

Recreation

February 2013

Nova Scotia Recreation Professionals In Health Week

Top Ten Reasons for Residents to Attend Recreation Programs

1. Recreation assists in improving social skills.
2. Recreation assists in increasing communication skills.
3. Recreation assists in increasing passive and active range of motion.
4. Recreation assists in decreasing stress and agitation.
5. Recreation assists in decreasing the amount of falls for certain residents.
6. Recreation assists in decreasing the amount of medications for certain residents.
7. Recreation assists in decreasing signs and symptoms of depression.
8. Recreation assists in decreasing confusion and inappropriate behaviors.
9. Recreation assists in increasing self-ambulation.
10. Increased recreation decreases the amount of supervision needed on the units for nursing.

