

Recreation Therapist (RT)

The Medical Foster Home Recreation Therapist (RT) uses treatment, education and recreation services to help Veterans develop and use leisure time to enhance their health and independence.

The RT provides information on home and community recreation resources to help Veterans:

- Maintain control in different environments.
- Improve personal opinions of how they are doing.
- Improve the quality of their lives.



Examples of Modalities

- Memory Stimulation
- Pain Management
- Leisure Education and Counseling
- Behavioral Management
- Sensory Stimulation
- Access to Community Resources
- Social Skills Training
- Stress Management
- Coping Skills

Useful Tools

- Instructional Videos
- Creative Arts
- Community Outings
- Electronic Games
- Animals
- Adapted Equipment
- Mind Teasers
- Exercise
- Games and Cards
- Sports
- Dance and Movement

A Brief Overview

The Recreation Therapist educates, and promotes meaning and purpose in the lives of the Veterans, their families and caregivers.



**Medical Foster Home
is here to help our**

- **Veterans**
- **Their Families**
- **Their Caregivers**

Veteran and Caregivers Outcomes

- Increased Motivation
- Strengthened Relationships
- Knowledge Of Resources
- More Holistic Well-Being
- Increased Social Outlets
- Decreased Stress/Anxiety
- Improved Self Concept
- Maintenance Of Independence
- Enhanced Quality Of Life
- Increased Functioning



If you are interested in the Medical Foster Home Recreational Therapy

Call:

816-922-2009 or
1-800-525-1483



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Medical Foster Home Program

Recreation Therapy Service



**Kansas City VA
Medical Center
Kansas City, MO**