



2020 - 2022 Strategic Plan

Diversional and Recreational Therapy Australia

DRTA is the peak body representing leisure and recreation professionals across Australia.

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The importance of leisure and recreation.

We all value the parts of our lives that we can put aside to engage in enjoyable activities, meaningful pursuits, sports, outings, education, hobbies, play or social engagements. These parts of our lives are vital to our wellbeing and continued growth. The benefits of engaging in personally meaningful and enjoyable activity extend far beyond the time we are involved in the activity itself.

Diversional or Recreational Therapy is about finding and facilitating ‘those’ things, activities we engage in where time seems to fly and feel more energised and alive. There are ranges of reasons that people might benefit from Diversional and Recreation therapy:

- When engagement in the things that matter has been compromised due to a change in health status, mood, living environment, or age-related changes.
- In situations where people have never really had the time, freedom, or space to try different activities until they find what works for them.
- When existing or newly discovered passions and engagements might be further explored to achieve personally meaningful goals and health and wellbeing improvements.

Diversional or Recreational Therapists do not just incorporate leisure and recreation to pass the time or being entertained. Therapist’s support and empower individuals through leisure and recreation to enhance their quality of life and wellbeing. As an unknown author once said, “Recreation’s purpose is not to kill time, but to make time live; not to keep people occupied, but to keep them refreshed; not to offer an escape from life, but to provide a discovery of life.”

Vision Statement

Diversional and Recreation Therapy Australia continue to ensure the standard for excellence in therapeutic leisure and recreation services nationally and internationally.

Mission Statement

Diversional and Recreation Therapy Australia is committed to promoting, fostering, and advancing the development of Diversional and Recreation Therapy in Australia and internationally.

Its mission is to ensure that the practice of Diversional and Recreation Therapy continues to be viable and relevant, contributing to the wellbeing of clients and the community while encouraging education and professional development with members.

Scope of practice

Diversional and Recreation Therapy is a client-centred practice underpinned by a firm belief that leisure and recreational experiences are the right of all individuals.

Diversional Therapy is also known as Recreational Therapy, is an allied health profession whose practitioners hold bachelor qualifications to explore, remove barriers and facilitate engagement in personally meaningful leisure and recreation pursuits. Practitioners work across government, non-government, private and community sectors.

Diversional and Recreational Therapists work in a wide range of settings, such as: hospital wards, including aged care, orthopaedics, paediatrics and psychogeriatrics, rehabilitation units, justice centres, community centres, day and respite services, adaptive sport, residential aged care, ethnic-specific services, palliative care and outreach programmes, mental health, dementia-specific services, specialist organisations, private practice, consultancy, and management.

Specialist knowledge and skills include leisure theory, leisure behaviour and recreational activity provision, adaption and modification, physiology and disease, ageing, human behaviour, group facilitation, empowerment, social skills, disability, and mental health.

Degree qualified therapists often manage leisure, recreation, and lifestyle teams, overseeing the overall provisioning of programs related to leisure, lifestyle, quality of life and wellbeing. DRTA is the national professional association representing Diversional and Recreation practitioners across all levels of education.

