

PURPOSE OF THERAPEUTIC RECREATION and ACTIVITIES



1. To promote and enhance quality of life
2. To offer activities that are meaningful to each resident
3. To enhance or maintain cognitive abilities
4. To enhance or maintain physical abilities
5. To promote emotional and psychosocial well-being
6. To provide opportunity for socialization
7. To offer opportunity for creative expression
8. To offer opportunity for decision making, choice, and responsibility
9. To offer opportunity for religious or spiritual expression
10. To offer solace and relaxation
11. To provide opportunity for fun, pleasure, and enjoyment
12. To offer opportunity to share common interests, cultures, and experiences
13. To promote independence and decreased learned helplessness
14. To provide opportunity to learn new skills, adapt old skills, and enjoy new leisure experiences