

# Benefits of Therapeutic Recreation

## 1. Physical Health and Health Maintenance

Involvement in Recreation Therapy can assist to:

- Reduce cardiovascular and respiratory risk
- Reduce the risk of physical complications secondary to disability
- Improve the general physical and perceptual motor functioning of individuals with a disability

## 2. Psychosocial Health

Involvement in Recreation Therapy can assist to:

- Reduce depression and anxiety
- Improve coping behaviour
- Reduce stress level
- Improve self-control
- Increase self-concept, self-esteem, and adjustment to disability
- Improve general psychosocial health
- Improve social skills, socialization, cooperation, and interpersonal interactions
- Reduce self-abusive and inappropriate behaviours

## 3. Cognitive Functioning

Involvement in Recreation Therapy can assist to:

- Increase or maintain general cognitive functioning
- Increase or maintain short and long term memory
- Decrease confusion and disorientation
- Increase or maintain communication and language skills

## 4. Personal and Life Satisfaction

Involvement in Recreation Therapy can assist to:

- Increase life and leisure satisfaction and perceived quality of life
- Increase social support
- Increase community integration, community satisfactions and community self-efficacy

## 5. Societal and Health Care Systems

Involvement in Recreation Therapy can assist to:

- Help prevent complications secondary to disability

- Improve patient compliance with rehabilitation regimes, patient satisfaction with treatment and self-dedication to treatment
- Increase outpatient involvement and post-discharge compliance with treatment plans

Adopted from Benefits of Therapeutic Recreation: a Consensus View, 1991; Kinney, Coyle and Shank and the Saskatchewan Association of Recreation Professionals.