

# Accessing Your Community: The Benefits of Therapeutic Recreation in a Community-Based Setting



Rachel Pavesich  
Heather Richardson



# Welcome & Introductions

Rachel Pavesich



- ISU Graduate
- NEDSRA Intern
- SEASPAR
- Wonders Multi-Sensory Room
- WDSRA
- 3 Years Assistant Manager
- 2 years Outreach & Adult Day Program Manager

# Welcome & Introductions

Heather Richardson



- High School: Adapted PE & NWSRA
- ISU Graduate
- FVSRA Intern & Full Time
- IMSA
- WDSRA
- 6 Years Support Staff Supervisor
- 2 years Support Staff Manager

# What to Expect

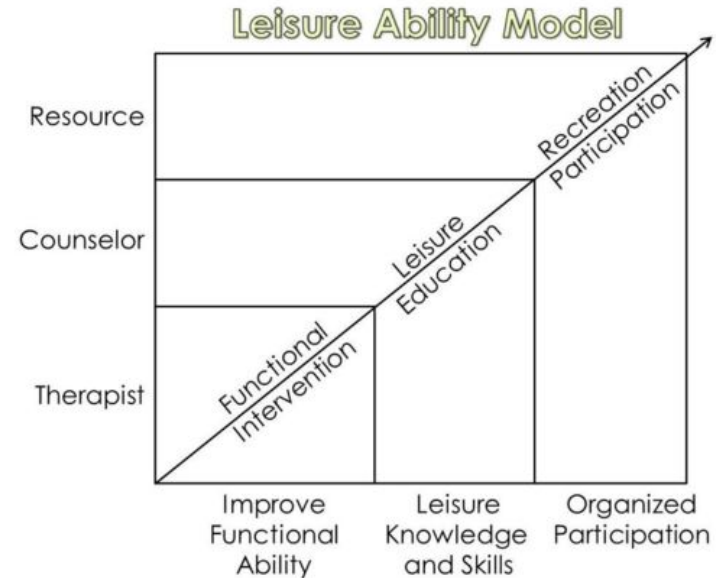
- Recreation Therapy
- Special Recreation Association Model
- What a Community-Based Setting Can Offer
- Advocacy Practices



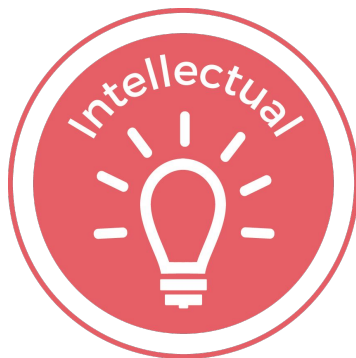
# Recreation Therapy

# Overview of Therapeutic Recreation

- TR in a nutshell...
- Goal-based and individualized
- Settings
- Services provided
- Leisure Ability Model



# Treatment Domains of Recreation Therapy



# Recreation Therapy Settings and Services

## Clinical

Inpatient  
Behavioral Health,  
Rehabilitation  
Hospitals

## Residential

Long-term Care,  
Residential  
Facilities,  
Correctional  
Facilities

## Community

Parks & Recreation  
Dept., Camps,  
Schools, Athletic  
Systems, Special  
Recreation  
Associations (IL)



# Special Recreation Associations (SRAs)

- Model unique to Illinois
  - History of SRAs
  - Funding model

## Special Recreation

**Nearly 50**

Years of Service

**200+**

Communities Served

**33**

SRAs in IL

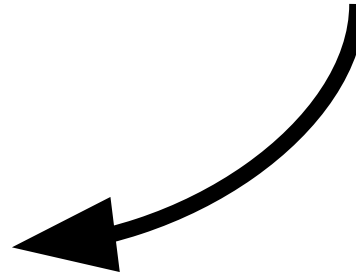
# Special Recreation Association (SRA) Model



Naperville Park District™



Western DuPage  
Special Recreation Association



# WDSRA

- Who are we and who we serve
- Program offerings:
  - Exclusive
  - Inclusive
  - Day Program
  - Community Education







# SRA/Exclusive Programming

- Programs designed/developed for individuals with disabilities
- Staff trained in supporting individuals with disabilities
- Safe environment/staffing ratios
- Fosters positive generalization
- “Real world” practice of life and social skills



# SRA Essential Services



SPORTING EVENTS



DRAMA



TRIPS



DANCES



AKTION CLUB



SYNERGY



COOKING



DAY CAMPS



SPECIAL OLYMPICS



CREATIVE ARTS



SOCIAL PROGRAMS



DAY PROGRAM

# Inclusive Programming

- Be close to home - participate at your park district
- Join activities with siblings, friends, and classmates
- Different programming options, such as preschool.
- Aides are there to support your child at no additional cost to you.
- Aides don't call attention to your child's needs as they blend in with all other park district staff.









# Choosing a Delivery Model

Selecting the type of program is guided by access and desired outcomes:



What do you want to “get” out of this experience?

# Advocacy: Making it Happen

- It's more than "just play"
- Connect IEP to the outside world
  - Incorporate recreation or leisure goals - consistency is key
  - Discuss transition early
    - What will he/she need to know/do?
    - How much time will vocational opportunities occupy?



# Why does this matter?

- People with disabilities having a place in the community
- Skill-building & socialization
- Fulfillment & enjoyment



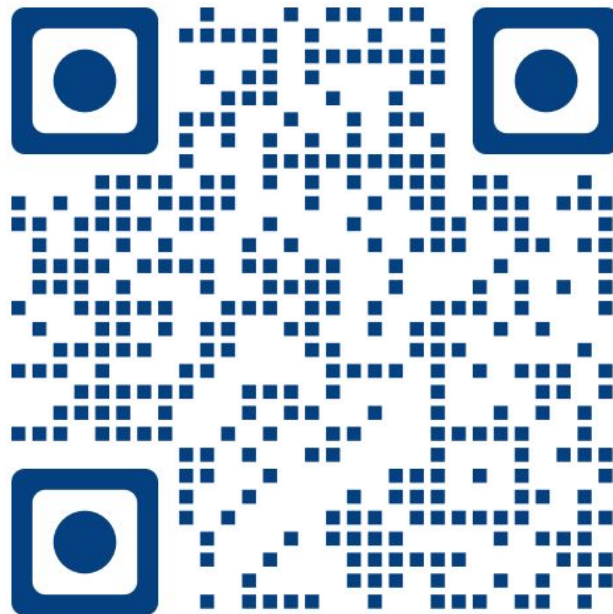
# Questions?

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