



Outpatient Adaptive Sports Recreation Therapy Program

VA Salt Lake City Health Care System

RECREATION THERAPY (RT)

A treatment service designed to restore, remediate and rehabilitate a person's level of functioning and independence in life activities, to promote health and wellness, and to reduce or eliminate the activity limitations/restrictions caused by an illness or disabling condition.

RT is an evidence-based, goal oriented therapy that focuses on the enhancement of physical, cognitive, emotional and social skills, as well as, leisure development, adaptation to real or perceived barriers and reintegration back into the community with chosen life pursuits.

RT's have a minimum baccalaureate degree and may be certified as a CTRS (Certified Therapeutic Recreation Specialist) by the National Council for Therapeutic Recreation Certification (NCTRC) after passing a written, knowledge-based examination. Re-certification is required every five years and approved continuing education is mandatory.



BENEFITS

Decreased anxiety
Decreased depression
Increased socialization
Increased sense of purpose
Increased sense of confidence
Improved quality of life

Improved physical fitness
Improved overall health
Sensory Stimulation
Pain Management
Life-skills Development
Family Inclusion

ADAPTIVE SPORTS



The program's mission is to optimize Veteran's independence, community engagement, well-being, and quality of life. Adaptive sports education and application allows Veterans to stretch beyond their perceived limitations. We work with non-profits to plan,

develop, manage, and implement adaptive sports opportunities. The adaptive sports program is for both those wanting to participate for leisure as well as those for competition.

BENEFITS OF ADAPTIVE SPORTS

- Identification of leisure barriers and adaptations
- Boost activity tolerance increased endurance
- More active range of motion
- Gain overall strength
- Increased gross motor upper and lower extremity movement
- Better adaptation to physical barriers
- Self awareness of positive benefits of physical activity on quality of life
- Rise of independence through improved physical skills



NATIONAL VA SPONSORED EVENTS

Each year, the VA sponsors National Rehabilitation special events to improve awareness of the therapeutic value of recreation, sports, and the creative arts for Veterans treated in the healthcare system.

GOLDEN AGE GAMES

The only national multi-event sports and recreational seniors competition program designed to improve the quality of life for all older Veterans 55 and above, including those with a wide range of abilities and disabilities.





SUMMER SPORTS CLINIC

Adventure sports and recreational activities such as sailing, surfing, track and field events kayaking and cycling to those who were recently injured.



NATIONAL VETERANS DISABLED GOLF CLINIC

Provides legally blind and eligible disabled Veterans an opportunity to develop new skills and strengthen their self-esteem through adaptive golf and bowling events.



WHEELCHAIR GAMES

Sports & rehabilitation program for Veterans who use wheelchairs for sports competition due to spinal cord injuries, amputations or certain neurological problems.



WINTER SPORTS CLINIC

Skiing, rock climbing, snowmobiling, kayaking and scuba diving for veterans with traumatic Brain Injuries, spinal cord injuries, orthopedic amputations, visual impairments, certain neurological conditions and other disabilities.

A photograph of a swimmer in a pool, with a large splash of water in the foreground. The swimmer is wearing a purple cap and goggles. In the background, there are red and white lane markers.

PROGRAMMING

ADAPTIVE SPORTS/ ADAPTIVE BLIND/ IMPAIRED VISION SPORTS

Golf

Bowling

Scuba

Ju Jitsu/ Self Defense

Boccie Ball

Shuffleboard

Table Tennis

Nine Ball

Shooting sports - Archery/ Air Rifle/ Air Pisto

Rock Climbing

Cycling

Soccer

Basketball

Tennis

and more

AQUATICS

Group Classes—Ai Chi and more

Individuals

TEAM TRAINING FOR NATIONAL ADAPTIVE SPORTS



HOW TO GET INTO THE PROGRAM?

Who we serve: Adaptive Sports Recreational Therapy is currently providing services to outpatient Spinal Cord Injuries (SCI), Multiple Sclerosis (MS), Traumatic Brain Injuries (TBI), Amputations, Legally Blind/ Visual Impairments, Hemiparesis, Amyotrophic Lateral Sclerosis (ALS), Parkinson Disease, Cerebrovascular Accident CVA - Stroke with residual, and/ or other neurological disorders causing disabling neuromuscular function

THE RT ADAPTIVE SPORTS PROCESS IS:

1. Complete an assessment
 2. Develop a veteran-centered treatment plan
 3. Provide implementation of programs
 4. Complete evaluation of goals and objectives
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Referrals to Adaptive Sports Recreation Therapy consult: Contact your primary care, PT/OT, specialized clinics such as ALS/ SCI/ Low Vision and/or Polytrauma, nurse practitioner, physician assistant, psychologist, psychiatrist if interested.

CLINIC:

RECREATION THERAPY PM&R OUTPT



“Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being.”

American Therapeutic Recreation Association

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Salt Lake City Health Care System

Shannon O'Rawe, MS, CTRS/LRT, ATRIC, ATLS, CARSSS II

Adaptive Sports Recreation Therapist

Work Cell: 801 635 5047

Shannon.O'Rawe@va.gov