

About TRO

Established in 1999, Therapeutic Recreation Ontario (TRO) represents more than 1,800 Therapeutic Recreation practitioners, educators and students in the province.

We offer quality membership services including professional development, information, networking, advocacy, and evidence-based research and best practices. We set the standard for excellence in the profession through our registration designation.

OUR VISION

Therapeutic Recreation for All

OUR MISSION

To lead the TR profession through growth, advocacy and innovation.



www.trontario.org



THERAPEUTIC RECREATION ONTARIO 
Believe · Belong · Become



THERAPEUTIC RECREATION ONTARIO

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What is Therapeutic Recreation?



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What is Therapeutic Recreation?

Therapeutic Recreation is a health care profession that utilizes recreation, leisure, and other activity-based interventions to help individuals with illnesses and/or disabling conditions overcome health barriers to improve and maximize health, physical function, social and emotional well-being, and overall quality of life.

What does a Recreation Therapist do?

Using a collaborative approach, Recreation Therapists follow a systematic process to improve, maintain or prevent decline in health. Leisure-based treatment plans are purposeful, meaningful and based on individual strengths and values identified through assessment.



Where do Recreation Therapists work?

These health care professionals work in a variety of settings, such as:

- Hospitals
- Rehabilitation programs
- Mental health facilities
- Long-term care and retirement residences
- Day programs
- Children's treatment centres
- Schools
- Municipal parks and recreation departments
- Community settings
- Addiction treatment centres
- Disability programs
- Private practice
- and more!

How do I become a Recreation Therapist?

Post-secondary education in Therapeutic Recreation is offered at both colleges and universities in Ontario.

Recreation Therapists have a range of educational backgrounds, including degrees, diplomas or post-graduate certificates.



The benefits of Therapeutic Recreation

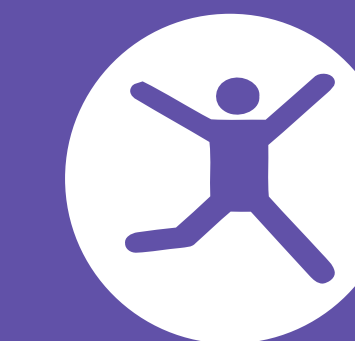
Recreation Therapists help people with illnesses and/or disabling conditions develop strategies to:



Improve and/or maintain physical and cognitive abilities



Enhance physical, emotional, mental, spiritual, behavioural and social well-being



Increase confidence and self esteem



Improve coping and adaptation skills



Strengthen interpersonal skills and relationships



Foster greater involvement in the community



Encourage a greater sense of accomplishment

And many more!