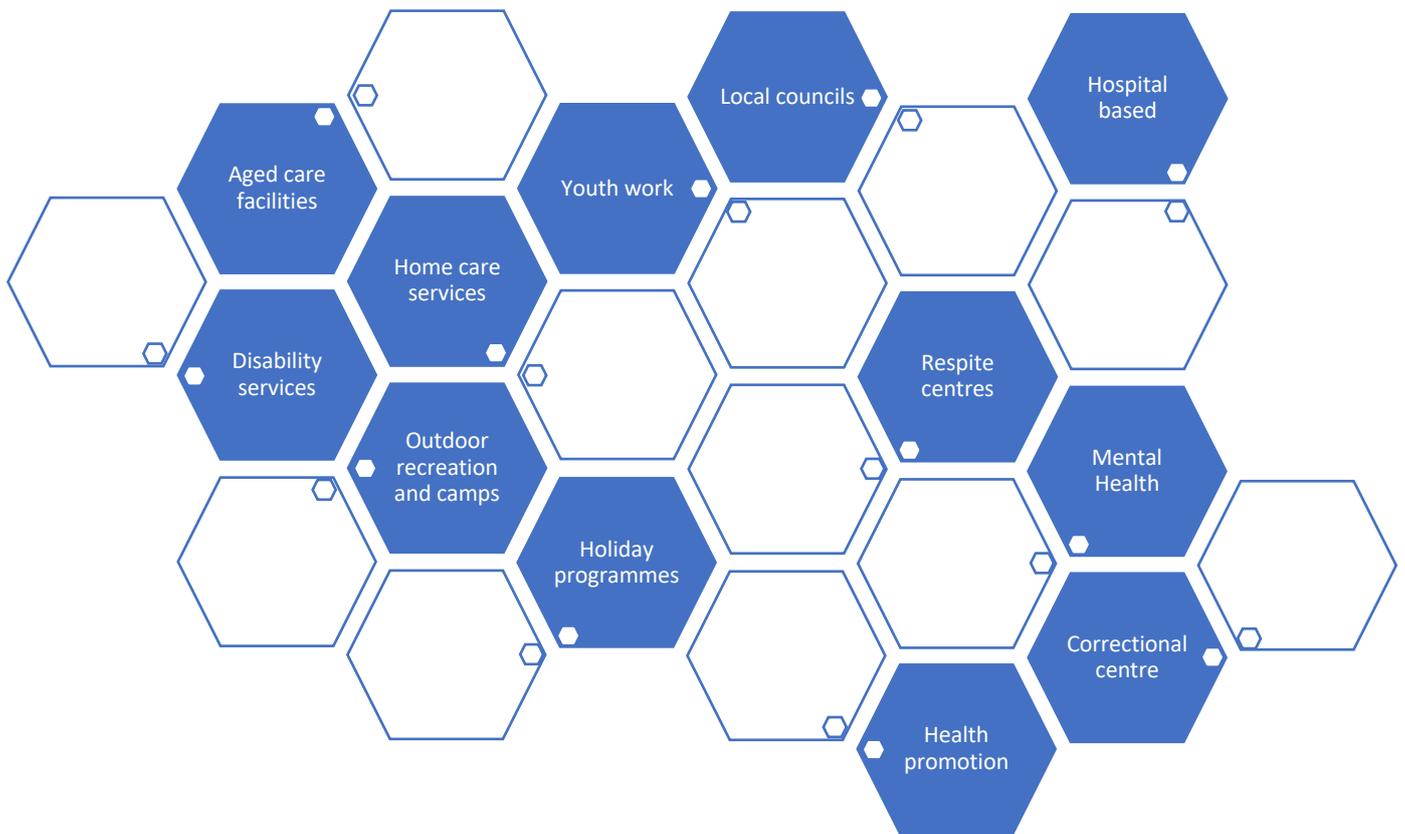
Diversional and Recreational Therapists

Diversional and Recreational Therapists create and facilitate meaningful programs for individuals who experience barriers to participation due to disability, dementia, social isolation, chronic illness, physical, social, or psychological impairments.

Diversional Therapy practitioners work with people of all ages and abilities to design and facilitate leisure and recreation programmes. Leisure activities and recreation engagement opportunities are designed to support, challenge, and enhance the psychological, spiritual, social, emotional, and physical wellbeing of individuals.

Association members are committed to best practice ensuring opportunities for leisure and recreation enhance individuals' self-determination, decision making opportunities with variety of choice, and dignity.

Roles in the field are found within:



