

Shepherd Center's Recreation Therapy Program



Shepherd Center's Recreation Therapy Department's mission is to help people with a temporary or permanent disability caused by injury or disease to lead healthy and active lifestyles as independently as possible through the use of recreation activities, providing education, skill development, and community reintegration opportunities

Researchers have identified that involvement in recreation activities provides many benefits, some of which include increased physical fitness, increased self-confidence and increased social interaction. Research shows that productive and positive use of recreation time for someone with a disability is not only desirable, it is imperative.

Attitude and activity strongly affect a person's health and well-being. Involvement in positive and meaningful recreation activities assists with decreasing medical complications and the need for further medical intervention and /or hospitalization, and it is one of the best ways to adjust to lifestyle changes caused by a disability.

RECREATION THERAPY SERVICES

Leisure Counseling/Leisure Education Content Areas

- Laws and rights
- Meaning of wellness
- Benefits of recreation
- Problem solving techniques
- Community accessibility
- Self-advocacy
- Transportation and Air travel
- Time management
- Community resources
- Stigma management

Leisure Skill Instruction Content Area

- Explore Recreation Interest
- Adaptive equipment
- Adaptive techniques
- Activity modifications
- Recreation Resources

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COMMUNITY REINTEGRATION

All learned information is combined to assist an individual with the confidence and knowledge to return to their community. Individuals with the support and guidance of the Recreation Therapy Specialists, learn how to function more independently and practice skills within their community. External resources are used whenever needed to assist in achieving a goal. Through the assistance of Recreation Therapy services individuals gain the confidence and knowledge to become active members of their community.