

THE THERAPEUTIC RECREATION PROCESS

WHAT IS THE THERAPEUTIC RECREATION PROCESS?

Therapeutic recreation (TR) is a systematic process that uses recreation-based, leisure-based, and play-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions. Here at the City of St. Petersburg's TR Division we aim to help our participants improve or maintain their physical, cognitive, social, emotional, and spiritual functioning to be able to participate fully in their lives. The TR process is also known as the APIED process.

THE APIED PROCESS

The process defined in detail.



PLANNING

Once the assessment information is gathered the planning begins. Appropriate activity selection will be recommended to you based on the participants goals which were set during the assessment. Activity selection will also be based on your unique needs of the participants as well as safety considerations for the group and staff.



ASSESSMENT

During the assessment, you will complete an online participant intake form followed by a 30-minute in-person meeting with a Certified Therapeutic Recreation Specialist (CTRS). This is how we gather important information in order to provide services that meet your unique needs. This is an opportunity for you and your family to learn about the TR program, ask any questions you may have and share any helpful tips and insights with the CTRS. Goals for program participation will be set at this stage.

IMPLEMENTATION

This is the fun part! Now is when you get to participate in the activities you the participant and the CTRS have selected. Whether that is bowling, social outings, life skills groups, or line dancing, you get to try the activity and see if you enjoy it. To see the program options, check out the most current seasonal brochure.



EVALUATION

After the fun and games are over, the CTRS will review the program plan to ensure that the activities selected are helping, the participants reach their identified goals. At this time the CTRS may contact you to discuss alternative program options.



The Therapeutic Recreation Division's supervised by a Certified Therapeutic Recreation Specialist (CTRS).

Visit www.stpeteparksrec.org/therapeutics for more information about the division, programs and resources offered.

If you have any questions, please contact the Therapeutic Recreation Division at 727-893-7899.



DOCUMENTATION

In order to ensure we are providing top notch programming the Therapeutic Recreation staff will document your involvement in the TR program. This information will be available for you and your families to discuss program and update program goals.



MISSION

The St. Petersburg Parks & Recreation Department's Therapeutic Recreation Division's mission is to provide recreation, leisure and play opportunities for individuals in the community with physical, intellectual and developmental disabilities.



PROGRAMS & RESOURCES

Leisure Education Programs that aim to help participants develop skills and expand their independence, such as L.I.F.E. and L.I.F.E. 2.0.

Social Programs that help participants make new friends and create an enjoyable experience, such as Fun with Friends, TRekkers, and Out on the Town.

Physical activity that provides numerous benefits, such as Outdoor Adventures, Fitness in Therapeutics (F.I.T.) and TRitons Baseball.

Adaptive Programs that provide a new experience to participants, such as Adaptive Sailing and Kayaking.