



# RECREATION THERAPY

Recreation Therapy provides services to restore, remediate, and/or rehabilitate functional capabilities for Veterans with injuries, chronic illnesses, and disabling conditions. Recreation Therapy services include assessment and treatment for physical, cognitive, emotional, psychosocial, and leisure deficits. Services are provided based upon applying the best available research evidence, using expert clinical judgment in consideration with the Veteran's individual goals, preferences, and live pursuits.

## POPULATIONS SERVED

Recreation therapists practice across the continuum of care, providing services in inpatient settings and outpatient clinics,

- Recreation Therapists serve as key members of interdisciplinary treatment teams;
- Recreation Therapists construct individualized evidence-based recreation therapy interventions for treating patients with complex medical or mental health issues such as Polytrauma, Traumatic Brain Injury ; Post-Traumatic Stress Disorder; Spinal Cord Injury; Substance Use Disorder/ Addictions; Serious Mental Illness; and Hospice/ Palliative Care;
- Recreation Therapy treatment interventions support Veterans to reduce stress, anxiety and maladaptive behaviors, recover basic motor functioning and reasoning abilities, build confidence, and to develop compensatory strategies to master critical life skills necessary for community reengagement.

## INTERVENTIONS

Recreation therapists use discipline specific treatment modalities to address therapeutic or palliative care. Interventions are individualized to meet each Veteran's goals, preferences, and needs. Interventions are holistic and incorporate a Veteran's function, interests, family, community, and lifestyle.

## CARE STANDARDS

Recreation therapists and creative arts therapists have defined Scopes of Practice or Care Standards that guide their clinical practice. They follow the clinical care guidelines and regulations of the Joint Commission, the Commission on the Accreditation of Rehabilitation Facilities, and their professional organizations to ensure their delivery of care that is appropriate for their patients' condition and situation.