

# WHAT IS THERAPEUTIC RECREATION?

Therapeutic Recreation is the practice of using recreation and leisure to improve quality of life and functioning across all domains for people with disabling conditions, chronic illnesses, and/or different abilities.

## IN THE COMMUNITY

Also known as TR or Rec Therapy, Therapeutic Recreation can look like a variety of different things. At Billerica Recreation Department, we aim to develop adaptive programs for all ages, inclusion support services, specialized summer programs, and sensory friendly components to our special events.



## TR PROFESSIONALS

The qualified TR professional is a CTRS, which stands for Certified Therapeutic Recreation Specialist. Some states require licensure as well as certification to practice TR.

Check out [NCTRC.org](http://NCTRC.org) for more information!



# TERMS TO KNOW

**Adaptive** – This means that the program, event, or equipment was designed specifically for a certain demographic of people or with a specific disability in mind.

**Inclusion** – Intentionally planning for the success of ALL participants. We strive for all of our programs, events and physical spaces to be accessible to everyone.

**Support** – If a participant needs extra help to successfully engage in an event or program, we will work with their family to come up with a plan on how to most appropriately provide that help through staff members, instructors and materials or equipment.

**Modifications** – These are reasonable changes we can make to ensure someone is able participate to the best of their ability while aiming for engagement, enjoyment, and personal success. Modifications are typically made in a few different areas including instruction, materials and equipment, rules, and length of the program or class.

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## COMMUNITY TR PROCESS

**Program Design** – Our CTRS plans programs to offer to the community designed for various ages, abilities and interests.

**Intakes & Meetings** – Required forms and in-person or virtual meetings are necessary to help us understand each participant and their unique needs.

**Participation & Evaluation** – After sign up and payment, the fun begins! During and after programs, we will keep the lines of communication open as we work with your child and think of changes or improvements that we can make to ensure it is the best experience possible!

