

FACS: Recreation Therapy (HS)

Summary

The purpose of this lesson is to help students understand the Recreational Therapy career. They will learn some of the activities that Recreational Therapists could possibly use.

Materials

Recreational Therapy PowerPoint Explanation of Recreational Therapy Activities Individual supplies needed for each activity (listed on attachment)

Background for Teachers

Review all information and materials prior to class discussion. Recreational Therapists provide treatment services and recreation activities for individuals with disabilities or illnesses. They use a variety of techniques, including arts and crafts, animals, sports, games, dance and movement, drama, music, and community outings, therapists improve and maintain the physical, mental, and emotional well-being of their clients. Recreational Therapists help individuals reduce depression, stress, and anxiety; recover basic motor functioning and reasoning abilities; build confidence; and socialize effectively so that they can enjoy greater independence and reduce or eliminate the effects of their illness or disability. They help people with disabilities integrate into the community by teaching them how to use community resources and recreational activities. Recreational Therapists work in nursing, personal care facilities, hospitals, residential facilities, community mental health centers, adult day care programs, correctional facilities, community programs for people with disabilities and substance abuse centers. Recreational Therapists will also work with clients in community integration programs, they may travel locally to teach clients how to use public transportation and other public areas, such as parks, playgrounds, swimming pools, restaurants, and theaters. The education required to be a Recreational Therapist is a bachelor's degree (4 year degree). Some states require Recreational Therapists to be licensed. Utah requires a license. Salaries ranged from \$23,150 to \$60,280 in May 2008. Recreational Therapists held about 23,000 jobs in the United States in 2008. Employment is expected to increase 15% from 2008-2018, faster than the average for all occupations. Job growth comes from the therapy needs of the aging population. Career information found from: o United States Department of Labor Occupational Outlook Handbook <http://www.bls.gov/oco/ocos082.htm>

Instructional Procedures

Step 1: Review the background material for teachers. Step 2: Go through the PowerPoint with your students. Step 3: Choose as many of the Recreational Therapy Activities on the attachment that you will have time for in your classroom. There are teambuilding activities and ice breaking activities included.

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