



**Helping people
with health challenges
get the most out of life.**



Promoting Independence and Choice

Is this right for my family?

Independence, health, fulfillment, choice

What is a Recreation Therapist?

An RT is a university- and college-trained health professional who helps people engage in productive and meaningful leisure time. The RT acts as friend, instructor, facilitator, educator and personal coach all at once.

Why pay for Therapeutic Recreation?

TR is a highly proactive profession that goes far beyond the abilities of companion services. TR employs a huge variety of techniques and resources, from physical activity to music, in order to design successful programs that improve quality of living.

Who should use Therapeutic Recreation?

Anyone who could be getting a bit more out of life, but needs help to find out how and ongoing support to do it.

It is a normal part of human behaviour to engage in recreation and leisure activities. People with disabilities or other barriers may need support to engage in these activities and make them meaningful and rewarding. We can help.

We do it through a practice called Therapeutic Recreation, and we deliver it in the home.

Being engaged in meaningful and productive activities that also achieve therapeutic goals can have the following benefits:

- **Increase overall life satisfaction**
- **Cope with a health condition**
- **Slow down cognitive decline**
- **Respite care / caregiver relief**

There are many other possible benefits. Call us today to find out how we can help you.

Promoting quality living

Custom, one-on-one, professionally delivered

Jackson Therapeutic Recreation services include:

- **Physical activation**
- **Cognitive stimulation**
- **Intellectual participation**
- **Social involvement**
- **Mental engagement**
- **Manage challenging behaviours**
- **Set a personal goal and achieve it**
- **Develop new skills and interests**
- **Adjust to new health realities**
- **Provide proactive and engaging friendship and interaction**

We can work with any age group or type of health challenge.

Jackson Therapeutic Recreation staff provides the best combination of skills and experience to make a real and positive difference in the life of your family member.

Caregivers are free to leave during sessions; they do not need to stay.

All of our recreation therapists are insured by liability and WSIB coverage.

The cost of our service is tax deductible as a medical expense.

VAC Health Identification cards accepted.

Multiple languages served.

Billed by the hour: from \$35.00/hr

*HST not included. Prices are subject to change without notice.

Giving your family member more

Our services will help your family member:

- **Protect their sense of independence**
- **Create and maintain conditions that promote overall health and wellness**
- **Maintain the ability and skills to have choice in their recreational activities**
- **Just have a good time**

Call us today for a free assessment.



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