

Recreational Therapist – Job Description

General Responsibilities:

Recreational therapy is skilled work, provided as an aspect of active treatment, involving individualized assessment, treatment planning, treatment implementation and evaluation to restore, remediate or rehabilitate specific aspects of physical, cognitive, emotional or social functioning to assist patients/clients who have medical, psychiatric, developmental disabilities, substance abuse, sensory impairments or other disabling conditions to improve functioning and independence in life activities.

Examples of Duties Performed:

Receives physician orders for recreational therapy assessment and treatment,

Selects appropriate instruments/batteries and uses systematic assessment procedures including structured interview, direct observation, performance testing, information from others, and/or record review to generate age, diagnostic and culturally appropriate baseline data that identifies the patient's/client's strengths and limitations in physical, cognitive, social, emotional functioning as well as behavioral functioning and interests in leisure/play.

Involves patient/client, family and/or significant others as appropriate and conducts the assessment in a timely manner, in accordance with standards of regulatory agencies and/or treatment protocols and policies. Reports and documents a summary of the assessment results that contains information relative to the patient's/client's strengths, limitations, and summary of functional status. Based upon the analysis of assessment data, the recreational therapist formulates clinical impressions and recommendations for treatment, referral for other services, or no service at all.

Interprets assessment findings, collaborates/consults with the patient/client family, significant others, referring physician and team members as needed, and develops the individualized recreational therapy treatment plan that includes patient/client preferences, short term, long term and/or discharge related functional outcome goals and the treatment interventions to be used to achieve treatment goals and outcomes.

Prepares the patient for treatment and implements the individualized treatment plan using appropriate treatment interventions and counseling/helping/facilitation techniques to restore, remediate or rehabilitate physical, cognitive, emotional or social functioning in order to improve independence in life activities. Implementation of the treatment plan is consistent with the overall multi or interdisciplinary patient/client treatment program.

Evaluates patient/client progress and satisfaction resulting from the treatment interventions provided and modifies or discontinues the treatment interventions as needed and based upon patient/client progress, achievement of functional outcome goals, lack of progress or change in condition. Reports and documents patient/client progress, achievement and changes in the treatment plan.

Develops a recreational therapy discharge plan, in collaboration with the patient/client, family, significant others, supervising physician and team members, when maximum improvement in recreational therapy treatment interventions is reached, additional treatment or aftercare is needed. Reports and documents discharge summary in a timely manner, according to policy and procedure. Communicates with local health and health care agencies and community programs for the purpose of assisting patients/clients to seek appropriate treatment facilities or programs for continued recreational therapy treatment or aftercare and reintegrate into community life after discharge.

Trains recreational therapists and assigns duties and job tasks to recreational therapy assistants, recreational therapy aides, interns or field work students and volunteers and serves as a resource to other treatment areas such as physicians and nurses, physical and occupational therapy.

Provides clinical supervision for recreational therapy assistants, recreational therapy aides, student interns and field placement students who are completing field placements and internships as a degree and credentials requirement and assures that National Council for Therapeutic Recreation Certification (NCTRC) and the North Carolina Board of Recreational Therapy Licensure (NC BRTL) requirements for field placements are met.

Participates in safety, risk management and quality improvement activities and conducts program evaluation and applied research to assure safe and effective recreational therapy services.

Knowledge, Skills, and Abilities:

Knowledge of human structures, physiology of human structures, mechanics of movement, lifecycle growth and development, psychological functioning, pathology in psychological functioning, cognitive learning and motor learning that contribute to health and human functioning.

Considerable knowledge of recreational therapy practices, methods, techniques and opportunities for recreational therapists to collaborate with other health care disciplines to improve patient/client functioning and independence.

Knowledge of the characteristics, etiology, prognosis, progression and limitations of medical, psychiatric, developmental disabilities, substance abuse, sensory impairments, co-occurring disorders or other disabling conditions and the

implications for the design, implementation, adaptation and evaluation of recreational therapy treatment interventions.

Knowledge of evidence-based assessment instruments and techniques and skill in conducting individualized patient/client assessments to collect age, cultural and baseline diagnostic data in order to determine patient/client strengths and limitations in the areas of physical, cognitive, emotional and social functioning.

Ability to interpret assessment results and skill in writing functional outcome goals designed to improve patient's/client's physical, cognitive, emotional, social and behavioral functioning and to increase their independence in life activities.

Skill and ability in designing, planning and implementing evidence-based treatment interventions to restore, remediate or rehabilitate specific aspects of physical, cognitive, emotional and social functioning in order to improve functioning and independence in life activities and to reduce limitations to activity participation caused by medical, psychiatric, developmental disabilities, substance abuse, sensory impairments or other disabling conditions.

Ability to evaluate and document patients'/clients' responses to treatment and progress towards goals, to develop and document recommendations for discharge and aftercare and to prepare and present evaluative reports interdisciplinary team members, monitoring bodies, family members, and a variety of professional disciplines is required.

Knowledge of assistive devices, assistive technology and activity adaptations used to assist patients/clients to function as independently as possible in life activities.

Ability to train and instruct subordinate staff, students and other medical and paramedical personnel in the methods and techniques of recreational therapy practice is required.

Knowledge of evaluation techniques and basic statistics and the ability to evaluate safety and risk management and quality improvement activities is required. Ability to conduct applied research to improve the safety and effectiveness of practice is also required.

Minimum Qualifications:

Must be Licensed Recreational Therapist (LRT) and meet the education, supervised clinical experience, and other requirements, including practice in accordance with professional standards of practice and codes of ethics, of the North Carolina Board of Recreational Therapy Licensure (NC BRTL).