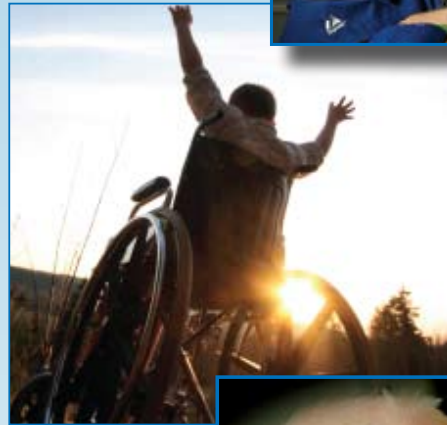


# recreational respite

recreational  
respite

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# recreational respite

## Our Distinction

**Recreational Respite** commits to provide meaningful respite solutions through individualized therapeutic programming beyond companionship services. These skilled techniques assist to improve cognitive and physical functioning, promote independence, encourage community engagement as well as reduce or diminish the effects of illness or disability.

## Our Clients

Our programming techniques will improve the physical, cognitive, emotional, and social and leisure needs of our clients. We are committed to harmonizing each client with the same team member through the duration of our services. This will create an unprecedented relationship of friendship, trust, familiarity and continuity.

Recreational Respite supports any individuals and their families that are coping with (but are not limited to);

- Alzheimer's disease or other related dementias (early onset or moderate stage)
- Acquired brain or spinal cord injuries
- Developmental disabilities: Down Syndrome, Autism spectrum disorders, Fragile X syndrome Cerebral Palsy
- Multiple Sclerosis, Parkinson's disease, Muscular dystrophy, ALS
- Stroke recovery (including those affected by Aphasia)

## Our Commitment

Our team is comprised of various expertise and experiences in: therapeutic recreation, kinesiology, developmental diversity, gerontology, rehabilitation, speech language pathology, social work and other areas of support. We are skilled in developing and implementing therapeutic programs that are proven to:

- Provide stimulation to prevent isolation and boredom
- Increase and maintain levels of social interactions
- Promote independence of mobility through individualized flexibility, balance and strength programs
- Engage, encourage and support individuals through recreational interests and community integration
- Encourage independence and promote self-advocacy

Every program is unique to the individual, thus our programs range in techniques and design.

**Program designs may include:**

- Multi-sensory exercise approaches for those with Alzheimer's disease and other dementia's
- Community integration, re-integration and transitional approaches through recreational interests
- Relaxation techniques to reduce anxiety and assist in pain management

## Community Programs

### RecreACTIVE

Recreational Respite is proud to offer unique community based therapeutic recreation programs called RecreACTIVE. Our programs are developed by our skilled team based on the unique needs of our participants and are offered in a variety of locations throughout the Halton, Peel and GTA regions. The programs are created to provide a supportive, creative, educational and inclusive environment. They will also improve and enhance the quality of life and community engagement levels of any individual with cognitive (memory or acquired), physical challenge or developmental diversities. Our participants have the opportunity to take part in programs that have been designed specifically for their interests, abilities, strengths and recreational needs. The programs welcome the opportunity for new interest development, increased abilities and continued community engagement.

## Accessing Our Services

Our service strives to provide a framework for inclusion, build care giver support and promote family unity with the highest quality of recreation and leisure engagement possible.

## Funding (some restrictions may apply):

- Passport
- Veterans Affairs (registered provider)
- Tax credits
- SSAH (Special Services at Home)



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