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Miramichi Regional Hospital to celebrate National Therapeutic Recreation Awareness Week

National Therapeutic Recreation Awareness Week will be celebrated from February 3rd – 9th. The Recreation Therapy Department at the Miramichi Regional Hospital will be highlighting this occasion with an information and photo display inside the Rehabilitation Department. The display will provide information about the services that are offered to patients through the recreation therapy program. Daily draws will be held.

“In celebrating this week, we acknowledge the role of leisure, recreation, and play as integral components of quality of life,” says Shirley Albert, recreational therapist. She says the therapeutic recreation service is provided to individuals who have physical, mental, social or emotional limitations which impact their ability to engage in meaningful leisure experiences. “Our services support the goal of assisting the individual to maximize independence in leisure, optimal health and the highest possible quality of life.”

Albert says that recreation therapists select, develop, implement and evaluate goal orientated services. These include functional interventions such as maintaining or improving functional abilities, enhancing well-being and facilitating independence; leisure education which teaches or enhances recreation skills and attitudes that can be used throughout life; and recreation participation that promotes health and growth through leisure and recreation experiences. She says that services are based on individual assessment and are offered in clinical, residential and community based settings. “Therapeutic Recreation can benefit people of all ages.”

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