



## Therapeutic Recreation Services

### What is Therapeutic Recreation?

Therapeutic recreation helps people with disabilities to develop the skills, knowledge and behaviours that will allow them to participate in, and enjoy recreation and leisure opportunities.

### What does a Recreation Therapist do?

A Recreation Therapist works with children to help them develop the physical skills, emotional skills and group skills they will need to be successful in community recreation programs, family leisure activities and independent leisure.

A Recreation Therapist works with families to help them identify activities and programs that are a good fit for their child. A Recreation Therapist also helps families find recreation supports that will help their child participate in recreation programs in a meaningful way.

A Recreation Therapist works with community recreation providers to help them develop the skills to include children with special needs in their programs. This may include education and training, advocacy, awareness and new program development.

### What services can I access for my child?

**Consults:** Meet with a Recreation Therapist to discuss recreation program options, family and peer leisure options, supports, recreation funding and recreation equipment loans available in your community.

**Advocacy:** Support if your child is experiencing challenges participating in or is at risk of removal from a community recreation program. A Recreation Therapist can work with you and the program leader to explore participation strategies, provide education or training and problem solve to help your child participate in community recreation.

**Clinics:** Recreation Therapists offer bike and swim clinics. For additional information, check our website.

- Swim Clinic
  - Recommendation on suitable community swimming lesson
  - Provide teaching strategies that can be shared with a community swimming instructor
  - Support options and how to access these supports
  - Funding options
  - Swim floatation options (adapted lifejacket, head float)
  - Home program (ideas you can try when swimming with your child)





- Bike Clinic
  - Tips on how to teach your child to ride a two wheel bike including strategies and problem solving
  - Bike adaptations that can be made to make it easier for your child to ride a two wheel bike – seat, pedals, training wheels, back rest, handles

**Programs:** Recreation Therapists offer programs such as iCan Bike and Find your Passion as well as partner with community recreation providers to offer or support programs such as Drum Club, Arts Express or Play Who You Are.

**Education:** Recreation Therapists offer workshops such as Summer Camp planning and Getting Started. Families can request to receive Seasonal Planning handouts as well as reminders about registration dates or new recreation opportunities by email. Many recreation resources are available on the KidsAbility website including the Recreation Program Directory (formally KidsAbility Program and Activity Guide) at [www.kidsability.ca](http://www.kidsability.ca).

## How do I access these services?

**Contact your Recreation Therapist by email or call 519-886-8886 or 1-888-372-2259:**

Cambridge Site:	Sheryl Dedman, ext. 3260 or <a href="mailto:sdedman@kidsability.ca">sdedman@kidsability.ca</a>
Guelph-Wellington Sites:	Bethany Mullen, ext. 6235 or <a href="mailto:bmullen@kidsability.ca">bmullen@kidsability.ca</a>
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