

Clinton's Therapeutic Recreation department has big goals for 2020

By Department of Therapeutic Recreation Director Chandra Broomfield

Therapeutic recreation can be defined as the use of purposeful recreation activities to increase functioning and overall quality of life. It is with this in mind that the Department of Therapeutic Recreation sets its 2020 goal to not only develop programs, but to also cultivate strong community relationships that ultimately lead to reaching the goal of "Improving Lives One Program at a Time."



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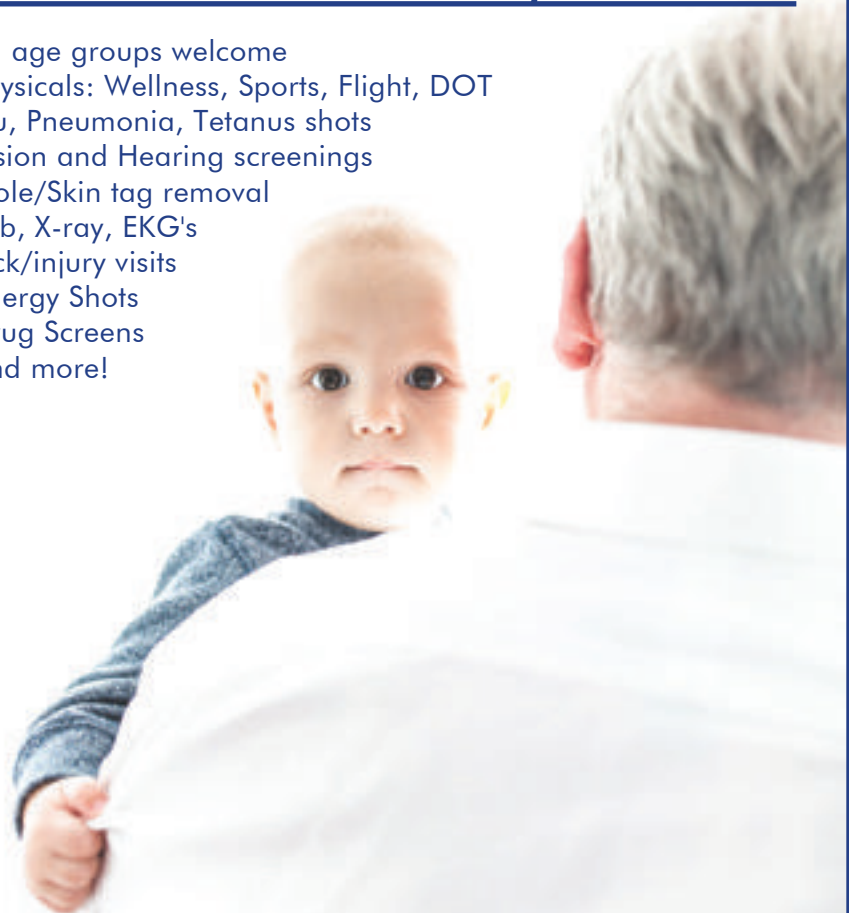
The mission of the City of Clinton Department of Therapeutic Recreation is to provide quality recreation and leisure opportunities for individuals ages 50+ as well as those with physical and/or cognitive impairments ages 6+. In 2019, the department integrated the two populations served by developing more inclusive and intergenerational programs. We will continue to do so in 2020, while striving for the goal of improved recreational opportunities.

The Living Young Program serves the needs of individuals who are age 50 or better through monthly and weekly recreational opportunities. In the coming year, there will be increased focus on wellness programming by adding new weekly fitness opportunities to the schedule. As always, we will focus on improving existing programs by conducting intentional surveys for current and potential program participants. We will also survey the need for weekend and evening programs, classes and events in an effort to reach the working demographic over the age of 50. We will strive to have a greater presence in the community, as well. This will be done through service and outreach projects that will accommodate the desire that many of our participants have to give back.

Our continued goal for the Abilities program is to help participants to improve both mentally and physically through involvement in recreational programs. We will offer more chances for learning and socialization as well as continue to offer sports programming throughout the year. The department will continue its leisure education and co-op components in an effort to give participants a program that will further help to increase their quality of life.

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