
- Erosion of sense of competency and self worth. Loss of life focus.
- Loss of clear self knowledge. (What is going to become of me?! What am I going to do?!)
- Loss of self by comparison (Now vs. then). How do I see myself now?
- Loss of self in the eyes of others. (How person perceives self from others).
- Loss of sexuality or sexual self.

- Rolf B. Gainer, PhD, Paige Salinas, LCSW, CBIS and  
Christina Nelson, MGT, M.ED, MBA, CBIS

# Barriers...

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Don't want to be a bother!

Lack of transportation

Lack skills to identify appropriate leisure

Depression & Anxiety Feeling of hopelessness

Poor body image, poor self esteem & little confidence in safety

Family being too involved or not involved enough

Lack of awareness. "there's nothing that I can do!"

Don't want to be "labeled" or "stereotyped"

Everything not really accessible

Lack of feeling involved in own life planning

Negative customer service. Family speaking FOR client.

# Types of Recreational Therapy Programs:

Aquatic Exercise/ Aquatic Therapy



Exercise, Strength Training and Sports Specific Adaptations



Community Integration



Volunteerism



Vocational Activities

# Statements made to trigger the need for

## Recreational therapy:

I'm just so bored and depressed.

I CAN'T do anything! I'd rather sit here and rot away now.

I'll probably never do anything important again in my life.

I'm not getting anywhere with physical therapy.

I'd love to do more one-on-one exercising but can't do it by myself.

I'd love to get back into the pool. That was my main source of joy and exercise.

I want to be active, but I don't know how since I'm in this wheelchair.

Who will ever hire me again when I don't have any skills?

I want to give my family a break from always feeling like they have to babysit me.

I want to enjoy outings without being made to feel like I'm a toddler.

I want to feel like I make choices about my own life. I'm always being TOLD what I'm doing.

Physical Therapy seems pointless if I'm never going out ever again.

Sometimes I just want to do things without the activity being a "hospital"

# Aquatic Therapy/ exercise:

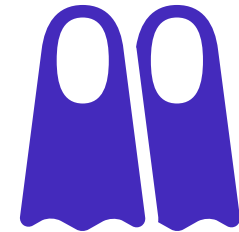
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**Water- based treatments or  
exercise of therapeutic intent**



**Relaxation, fitness, and  
physical rehabilitation**



**Performed while floating or  
fully/ partially submerged**

# Why Aquatic Therapy Works?

- **Low impact/ non weight bearing.**
- **Relieves anxiety and stress.**
- **Fitness and health.**
- **Pain and temperature control tolerance.**
- **Variety of disabilities treated.**
- **Decreased heart rate vs. on land activity.**
- **Buoyancy: Force acting opposite of gravity. Felt as upward thrust. Gives weightlessness. Pain Free mobility. Postural alignment challenges.**
- **Hydrostatic Pressure: Force exerted on immersed body by water. Equal pressure everywhere. Strengthens diaphragm. Stimulates sensory input.**
- **Resistance: Water is “thicker” than air**

# Exercise, Strength Training and Sports Specific adaptatio ns:

- Done in gym or in home.
- Increase mobility.
- Improves body image.
- Improved self esteem.
- Improves cardiovascular system.
- Increased strength conditioning and endurance.
- Learn new sports.
- Adapt old activities/ sports/ equipment for safety and ease of use.
- Subjective focus on client's interests.  
Meshing the old things as new.

# Community Integration:

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Done within home  
and immediate  
community

Connect with  
feasible resources

Partnership/  
networking

Maneuver in  
community within  
environment

Time and money  
management

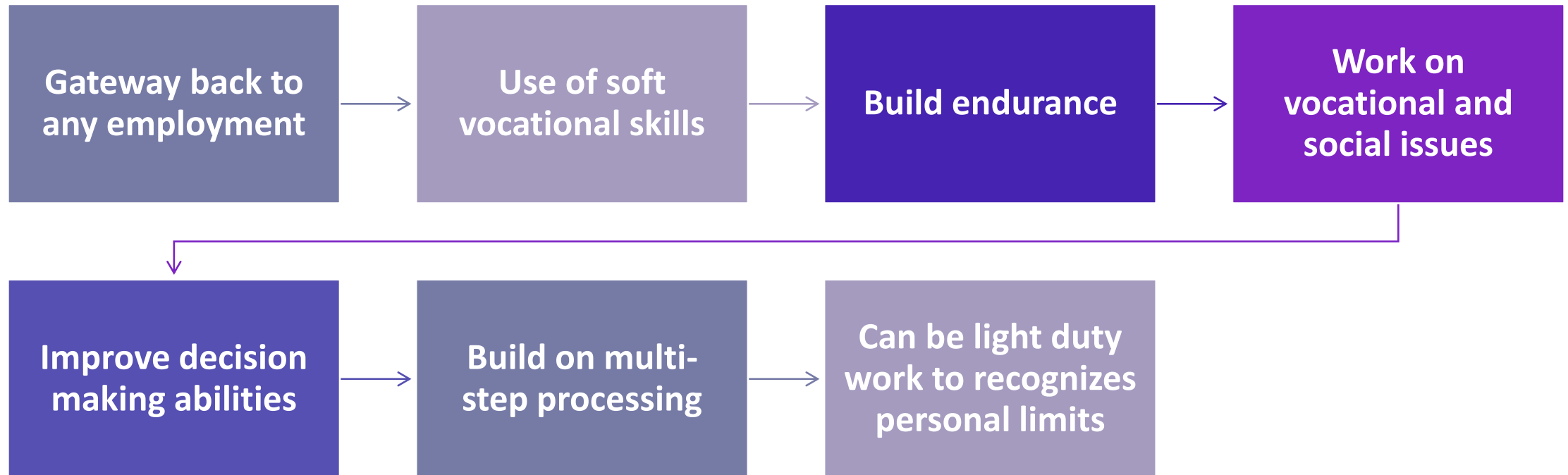
Identify new social  
role

Learn to access  
available  
transportation

Adapt to new  
lifestyle safely

Work on  
socialization,  
initiation advocacy  
& awareness

# Volunteerism:



# Benefits of Community Integration & volunteerism:

- Get out of the house.
- Be active!
- Real life interactions.
- Respite for families and friends.
- Advocate for population with disabilities.
- Build post injury identity.
- Increase self esteem.
- Move beyond the “cloak of competence”.
- Increase independence which can build sexual self.
- Build vocational skills.
- Identify community and job resources.

# Example treatment

plans:

Client- centered  
goals and  
objectives

Community  
re-integration

Health and  
wellness

Endurance and  
strength goals

Community  
resource  
awareness

Return to work  
path

Cognitive skill  
development

Improvement of  
appropriate social  
interactions

Safety

Time and budget  
management

# Recreational Therapy

combats:

Depression

Poor self esteem

Initiation or  
inhibition concerns

Obesity issues

Substance  
Addiction

Pain

Dependency issues

Poor self worth

Emotional/ Social/  
Mental Issues

Stress/ Anxiety

Re-  
hospitalizations/  
Secondary Health  
Issues

# Populations served and frequency of treatments

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- Populations considered for treatment: anyone with a disability, the aging population, those in assisted living facilities, the catastrophically injured at work, those with limited work restrictions and anyone wanting to gain more for their life. Amputees/ limb loss    Spinal cord injuries    Traumatic brain injuries    Seniors    Long or short term disability
- Treatments:
  - Subjective in nature
  - Depends on schedule and client stamina
  - Depends on interested activity

mark:

I can't. You  
don't get how  
hard this is!

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Roger:

What's the worst  
that can happen?!

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# Questions???

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# Reference

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