



## RECREATION THERAPY AND FALLS PREVENTION

RECREATION THERAPISTS are skilled professionals, who bring research-based knowledge and expertise to the patient/client and care team in a variety of settings.

THERAPEUTIC RECREATION helps people find and maintain meaning and purpose in their lives and assists them in developing a healthy leisure lifestyle.

RECREATION THERAPISTS acknowledge the significance of leisure and recreation as integral components of optimal health and well-being for individuals.

THERAPEUTIC RECREATION is more than simply play, it uses the power of creative leisure activities to support the rehabilitation process and promote wellness throughout our lives.



## HOW RECREATION THERAPY CAN ASSIST IN FALLS PREVENTION:

### PHYSICAL ACTIVITIES

RECREATION THERAPISTS educate clients about active living, as well as facilitate physical programs with the goal of promoting strength and balance.

### FEAR OF FALLING

RECREATION THERAPISTS provide support and leisure education to address a client's psychological barriers to increase confidence and lessen the fear of falling.

### FALLS AND COGNITION

RECREATION THERAPISTS promote and facilitate activities with the goal of increasing and maintaining cognitive functioning since even mild forms of cognitive impairment can affect the potential for falls and injuries.

### EDUCATION AND BEHAVIOUR CHANGE

RECREATION THERAPISTS educate caregivers and families on factors that can be controlled in a facility or at home to reduce or prevent falls. They adapt leisure education sessions to suit the individual cognitive level of the client being educated and assist in behaviour change through the use of social or community based programming that addresses an individual client's concerns including fear of falling, culture, and frailty. In addition, they identify barriers and facilitate programming that addresses an individual's needs.



### ENVIRONMENTAL

RECREATION THERAPISTS provide fall prevention education to clients and caregivers in order to minimize risks related to environmental factors that may cause fall injuries.