

Since 1985, the Alberta Therapeutic Recreation Association (ATRA) has represented recreation therapists across the province. Representing over 800 professionals, ATRA is committed to supporting professional development and consistent practice for therapeutic recreation across the province

What is Therapeutic Recreation?

Therapeutic recreation is a health profession that utilizes a therapeutic process, involving leisure, recreation and play as primary tools to help people improve their independence in a sustainable manner. Improved independence increases:



Wellness



Social connections



Community



Quality of life

Recreation Therapists play a vital role in Alberta health care and our communities by...

- Supporting Albertans of all ages with physical and mental illness, addictions and disabling conditions.
- Working in both urban and rural settings throughout the continuum of the health care system, including acute care, rehabilitation (physical and mental health/addictions programs), community, continuing care (Type A, B, C), adult day programs, and private practice.



Recreation Therapy does this through...

- Promoting participation in healthy leisure and assisting in preventing patient decline so Albertans can live at home for as long as possible.
- Assisting patients in developing physical, cognitive, social, emotional, and spiritual health and wellness.
- Facilitating practice of skills in real-life situations in the community.
- Supporting individuals' achievement of rehabilitation and health goals.

We want to be a regulated profession

Recreation therapy is a strong, innovative profession in Alberta. Recreation therapists contribute to essential front-line daily care to rural and urban Albertans across health sectors. As the profession continues to grow as a key component of health care in the province, ATRA continues to drive professional development and is looking to **advance recreation therapy by seeking improved oversight through regulation**.



CONSISTENCY



ACCOUNTABILITY



PUBLIC SAFETY



TRUST