

## BENEFITS OF THERAPEUTIC RECREATION

Through participation in Therapeutic Recreational Activities, Residents and Patients in health-care facilities may experience the following:

### Improved Cognitive Skills

- Ability to follow simple directions
- Improved communication
- Improved interpersonal skills
- Decision making opportunities
- Improved attention span
- Heightened sensory awareness
- Heightened environmental awareness
- Improved ability to make needs known
- Improved memory skills
- Improved self-expression

### Improved Physical Skills

- Improved fine/gross motor skills
- Increased endurance
- Increased mobility and range of motion
- Improved hand/eye coordination
- Improved ADL skills/body awareness
- Increased strength and flexibility
- Improved sleep patterns
- Improved skin integrity
- Improved appetite
- Decreased incontinence
- Decreased use of pain medications

### Improved Emotional Well-Being

- Increased socialization
- Increased motivation
- Opportunity for creative expression
- Increased self-esteem
- Increased confidence
- Decreased depression
- Decreased boredom
- Utilization of stress management skills
- Decreased Learned Helplessness

### Decrease in Behavioural Problems

- Wandering
- Sundown Syndrome
- Agitation
- Anxiety
- Repetitive motions
- Yelling and screaming
- Abusive behaviour
- Use of physical restraints
- Use of chemical restraints