

## Therapeutic Recreation (TR) Specialists

Therapeutic Recreation is a profession which recognizes leisure, recreation and play as integral components of quality of life. Service is provided to individuals who have physical, mental, social or emotional limitations which impact their ability to engage in meaningful leisure experiences. The primary goal of therapeutic recreation is to maximize independent leisure functioning which in turn enhances overall health and quality of life.

Therapeutic Recreation Specialists:

- Work with individuals with physical, mental, emotional, cognitive or social limitations that impact their ability, attitude and motivation to engage freely in leisure and to maintain a healthy and balanced leisure lifestyle.
- Work collaboratively within interdisciplinary health teams which may include physicians, psychiatrists, psychologists, nurses, pharmacists, nutritionists, occupational therapists, physical therapists, speech language pathologists and social workers.
- Work in settings throughout the continuum of health care including acute care, rehabilitation, community, assisted living, day programs, long term care and private business.
- Follow established Standards of Practice including assessment, intervention/care planning, program development and delivery, documentation, evaluation, research, professional development and community practice.

In most places in Canada, a Bachelor Degree in Recreation with major coursework in Therapeutic Recreation is required for employment as a TR Specialist. Many locations are now considering certification through the National Council for Therapeutic Recreation Certification as a requirement for entry-level positions. The province of Newfoundland and Labrador is one of the areas reviewing the implications of requiring eligibility for certification.

*Adapted from Alberta TR Association, Canadian TR Association, and Newfoundland & Labrador TR Association.*

**For more information, visit the websites listed below:**

Newfoundland and Labrador Therapeutic Recreation Association - <http://www.nltra.ca/>

Canadian Therapeutic Recreation Association - <http://www.canadian-tr.org/>

The National Council for Therapeutic Recreation Certification - <http://www.nctrc.org/>