Core values

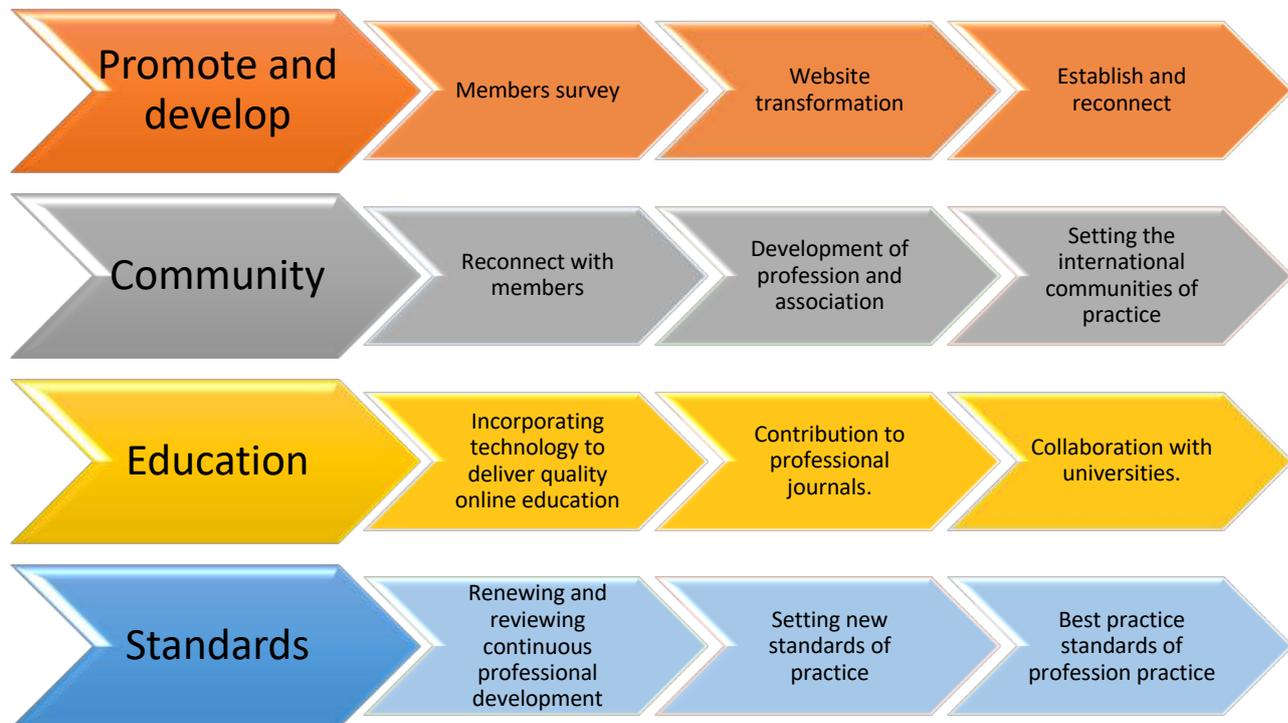
Four core values are forming the foundation of the association. These values guide and drive our strategy and actions towards excellence and the highest standards nationally and internationally.



Strategic roadmap

A range of stepping stones has been devised to develop a road map to operationalise the core values. The journey to excellence begins with our core. Below are our stepping stones for each of our core areas.

2019 to 2022



1. Promote and develop

Promotion of the profession is pertinent on so many different levels. Lobbying at a national and government level to understand the role and the potential benefits the practice of leisure and recreation can have on improving the quality of life and wellbeing for individuals receiving services. The promotion of the profession aims to also reach individuals so they can request appropriate services for themselves.

Members Survey

Develop a membership survey in 2020 to gain a snapshot of our current members, workplaces, training requirements, and the perspective of the professional body and role members would like to see. Once results are identified, they can be used as a benchmark of the association's membership. This membership survey is then to be re-issued biennial (every 2nd year) to gauge our progress and the evolving needs of our member community.

