

SPECIAL NEEDS PROGRAMMING



- Programs led by a Certified Therapeutic Recreation Specialist
- Programs for ages 3 to seniors (including Creative Movement, Creative Arts Drum Circle, Nature Walks, Gardening and Adaptive Sports)
- For more information, call 954-545-6670 (Spanish interpreters available)

What is Therapeutic Recreation?

The term, "therapeutic recreation", refers to a continuum of services by qualified therapeutic recreational professionals. Recreation therapy is often included as a component of therapeutic recreation. The American Therapeutic Association defines *therapeutic recreation* as:

...the provision of treatment services and the provision of recreational services to persons with illness or disabling conditions. The primary purpose of treatment services, which are often referred to as recreational therapy, is to restore, remediate, or rehabilitate in order to improve functioning and independence as well as reduce or eliminate effects of illness or disability. The primary purpose of recreation services is to provide recreation resources and opportunities in order to improve health and well-being. Therapeutic recreation is provided by professionals who are trained, certified, registered, or licensed to provide therapeutic recreation. (ATRA, 1988)

Therapeutic Recreation-Related Programs:

- ★ Arts-related activities (arts and crafts, music, dance, drama)
- ★ Cognitively Oriented Programs (current events, reminiscence, poetry, social skills, electronic games)
- ★ Health Related Programs (cooking and food preparation activities, Physical Activity, Exercise, Fitness, and Sports)
- ★ Nature-Oriented Programs (Horticultural Activities; community gardening, therapeutic horseback riding)
- ★ Social Activities (outings and trips, community reintegration, and special events)