



# Diversional Therapy National Definition of Practice

(DTAANC 2007)

Diversional Therapy professionals work with individuals of all ages to optimise their leisure involvement and experience. The primary goal of Diversional Therapy is to facilitate the process of empowerment and enable participants to make choices and decisions which maximise their participation in leisure experiences that suit their individual needs and wants. This is achieved through the facilitation, co-ordination and planning of leisure and recreational programmes that are designed to support, challenge and enhance the psychological, social, emotional, spiritual, cognitive and physical well-being of individuals.

Diversional Therapy professionals recognise that leisure participation is the right and essential need of all individuals within society. Diversional Therapy professionals recognise and facilitate positive leisure experiences that contribute significantly to health and well being. Utilising their understanding of human behaviour and functioning Diversional Therapists draw on the multiple benefits of leisure participation to enhance individual's quality of life outcomes.

## **Areas of practice:**

Diversional Therapists work in a range of health, community and leisure settings. Employment areas and the areas in which Diversional Therapists practice are continually expanding. Employment areas include:

- Day and respite services
- Dementia services
- Disability leisure programmes and services
- Mental Health services
- Palliative Care
- Rehabilitation and hospital based units
- Residential aged care services
- Retirement Villages
- Specialty health and community services
- Youth programmes
- Correctional Services
- Consultancy and private practice

## **Scope of practice:**

The Diversional Therapy profession supports two levels of professionals.

- Diversional Therapist (Level 1 member of the Diversional Therapy Association). Professionals at this level hold a degree or diploma from an approved course of The Diversional Therapy Association of Australia National Council (DTAANC).

The role of the Diversional Therapist includes management and co-ordination of a Diversional Therapy department, leading teams of Diversional Therapy staff, undertaking comprehensive client assessment, developing individualised programme plans with specific goals, evaluating these programmes, initiating and leading continuous quality improvement, developing and evaluating leisure education programmes.

- Diversional Therapists have specialised knowledge and skills in the following areas:

- Application of leisure theories and relevant models of practice
  - Human behaviour and functioning
  - Comprehensive assessment of leisure related needs and abilities
  - Development of individualised client centred programmes
  - Facilitating client choice and decision making through offering a range of options for leisure participation.
  - Evaluation of individual and group programmes
  - Advanced communication and advocacy skills
  - Leisure programming for individuals and groups
  - Leisure education
  - Activity analysis and modification
  - Documentation of professional practice and client care
  - Continuous quality improvement and evaluation
  - Teaching and facilitation
  - Health promotion through leisure programming
  - Management of teams and departments
- Diversional Therapy Assistant/ Recreational Activities Officer
- (Level 2 member of the Diversional Therapy Association). Professionals at this level are working in the field of diversional therapy and/or hold a certificate IV or above from an approved course of The Diversional Therapy Association of Australia National Council (DTAANC) or are working towards the same.
- The role of the Diversional Therapy Assistant/Recreational Activities Officer includes working with clients with specific needs to plan, facilitate and evaluate individual and group leisure and recreation programmes, collect data on clients' leisure and recreational needs, abilities and limitations and complete associated documentation. Professionals at this level usually work under the supervision of a Diversional Therapist.
- Diversional Therapy Assistants/Recreational Activities Officers have skills and knowledge in the following areas:
- Appreciation of the importance of leisure and recreation participation
  - Base level understanding of human functioning and behaviour
  - Communication skills
  - Facilitation and group work skills
  - Creative and expressive recreation
  - Collection of data for the development of leisure and recreational programmes
  - Evaluation of individual and group participation
  - Leisure and recreation programming
  - Provision of a range of leisure and recreation activities covering psychological, social, emotional, spiritual, cognitive and physical domains.
  - Team and group work