



Creating Community Together

THERAPEUTIC RECREATION & LIFE SKILLS

facilitate individual healthy lifestyles in a supportive and interactive community

Under Bloorview's Life Skills and Wellness Institute, the Therapeutic Recreation & Life Skills program provides a variety of recreation, life skills and community development programs and services responsive to the needs identified by children, youth and families of Bloorview Kids Rehab.

To create greater opportunities for children and youth with physical disabilities to participate in the community, we partner with families, other Ontario children's treatment centres, schools, community colleges, local parks and recreation departments, government agencies, community groups and disability-related organizations.

We provide a variety of programs that focus on life skills, transition and quality of life activities related to health, fitness and active living.

Our services include:

- Consultation
- Community-based program development and support
- Information and resource sharing
- Education and training
- Recreation and leisure counseling
- Health promotion and
- Family support

THERAPEUTIC RECREATION & LIFE SKILLS is part of the Life Skills and Wellness Institute at Bloorview Kids Rehab, 150 Kilgour Road, Toronto, Ontario, Canada, M4G 1R8.

For more information, please call 416-425-6220 or (toll free) 1-800-363-2440, x 3501; or visit us at www.bloorview.ca

ADAPTED RECREATION EQUIPMENT LOAN SERVICE AND SPORTS INFORMATION & CONSULTATION – CHILDREN & YOUTH

Where: Bloorview/Ontario

Contact: Arnold Lopez, 416-425-6220, x 3541

Description: The Recreation Equipment Loan service is available for Bloorview families free of charge. They may borrow recreation equipment up to 14 days on a trial basis to help determine whether they want to purchase an item. Please note, an assessment may be needed to determine whether equipment is appropriate for the user. Sports information and consultation are also available for Bloorview families.

DOOR 2 ADULTHOOD

Contact: Dawn Lunan, 416-425-6220 x 3287

Description: Door 2 Adulthood is a website that provides information about transition resources and services to youth, parents and service providers throughout Ontario. The website also gives youth the opportunity to network and share ideas.

FAMILY FACILITATORS – SUPPORT FOR PARENTS AND CAREGIVERS

Where: At Bloorview Kids Rehab or by phone

When: All year

Contact: Susan Beayni or Dawn Lunan, 416-425-6220, x 3284 or x 3287

Description: Family Facilitators are parents of youth with disabilities. Facilitators act as a resource for our families. We can help you find the answers to your questions, help you to get involved in a family networking group, keep you informed about workshops and information sessions and help you to access resources at Bloorview and in your community. Family Facilitators are also here to support you and your family in thinking about your child's future. We feel it's important to think about the future and it's never too early to start.

HOME & COMMUNITY LIFE SKILLS ASSESSMENTS

When: All year

Ages: 7-14 yrs contact Erin Wilkie, 416-425-6220, x 3299

Ages: 15-21 yrs contact Julie Osbelt, 416-425-6220, x 3298

Where: At home or in the community (Toronto & GTA – Ontario consultation available by telephone)

Description: For individuals with physical disabilities, a small team consisting of an occupational therapist and therapeutic recreation specialist meet individually with each child and family to set goals and develop strategies to maximize participation and independence in age-appropriate family and community activities. Families receive follow-up consultation to support the achievement of goals and to review strategies.

LEADER IN TRAINING - AGES 16-20

When: July, 2008 and Sept.-March, 2008-09 (1 weekend day a month and 5 days during March Break)

Where: Bloorview

Contact: Robyn Sanford, 416-425-6220, x 6406

Description: For high school students with disabilities who are motivated to work on goals related to employability skill development. Program activities include education on job readiness topics, job shadowing, work experience, discussion with other LIT participants led by Youth Facilitators, opportunity to connect with a professional living with a disability (mentor), information sessions and discussion groups for parents.

MENTORSHIP

MENTEES: AGES 8 & OVER

MENTORS: AGES 16-29

When: All year

Where: Bloorview and community (Toronto area)

Contact: Danielle Svec, 416-425-6220, x 3204

Description: A program for youth with physical disabilities to develop skills to become a mentor, and for children and youth with physical disabilities who may benefit from having a mentor. We currently have 15 trained mentors. We are looking to match them up with young people ages 8 and over who would like to have a mentor. Mentorship encourages youth to support one another, and to establish and achieve goals. It provides participants with the opportunity to acquire skills to enhance their independence. Mentorship Training is held at Bloorview Kids.

RECREATION AWARENESS PROGRAM ONTARIO - ALL AGES

Where: Bloorview

When: All year

Contact: Barbara Anthony, 416-425-6220, x 3542

Description: The Recreation Awareness Program provides information and services to promote recreation for children and youth with physical disabilities and their families to increase participation at home, at school and in the community. Recreation outreach is provided in the following areas: Active Living Centre, recreation education and promotion, leisure counselling, community consultation, development and research.

RONALD McDONALD PLAY ROOM - AGES 2½ AND UP

Where: Bloorview

When: Monday- Friday, 9:00 a.m.- 12 noon and 1:00 p.m.- 4:00 p.m.

