



# SPECTRUM Services

## Recreation Therapy Services at Spectrum

### What is Recreation Therapy?

Recreation Therapy is a process that utilizes functional intervention, education, and recreation participation to enable individuals with any physical, cognitive, emotional or social limitations to acquire or maintain the skills, knowledge and behaviors that allow them to function independently with the least possible amount of assistance, achieve an optimal leisure experience, and participate as fully as possible in society.

### What does Recreation Therapy at Spectrum look like?

Spectrum's team of Certified Recreation Therapy Specialists (CTRS) help our clients develop skills needed to enhance independence in the community, while participating in recreational activities that improve social interaction with others. Our CTRS' work one on one with clients in the community and when possible, Spectrum arranges group activities among age and skill appropriate clients to share in recreational and social experiences. A recreation therapy session can include virtually any activity, but some of the most common activities are: hiking, geocaching, camping, miniature golf, slacklining, biking, kayaking, swimming, physical fitness, team sports, and more! In addition, Spectrum also offers Recreation Outing Groups on scheduled Saturdays throughout each semester.



Camping



Slacklining



Hiking



Water Activities

### Why Spectrum?

The Recreation Therapy program at Spectrum is run by our **Certified Therapeutic Recreation Specialists (CTRS)** who specialize in assessment, facilitation, and evaluation of recreation therapy interventions. What makes our therapists unique is their expertise in working with individuals of all ages who experience a wide variety of social communication and anxiety issues, due to a diagnosis of Autism Spectrum Disorder, Asperger's Syndrome, ADD, PDD, Giftedness, or any other condition or behavior that impedes or hinders an individual's ability to function in a social environment. Spectrum is a CLASS provider and offers private pay services as

### How can I get more information about Recreation Therapy at Spectrum?

For more information about Recreation Therapy services at Spectrum contact:

[Jole Lehr-Fizer- jlfizer@spectrumsocial.net](mailto:jlfizer@spectrumsocial.net)

[512-524-5482](tel:512-524-5482).

Also visit our website at [www.spectrumsocial.net](http://www.spectrumsocial.net) for more information on Recreation Therapy as well as other unique programs offered at Spectrum.