

# recreational respite

# recreational respite

For more information  
contact us at: [info@recrespite.com](mailto:info@recrespite.com)

Recreational Respite Inc.  
5602 Tenth Line West  
Box# 57034  
Mississauga, ON L5M 0M5  
1-877-855-7070  
905-813-0336  
[www.recrespite.com](http://www.recrespite.com)



[www.recrespite.com](http://www.recrespite.com)

Therapeutic Recreation Programs  
[www.recrespite.com](http://www.recrespite.com)



# recreational respite

## Our Distinction

Recreation therapy or therapeutic recreation enables any individual to achieve quality of life and optimal health through meaningful experiences in recreation and leisure. It provides support, guidance and advocacy for any individual with physical, mental, social, behavioural or emotional limitations. While standard therapies tend to treat illness, recreation therapy can aid to develop and maintain great well being and quality of life.

## Our Clients

Recreational Respite commits to provide meaningful respite solutions through individualized therapeutic programming in the home or in a small group setting. 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. Recreational Respite supports children, youth (Just for Kids!) and adults and their families who have been affected by:

- Cognitive (mental) impairments
- Physical challenges
- Developmental disabilities

See our special **Just for Kids!** program on our website.

## Our Commitment

Our team is comprised of Recreation Therapist with various expertise and experiences: kinesiology, rehabilitation, speech language pathology, social services work and other areas of healthcare. 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
- Engage, encourage and support individuals through recreational interests and community integration

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

[www.recrespite.com](http://www.recrespite.com)

## 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 regions. Our programs are created to provide a supportive, creative, educational and inclusive environment. RecreACTIVE programs welcome the opportunity for new interest development, increased abilities and continued community engagement.

Through generous support from the Canadian funding agency NSERC, Recreational Respite is proud to partner with the Sheridan Elder Research Centre (SERC) as part of an ongoing program of research that allows us to continually evaluate and improve our RecreACTIVE services so they keep pace with current research findings.

## 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. We are happy to work together with existing family members, care givers or other professionals in place, to offer therapeutic recreation tools and techniques and optimize quality of life.

## Funding (some restrictions may apply):

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

### Contact us!

**905-813-0336 or 1-877-855-7070**

**Visit us at [www.recrespite.com](http://www.recrespite.com)**

