

## **Frequently Asked Questions**

### **1. What is Therapeutic Recreation/ Recreational Therapy?**

Therapeutic Recreation/Recreational therapy offers its clients the skills and tools needed to function in society and increase one's quality of life. Recreational therapists are healthcare providers who use recreational therapy interventions for improved functioning of individuals with illness or disabling conditions. Recreational therapy is a medical modality that uses therapy, in the form of recreation and education as a means of meeting one's physical, mental, emotional and social goals.

### **2. What are the benefits of Recreational Therapy?**

Many benefits may include: Promotes Independence, Recover basic motor functioning, Reduces Depression, Improves Reasoning, Recuperates Body Mechanics, Builds Confidence, Diminishes Stress, Moderates Anxiety, Boosts Coping Abilities, Refines Socialization Skills, Restores Energy, Documented Improvements and Reactions

### **3. Who teaches the special needs classes?**

All the special needs programs are led by a Certified Therapeutic Recreation Specialist. Angela Alvarez, recreation programmer oversees all the special needs programs. She has a bachelor's degree in Therapeutic Recreation, she is a certified therapeutic recreation specialist and has a certification in autism movement therapy, and is a registered behavior technician.

### **4. How long is each class?**

Classes are all 45 minutes each and meet once a week for a total of 4 weeks.

### **5. When does the next cycle of classes begin again?**

Classes restart 2 weeks after the last day of the previous class.

### **6. What are the age groups available per class?**

There are 3 age groups: ages 3-6, ages 7-17, and ages 18 and older.

### **7. What is the cost per class?**

Please refer to the corresponding flyer for interested class.

### **8. What level of functioning or conditions do participants have?**

Every class has participants with varying abilities. Each participant with special needs is provided with adaptive techniques in order to maximize their overall functioning and participation.

### **9. Which other activities are available at the community center other than existing programs/classes?**

Please contact Angela Alvarez, CTRS at [aalvarez@coconutcreek.net](mailto:aalvarez@coconutcreek.net) or 954-545-6635. For more information and all other questions please contact Angela Alvarez.