

*Your name*

*Address Address*

*Date*

NAME

Minister of Long-Term Care

Via email: EMAIL

Dear Minister:

I am a Therapeutic Recreation professional who works in a Long-Term Care (LTC) home. I am writing to share my thoughts in regards to the recent LTC Increase Funding Policy.

As a Therapeutic Recreation professional, I am a trained professional and I believe residents deserve to live their best life, right up until their very last breath.

Therapeutic Recreation is experienced by all residents in Long Term Care. We enable residents with diverse abilities to flourish, to see a life worth living, rather than merely existing. We help families have peace of mind knowing that their loved one is not left to languish with boredom, isolation, or loneliness, but engaged in meaningful physically, emotionally, and mentally stimulating experiences.

Therapeutic Recreation is a process that utilizes functional intervention, education and recreation participation to enable persons with physical, cognitive, emotional and/or social limitations to acquire and/or maintain the skills, knowledge and behaviours that will allow them to enjoy their leisure optimally, function independently with the least amount of assistance and participate as fully as possible in society. Therapeutic Recreation intervention is provided by trained professionals in clinical and/or community settings.

Supporting meaningful and intentional interactions for residents by all members of the care team is vital to decrease social isolation and enhance or maintain cognitive functioning but should also be in collaboration with the professional practicing Therapeutic Recreation. Currently, we are facing a challenge where a professional practicing Therapeutic Recreation may be referred to as multiple different titles including; Recreation Therapist, Recreation Therapy Assistants, Activity Assistants, Activity Directors, and other similar roles.

We are trained to understand the mental, physical, psychological, spiritual, and social domains of residents with diverse and complex needs and abilities. We are trained to support quality of life outcomes through therapeutic interventions based on individual assessments and treatments which includes developing meaningful programs and providing individualized support. We are qualified to anticipate, de-escalate, and support residents who experience personal expressions (responsive behaviours). Without these skills and training, the LTC home

would spend more resources on higher cost responses including pharmacological treatments, hospital admission, and/or the hiring of additional staff.

As a Therapeutic Recreation Professional, I want you to be aware of the support, abilities and skill set that we as Professionals can provide. I urge you to keep Therapeutic Recreation Professionals in mind for future policies and funding opportunities.

Sincerely,

*(insert your signature)*

Be sure to copy your emailed letter to the following people:

Katherine Lee, R/TRO, President, TRO, [president@trontario.org](mailto:president@trontario.org)

Hon. Doug Ford, Premier of Ontario, [premier@ontario.ca](mailto:premier@ontario.ca); [doug.ford@ontario.ca](mailto:doug.ford@ontario.ca)

Marit Stiles, Leader, NDP Leader, [mstiles-qp@ndp.on.ca](mailto:mstiles-qp@ndp.on.ca)

Bonnie Crombie, Liberal Leader, [info.leader@ontarioliberal.ca](mailto:info.leader@ontarioliberal.ca)

Wayne Gates, NDP LTC Critic, [wgates-qp@ndp.on.ca](mailto:wgates-qp@ndp.on.ca)

John Fraser, Liberal LTC Critic, [jfraser.mpp.co@liberal.ola.org](mailto:jfraser.mpp.co@liberal.ola.org)