**Therapeutic Recreation Department**

The purpose of Therapeutic Recreation is to enhance the functioning, health status and quality of life of patients who have a wide variety of diagnoses and potentially limiting conditions. The main goals of Therapeutic Recreation are to provide patients with opportunities for cognitive stimulation, sensory stimulation and social participation; improve physical ability and strengthen interpersonal skills; provide emotional support; build confidence and self-esteem and manage stress/fear/anxiety; and work towards community reintegration.

The Therapeutic Recreation department offers a variety of programs and services to achieve the intended outcomes as outlined in patient’s individualized treatment plans. Therapeutic Recreation programs are offered on most units in addition to hospital wide programs which take place during the afternoons, evenings and weekends. Programs offered include:

|  |  |  |
| --- | --- | --- |
| * Snoezelen Therapy
 | * Gardening
 | * Cooking Group
 |
| * Talk and Trivia
 | * Short Stories
 | * Jeopardy
 |
| * Adapted Sports
 | * Brain Teasers
 | * Adult Colouring
 |
| * Gentle Exercise
 | * Coffee Social
 | * Bingo
 |
| * Music Night
 | * Biography
 | * Jeopardy
 |
| * Special Events
 | * Club Phoenix
 | * Movie Night
 |
| * Ice-Cream Social
 | * Games Night
 | * Hymn Sing
 |
| * Crafts
 | * Jewelry Making
 | * Manicures
 |
| Community Links for patients returning to the community when discharged |

*Recreation's purpose is not to kill time, but to make life, not to keep a person occupied, but to keep them refreshed; not to offer an escape from life, but to provide a discovery of life.
Anon.*