Recreational Therapy: Restoring Activities and Quality of Life

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(Strive Recreational Therapy Services, Inc.)
Recreational Therapy...
Opening Doors

What is Recreational Therapy?
• Using recreation services to help people with potentially limiting conditions
  • Physically
  • Mentally
  • Emotionally
  • Socially
• Focus on quality of life issues through the use of recreation, leisure & sport.
• A therapy process that includes
  • Assessments
  • Planning
  • Implementation
  • Evaluation
• An adjunct service that can assist other therapies & healthcare professions

Primary Purpose of Recreational Therapy
• Restore... to previous life function
• Remediate... to improve function/ independence
• Rehabilitate... to health or wellness
• Reduce... illness or effects of disability/ injury
• Eliminate secondary issues

What does Recreational Therapy have to offer???
• Therapy:
  • To enhance independence
  • Make participation in activities of interest possible
  • To identify problem areas
  • Set goals
  • Implement plans
  • Evaluation of progress
• Education:
  • Teach skills to be used throughout life
  • Enhance attitudes to self and others
  • Provide resources to learn, grow and improve
• Recreation:
  • Promote health and wellness
  • Achievement in a rewarding and enjoyable manner

How does one become a Certified Therapeutic Recreation Specialist?
• Bachelor’s degree in TR program
• Therapeutic Recreation coursework
• TR Field Work Experience
• Internship (sometimes two)
• National Certification Exam with NCTRC
• Licensure depending on each state
Why is Recreational Therapy needed?

- Gap between the hospital and home setting.
- Designs specific individual’s needs or issues.
- Individuals have too much time on their hands!
- Help increase quality of life. TR helps introduce how to “live again”.
- Decrease re-hospitalizations and secondary health issues.
- Introduce alternative therapies and methods (CAMs)

Types of Recreational Therapy Programs

- Aquatic Exercise/ Aquatic Therapy
- Exercise and Strength Training activities
- Sports specific adaptations
- Community Integration
- Volunteer involvement
- Soft vocational activities/ Light duty vocational work

What is Aquatic Therapy?

- Water-based treatments or exercises of therapeutic intent.
- Can include relaxation, fitness and physical rehabilitation.
- Treatments/ Exercises are performed while floating, partially submerged or fully submerged in water.

Why Aquatic Therapy?

- Low Impact activity/ non-weight bearing
- Relaxation
- Fitness
- Pain and temperature tolerance issues controlled
- Provided in a controlled atmosphere
- Treats of a variety of disabilities/ issues
- Heart rate of 17-20 beats/minute lower than on land.

What’s involved with Aquatic Therapy?

- Requires attendance by trained therapist.
- CTRS, PT, OT, etc.
- Usually performed in a specialized temperature-controlled pool.
- Water temperature is usually an average of 92 degrees (air temp 3-5 degrees warmer)
- Rehabilitation commonly focused on improving physical function.

Why it helps?

- Resistance: water is “thicker” than air. Turbulence good for balance/ postural training. Strengthen weak muscles.
Typical Types of Aquatic Therapy

- Ai Chi
- Aqua Running
- Bad Ragaz
- Burdenko
- Halliwick
- Watsu

Benefits of Aquatic Therapy

- Balance/Coordination improved
- Weight bearing improved
- Muscular endurance/strength improved
- Cardio respiratory/Cardiovascular/pulmonary improved
- Pain Management abilities improved
- Motor skills/motor control improved
- Psycho social relaxation controlled

Exercise and Strength Training

- Done in gym or in-home exercise program
- Increase mobility
- Increase bone density
- Improve body image/self esteem
- Cardiovascular system improvements
- Strength conditioning & cardiovascular equipment

Adaptive Fitness

- UBE or Arm Cycle
- Gripping Gloves
- Cuff weights/Dumbbells
- Theraband
- Medicine Ball (with or without handles)
- Fitness timer
- Total Gym XLS
- Yoga/Pilates

Sports Specific Adaptations

- Golf (golf cart, club)
- Basketball (wheelchair, lowered rim, league)
- Running/Cycling (handcycling, recumbent)
- Hunting (all-terrain equipment, paved paths)
- Tennis (wheelchair, lowered nets)
- Boccia (indoors or outdoors, adaptive equip)

Community Integration

- Take client into community
- Community resources/partnerships
- Maneuver within environment/lifestyle
- Time/Money management
- Transportation
- Socialization/communication/initiation/appropriateness
Volunteerism
- Gateway back to employment or different vocational opportunity
- Use of soft vocational skills to apply towards getting back to work.
- Endurance
- Time Management
- Decision making
- Multi-step processing

Barriers to Activity
- Don’t want to be a bother family/friend
- Lack of Transportation
- Lack the skills (always worked, never had leisure time)
- Why? My life is over anyways.
- Depression. Poor self image.
- Family not being involved or OVER involved.
- Poor perception of recreation

TR treatment plans can include:
- Client-centered treatment plan & goals
- Community-based re-integration
- Health and wellness
- Endurance and strength goals
- Awareness of community resources
- Return to work goals
- Cognitive skill development
- Improve appropriate social interactions
- Safety
- Time/Budget management

Barriers to Recreation continued...
- Lack of importance placed on leisure time needs
- Lack of awareness of programs/activities
- Don’t want to be “labeled” or “stereotyped”
- Physical and Program Accessibility
- Lack of feeling involved= lack of confidence
- Previous negative encounters with customer service

Decrease Secondary Health Issues Such As:
- Depression
- Decreased self esteem/changes in affect
- Decreased initiation/inhibition concerns
- Obesity/health and wellness issues
- Substance Addiction
- Pain
- Decreased independence/self-worth
- Emotional/mental issues
- Stress management
- Re-hospitalizations

Examples of Disability Specific Benefits...

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Strive Recreational Therapy

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