



The Children's Hospital

www.thechildrenshospital.org

## Vision Statement

The Therapeutic Recreation/Child Life Department will continually aspire to provide equitable services, which recognize the individuality of patients and families. We will work as a team to capitalize on their existing strengths, to build skills and promote mastery through state of the art, cost effective interventions. We will promote wellness as a necessary component of medical excellence to achieve quality outcomes in the dynamic environment of pediatric healthcare.

## Mission Statement

The Therapeutic Recreation/Child Life Department uses play and recreation as the primary treatment modality to maintain or advance patients' developmental skills and to promote or restore their emotional well being. We support The Children's Hospital's commitment to quality care by cultivating a child-centered, holistic approach to treatment.

## Goals

The Therapeutic Recreation/Child Life Department recognizes that it is through play and recreation that children explore, learn about, cope with and master the hospital environment and their health care experiences. It is therefore the goal of the Therapeutic Recreation/Child Life Department to utilize play and recreation to assist patients in developing, maintaining and/or enhancing their highest level of social/emotional, physical, cognitive, communication and leisure functioning. Therapeutic Recreation/Child Life staff provide patients and their families with a wide variety of services and resources to assist them in achieving patient outcomes.

### *Ψ Social Emotional Development*

The patient has an enhanced self-esteem as a result of choice and control offered through therapeutic play. The Therapeutic Recreation/Child Life Specialist facilitates self-awareness and encourages independence, responsibility, and self-care.

The patient has an improved ability to cope as a result of preparation and education. The Therapeutic Recreation/Child Life Specialist helps patients learn and utilize specific stress management techniques, including relation, visual imagery, self talk, humor, breathing techniques, etc.

The patient has improved social functioning as a result of social skill development and a variety of opportunities to interact with patient peers and others. The Therapeutic Recreation/Child Life Specialist conducts/coordinates therapeutic groups, special events, out trips, etc.

The patient has increased ability to make transitions to other hospital units/services, home, school, and/or community. The Therapeutic Recreation/Child Life Specialist boosts patient confidence and competence with regard to such transitions through preparation, family education, out trips and reintegration activities.

### Ψ *Physical/motor Development*

The patient has improved physical functioning/fitness as a result of the Therapeutic Recreation/Child Life Specialist's encouragement to maintain (or regain) an ideal level of physical activity commensurate with the patient's physical condition.

The patient has increased success in meeting short and long-term physical challenges through the use of adapted activities, equipment and environment provided by the Therapeutic Recreation/Child Life Specialist.

The patient has improved physical functioning as he/she transitions to home, school, and community following a debilitating event. The Therapeutic Recreation/Child Life Specialist offers rehabilitation activities and opportunities to practice mobility.

### Ψ *Cognitive Development*

The patient has a more realistic understanding of his/her health care experience through preparation (including pre-admission tours), medical play, patient education and ongoing orientation to the unit/staff/routine. The Therapeutic Recreation/Child Life Specialist helps to identify and clarify patients' misconceptions and offers developmentally appropriate explanations and sensory data to increase patient comprehension.

The patient has an increased opportunity to seek needed information as a result of facilitation by the Therapeutic Recreation/Child Life Specialist to identify patient fears and questions and promote patient inquiry skills.

### Ψ *Communication/Language Development*

The patient has increased terminology with which to articulate his/her health care experiences and associated emotions as a result of familiarization activities and emotive language enhancement.

The patient has improved listening skills as a result of communication enhancement activities provided by the Therapeutic Recreation/Child Life Specialist.

The patient has improved self-expression as a result of opportunities for verbal and non-verbal communication through play.

### Ψ *Leisure Functioning*

The patient and family have increased leisure awareness and ability to recognize play and leisure interests. They are able to identify and clarify their own values, attitudes, and goals in play and leisure.

Through leisure planning, patients and families can be more self-determined, self-sufficient, and pro-active in relation to their play and leisure behavior.

Through leisure education, patients learn leisure skills and become more aware of leisure options as they transition from hospital to home and/or community settings.

Through leisure participation, patients and families learn and practice appropriate social skills that enhance their relationships with others.

### Summary

Therapeutic Recreation/Child Life Specialists practice family-centered care in an environment of acceptance and support. Independence, responsibility and self-care are encouraged. Patients learn and utilize specific techniques that help them recover and enhance their quality of life.