



County of Sacramento
Department of Regional Parks
Therapeutic Recreation Services
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Therapeutic Recreation Internship Program

Goals of the Program

Therapeutic Recreation Services is not a defined set of activities, but rather a dynamic and changing organization dedicated to meeting the recreational needs of persons with disabilities. Hopefully, this involves a growth process as participants discover new interests; develop skills; experience success and acceptance.

As a result of the recreation program, we hope to encourage communication and language development, teach participants to follow directions and increase social and behavioral skills. Through gearing activities for the success of individual participants and demonstrating respect and concern for each person, we hope that participants are able to build strong and positive self-concepts.

Program Objectives

It is the intent of the County of Sacramento, Therapeutic Recreation Services to:

1. Help participants develop an awareness and appreciation of leisure.
2. Prepare participants for integration into regular recreation programs in the community.
3. Help participants to improve self-confidence through emphasis on ability, rather than disability.
4. Improve physical growth and development and enhance motor skills among the participants.
5. Teach skills necessary for the creative and constructive use of leisure.
6. Encourage the discovery of new leisure interests.
7. Provide an opportunity for participants to meet and socialize with peers.
8. Promote integrated activities; increase community awareness of individuals with disabilities.

