

What is Recreation Therapy?

Recreation Therapy (RT) or Therapeutic Recreation (TR) is a systematic process, utilizing recreation and activity-based intervention to achieve psychological & physical health, recovery, and wellbeing for clients.

We provide:

- **1:1 therapy** with a Recreation Therapist
- **Small group therapy**
- **Community integration support** e.g., attending drop in or registered programs with clients to ensure successful participation
- **Assistance with recreation and leisure funding applications** (low income, disability specific)
- **Transition programming** (17-21 years old) – e.g., finding meaningful pastimes following high school, volunteer opportunities, clubs, programs, etc.
- **Fee For Service** groups run with community partners and RTAs



**All services offered via tele-practice and in person*

Who We Serve: Any child receiving Grandview Kids services between the ages of 1-21

Our scope:

- **Foundational social interaction & play skills**
- **Physical Literacy Skills** (e.g., object control, locomotor, balance/agility) to achieve optimal “sport for life” participation and lifelong leisure pursuits
- **Leisure Strengths Assessment** (determine leisure specific interests and abilities, mitigate perceived internal barriers and provide recommendations for community programs)
- **Leisure and Sport specific skills** (e.g., direction following, circuit navigation, soccer skills, gymnastics skills, etc.)
- **Removing Barriers to leisure participation** (e.g., financial, transportation, dependence, lack of skills/knowledge, perceived barriers, etc.)
- **Anxiety reduction/familiarity** in specific environments (e.g. pool/rink/ gym)
- **Emotional regulation** through recreation and leisure
- **Adaptive equipment** training or loans
- **Leisure education** (what is available in your community, why leisure is important, how to access leisure)

Grandview Kids Therapeutic Recreation Team

Our Credentials:

CTRS

A Certified Therapeutic Recreation Specialist® is internationally recognized as the most qualified professional to provide recreational therapy services according to the National Council for Therapeutic Recreation Certification (NCTRC). The NCTRC is accredited with the National Commission for Certifying Agencies. NCCA is the most recognized accreditation organization in healthcare today (NCTRC.org)

CTRS Professional Profile:

- Passed the national certification exam
- Meet the requirements for training (TR degree or professional training by a CTRS), skills, and knowledge recognized as essential for recreational therapy practice
- Continuing annual professional development
- Professional training to address factors associated with specific disabilities and illnesses by applying critical competencies to address the whole person and life factors

R/TRO

Becoming registered assures that you are meeting a level of excellence dictated by provincial leaders in uniting and advancing the profession in Ontario. Registered Professional TRO members have demonstrated a minimum standard in TR experience, formal education, professional affiliations, and professional contributions R/TRO is the designation for degree prepared practitioners. (trontario.org)

R/TRO Professional Profile:

- Registration with Therapeutic Recreation Ontario (TRO)
- Formal education requirements (degree or diploma in TR, including coursework requirements)
- Practical experience (100-700 hours, depending on designation and education)
- Professional development/contributions
- Follows competency dimensions outlined by TRO