

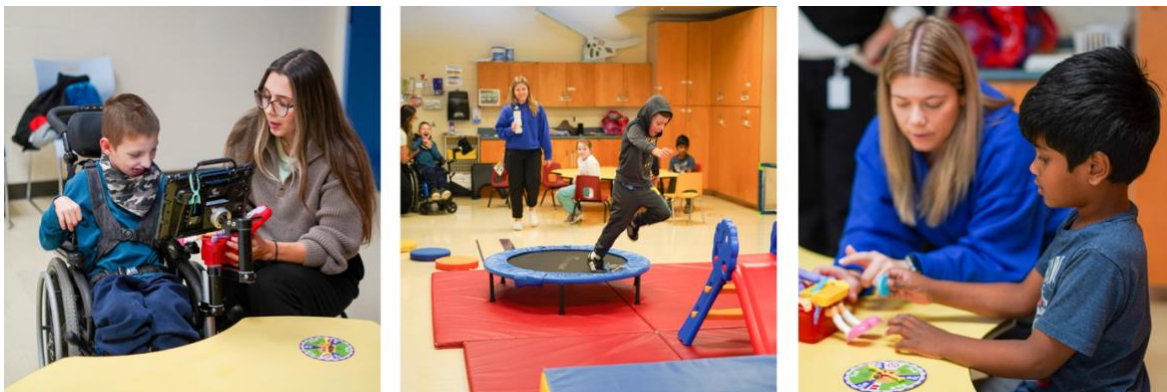
What is Recreation Therapy?

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

Recreation Therapists at Grandview Kids 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** (i.e., low income, disability specific applications)
- **Transition programming**, 17-21 years old (e.g., finding meaningful pastimes following high school, volunteer opportunities, clubs, programs)
- **Fee for service** groups run with community partners and Recreation Therapy Assistants

Please note: All services are offered virtually and in-person.



Who we serve:

Geographic Criteria: Children and youth living in Durham Region

Age Criteria: 30 months to 19 years (21 years if client is still in high school)

Additional Criteria:

- Must be on the waitlist or actively receiving Physiotherapy, Occupational Therapy, and/or Speech-Language Pathology services through our Early Years or School Years programs (including School-Based Rehabilitation and Adolescents programs)
- Need for Therapeutic Recreation services must be directly related to the child's physical, communication and/or developmental challenge(s)
- Client must have challenges with participation in community recreation

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Our scope:

- **Foundational social interaction and 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)
- **Removing barriers to leisure participation** (e.g., financial, transportation, dependence, lack of skills/knowledge, perceived barriers)
- **Anxiety reduction/familiarity** in specific environments (e.g., pool, rink, gym)
- **Emotional regulation** through recreation and leisure
- **Adaptive equipment** training or loans
- **Leisure education** (i.e., what is available in your community, why leisure is important, how to access leisure)

[Click here*](#) to submit a referral to Recreation Therapy at Grandview Kids

*Alternatively, type “www.grandviewkids.ca/refer” in your browser to submit a referral.



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