Contact: Shawna Perkins, 416-425-6220, x 3438

Description: The Ronald McDonald Playroom offers supervised play for clients visiting Bloorview and their siblings, ages 2 ½ and up. Families may leave their children here for up to 2 hours, while parents and caregivers meet with staff for appointments in the building, use the Resource Centre, or attend workshops and information sessions. Our Play Area provides children with toys, games, music, arts and crafts, and more. Most of all, we invite children to come and have some fun!

SKILLS FOR TRANSITION PROGRAM – AGES 15-21

When: All Year

Where: At home, school or in the community (GTA and surrounding areas)

Contact: Sarah Keenan or Natalie Timbrell, 416-425-6220, x 3297 or x 3296

Description: Skills For Transition is a community program for youth with physical disabilities that offers opportunities to learn and practice life skills needed for managing day-to-day tasks at home, at school and in the community. Using a one-to-one coaching model, participants plan and carry out strategies to help them achieve their goals.

SNOEZELEN POOL - ALL AGES

When: All year

Where: Bloorview **Fee:** \$10.00 Per session

Contact: Skye Gross, (416) 425-6220, x 3308

Description: The Snoezelen Pool provides a unique alternative to traditional recreation resources in the community. Caregivers/clients are gently guided in a 45-minute therapy pool session, which incorporates the Snoezelen concept with the benefits of a therapy pool. The tactile medium of warm water promotes muscle relaxation. Snoezelen equipment and a hydrophone speaker provide visual/auditory stimulation. The combination creates a calming effect for those with sensory integration needs or sensitivity.

SNOEZELEN ROOM - ALL AGES

When: All year

Where: Bloorview

Contact: Skye Gross, (416) 425-6220, x 3308

Description: Snoezelen is a unique, sensory environment that uses music, lighting effects, gentle vibrations, aroma and tactile sensations to create a stimulating yet relaxing atmosphere. Opportunity is thus created for individuals to experience leisure at their own pace. Snoezelen provides a non-threatening and controlled environment, which can be ideal for those with moderate to severe disabilities.

SWIM PROGRAMS – ALL AGES

Where: Bloorview

When: Monday to Sunday – morning, afternoon & evening

Fee: Based on program and session length – for specific program information please visit

www.bloorview.ca/swim

Contact: Swim School Registration Line 416-425-6220, x 3063

Description: We offer an excellent range of swim programs for infants to seniors in our fully accessible, 92° pool. Programs are instructional and recreational in nature, and many are fully integrated. Red Cross swimming lessons, Aquafitness for kids and adults, Family Swim, Adult Swim as well as Pool Rental for parties are all available. For details please visit www.bloorview.ca/swim

THE INDEPENDENCE PROGRAM - AGES 17-21

When: Summer 2008 - info provided all year

Where: Ryerson University

Contact: Kimberlea Jones-Galley 416-425-6220, x 3645

Fee: Negotiated yearly to cover program costs, personal expenses and food.

Description: 3-weeks for Ontario youth with physical disabilities to maximize their independence. Living in residence at Ryerson University, youth learn to live independently, set realistic goals and make decisions. Applicants are in the process making a transition to college, university, employment or independent living and can identify their personal care needs.

THERAPEUTIC PLAYROOM & THERAPEUTIC RECREATION SERVICES INFANCY-18 YEARS (IN-PATIENTS/DAY-PATIENTS)

Where: Bloorview

Contact: Robyn Sanford, 416-425-6220, x 6406

Description: Therapeutic Recreation Specialists and Early Childhood Specialists focus on enhancing the lives of our in-patient/day-patient clients through play and recreation. While staying at Bloorview Kids Rehab, clients and their families develop valuable leisure-related life skills that will assist with successful transition back into their communities. Through Therapeutic Playroom and Therapeutic Recreation Services, the clients are successful in one of the most important aspects of being a kid...having fun!

YOUTH DROP-IN - AGES 16-29

When: 5 times a year - in partnership with The Anne Johnston Health Station, The Gage Transition to Independent Living, the Spina Bifida & Hydrocephalus Association of Ontario and City of Toronto Parks, Recreation and Forestry, North District.

Where: Earl Bales Community Centre, Toronto & GTA

Contact: Julie Osbelt, 416-425-6220, x 3298

Description: A Saturday evening social program for youth with physical disabilities and their friends to "drop in", make new friends and have fun! Music and refreshments provided - \$3.00 per person.

YOUTH ADVISORY COUNCIL - Y.A.C AGES 16-29

When: Sept.-June, every 3rd Saturday of the month - 6:00 p.m. – 8:30 p.m.

Where: Bloorview

Contact: Kim Jones-Galley 416-425-6220, x 3645

Fee: \$2/mtg (total of \$20.00/yr) – Bloorview Kids Rehab clients/former clients

Description: YAC (for youth with physical disabilities registered with Bloorview Kids Rehab) provides a sounding board for staff, clients and parents to develop and evaluate Bloorview Kids Rehab programs/services. YAC offers youth and young adults the opportunity to develop advocacy skills, socialize and have a good time!

