

---

## 20 WAYS TO CELEBRATE THERAPEUTIC RECREATION WEEK

---

1. Place the definition of therapeutic recreation on your e-mail signature or business card as a way to market what therapeutic recreation is.
2. Have participants / residents write stories of how therapeutic recreation has affected them. Post these and their pictures.
3. Produce and distribute handouts with leisure education activities to co-workers.
4. Invite news reporters and television news to one of your special events to educate your local community.
5. Organize an open house and workshop on therapeutic recreation for health care professionals in your area.
6. Hold a workshop for coaches on inclusion and the benefits of sports for kids with disabilities.
7. Organize a community "Buddy Walk" for persons with disabilities and a community partner. Promote inclusion and health lifestyles.
8. Organize an event at which people who have benefited from therapeutic recreation share their success stories.
9. Organize a barrier-fall day to promote removing barriers for people with disabilities from participating.
10. Organize a question-and-answer session with government officials to educate them on therapeutic recreation.
11. Submit an article or press release on National Therapeutic Recreation Week to your local newspapers.
12. Organize an inclusive bike ride including both hand-cycle and traditional.
13. Speak at your next city council meeting about the accessibility needs of your community.
14. Write letters to and visit local businesses about being accessible to persons with disabilities.
15. Feature adapted equipment and explain simple modifications that can enhance program accessibility.
16. Develop a raised garden in your facility. Have community members choose items to grow.
17. Partner with community mental health professionals to hold a leisure education class series
18. Organize a presentation to co-workers on the benefits of therapeutic recreation.
19. Invite community parks and recreation staff to an open discussion on inclusion and what it means.
20. Organize an intergenerational program for seniors and children, such as story time, reading programs to encourage reading or other programs that might enhance academic performance.