

SPOTLIGHT: THERAPEUTIC RECREATION

Adaptive, activity-based interventions for recovery and well-being

Also known as TR or Recreation Therapy, this service utilizes recreation and other activity-based interventions to address the needs of individuals as a means to psychological and physical health, recovery, and well-being. A Recreational Therapist puts the “fun” back in functional and uses interests and leisure in therapeutic interventions.

So, what does TR look like in action? It can be anything from individuals engaging in an expressive arts workshop, chair yoga, community reintegration outings to volunteering at a place of interest, collecting community resources, and even practicing for local Special Olympic Sports as seen below.

Client Success Story

Since the COVID pandemic, Wesley’s community involvement and leisure activity had greatly diminished. As someone who spent all day outside fishing, visiting his beloved local fire and police departments, and being socially active in the community pre-pandemic, Wesley’s new goal was to take part in at least one community outing per week. Upon initial TR assessment, Covenant client Wesley noted previous participation in Special Olympics, specifically bowling.



Wesley met up with his Recreational Therapist Andrea, alongside his support staff Isabella, for an outing of bowling, social and community interaction, and fun! With the help of Therapeutic Recreation recommendations and resources, Wesley has been able to meet his weekly goal of community outings. This is one of several examples of how Wesley and other clients with Therapeutic Recreation have been able to meet their goals!