



recreationalrespite

THERAPEUTIC PROGRAM DESIGN, FOR PEACE OF MIND

www.recrespite.com



For more information or to book an assessment
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Respite Solutions

Short and Long Term Health
at Home Options



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Our Distinction

Recreational Respite forms a unique awareness, additional support and advocacy for our clients and their families to maximize their 'health at home' options. Our services will aid in reducing caregiver stress and help them cope with declining abilities and difficult behaviours of their loved ones.



Our team members are integral to **Recreational Respite**. We are comprised of Recreation Therapists, Activationists and Kinesiologists. They possess a unique and skilled ability to develop, implement and evaluate therapeutic programs that respond to

individually assessed needs and interests of our clients. They are able to identify the changing needs of our clients and adjust programs accordingly through ongoing progress documentation and are able to reduce or adjust specific symptoms or enhance specific functioning skills.

We are dedicated to ensuring that each clients needs' will be harmonized with that of our skilled team member. Our programs are delivered to our client in the comfort of their own home, by the same team member every time. This will ensure an unprecedented relationship of friendship, trust, familiarity and continuity. **Recreational Respite** will offer our services in a non-medical model promoting 'health at home' options in a one to one environment.

Our Commitment

Activation programming has proven the ability to:

- Decrease the rapid onset of disease or ailment
- Increase in independence for making choices
- Enhance memory skills
- Prevents social isolation
- Develop and maintain social skills

An initial assessment will identify:

- Interests, needs, strengths and abilities
- Physical, sociological and psychological characteristics of each individual

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Our Clients

Program design considers such client impairments as:

- Alzheimer's disease and related Dementia
- Multiple Sclerosis
- Parkinson's disease
- Arthritis
- Heart and Stroke Recovery
- Acquired Brain Injury
- Hospice and Palliative clients



Also, those who are coping with: Cancer, Frailty and/or Isolation.

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

Program Techniques Include:

- Montessori-based programs for those with Alzheimer's disease or related Dementias
- Emotional and spiritual needs for our Palliative client
- Community re-integration techniques for those that have become isolated
- Unique exercise programs for individuals with physical impairments such as Parkinson's disease or Multiple Sclerosis
- Expressive Arts programs for those with Acquired Brain Injuries

Community Connections

Recreational Respite's Community Connections will assist in building client confidence, family unity and support and promote adjustment to disability.

Our Community Connections service helps identify specific services that will further optimize 'health at home' options and most specifically the needs, interests, abilities and strengths of each of our clients and their caregivers.

The community connection that is created will prevent:

- Social isolation
- Develop self-advocacy skills
- Increase knowledge of community resources.
- Aid in reducing caregiver stress

Recreational Respite strives to assist our clients and their loved ones for their short and long term health care needs.



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