Development Through Technology

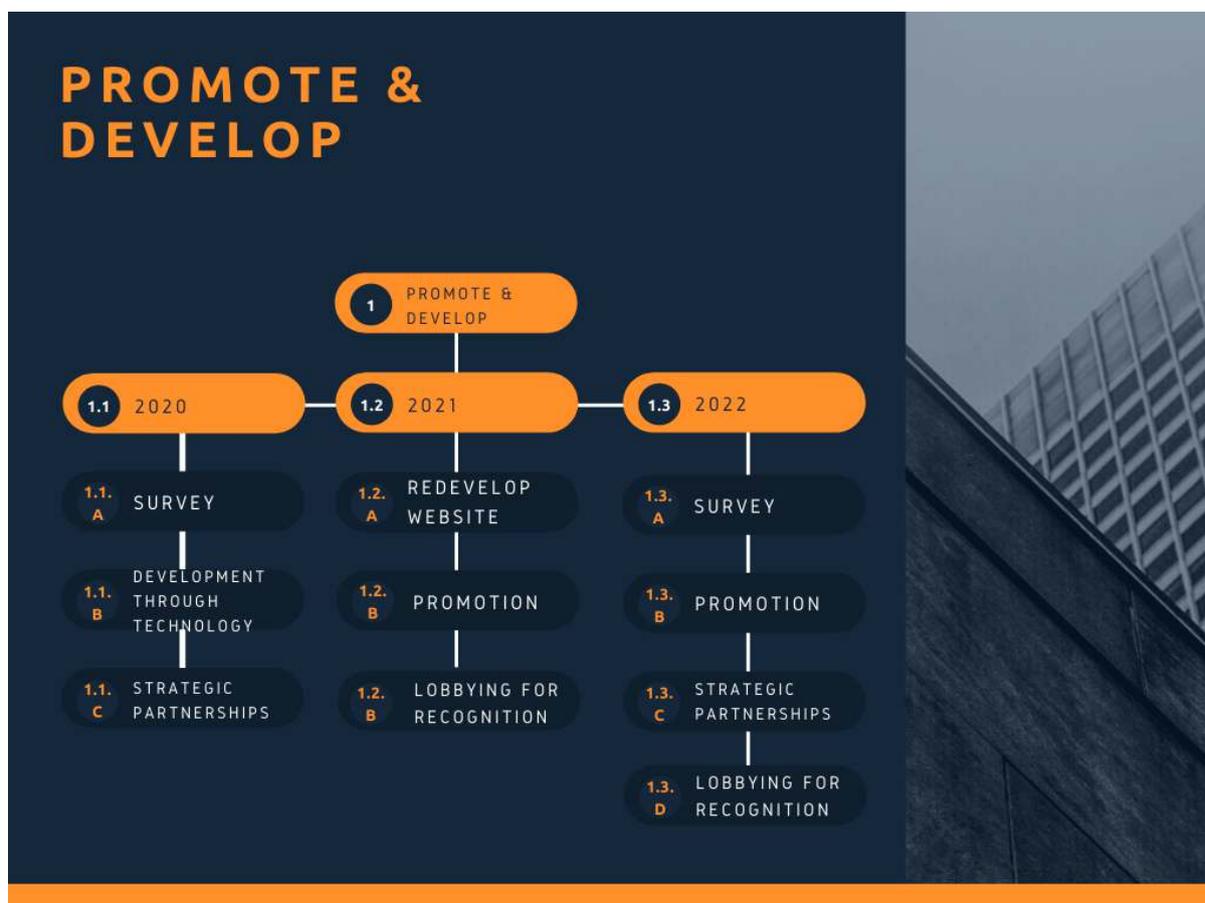
Research and investigate appropriate technologies which can be utilised in practice by members and incorporate different technologies into the association to ensure access to DRTA resources for all members regardless of location. This will include the development of online learning materials for its' members. eLearning will form one of the areas in which we will develop and upskill our members.

Website

The development of a new website to meet the current needs of the association and members, including a secure site and incorporating a membership program to work within the website. The refreshed website will have up-to-date content and materials accessible to the public and a member-only section available.

Strategic Partnerships, Promotion & Recognition

Identify a range of strategic partnerships to support and enhance DRTAs mission and goals. Strategic partnerships would be mutually beneficial to both organisations to strengthen the knowledge of Diversional and Recreation Therapy and the members within the association. Methods of promotion include online tools, conferences, social media, and different educational institutes that offer education in leisure and health and, more specifically, in Recreational Therapy. A presence and active participation through DRT week, press release, social media, and the development of videos to enhance understanding of the profession will also be activated.



2. Support members through a professional community hub.

Membership is the core business of the association. The profession is made up of leisure and recreation professionals; becoming and continuing membership with DRTA encourages the collaboration and communication of members in supporting the trade to move forward.

Reconnect with members

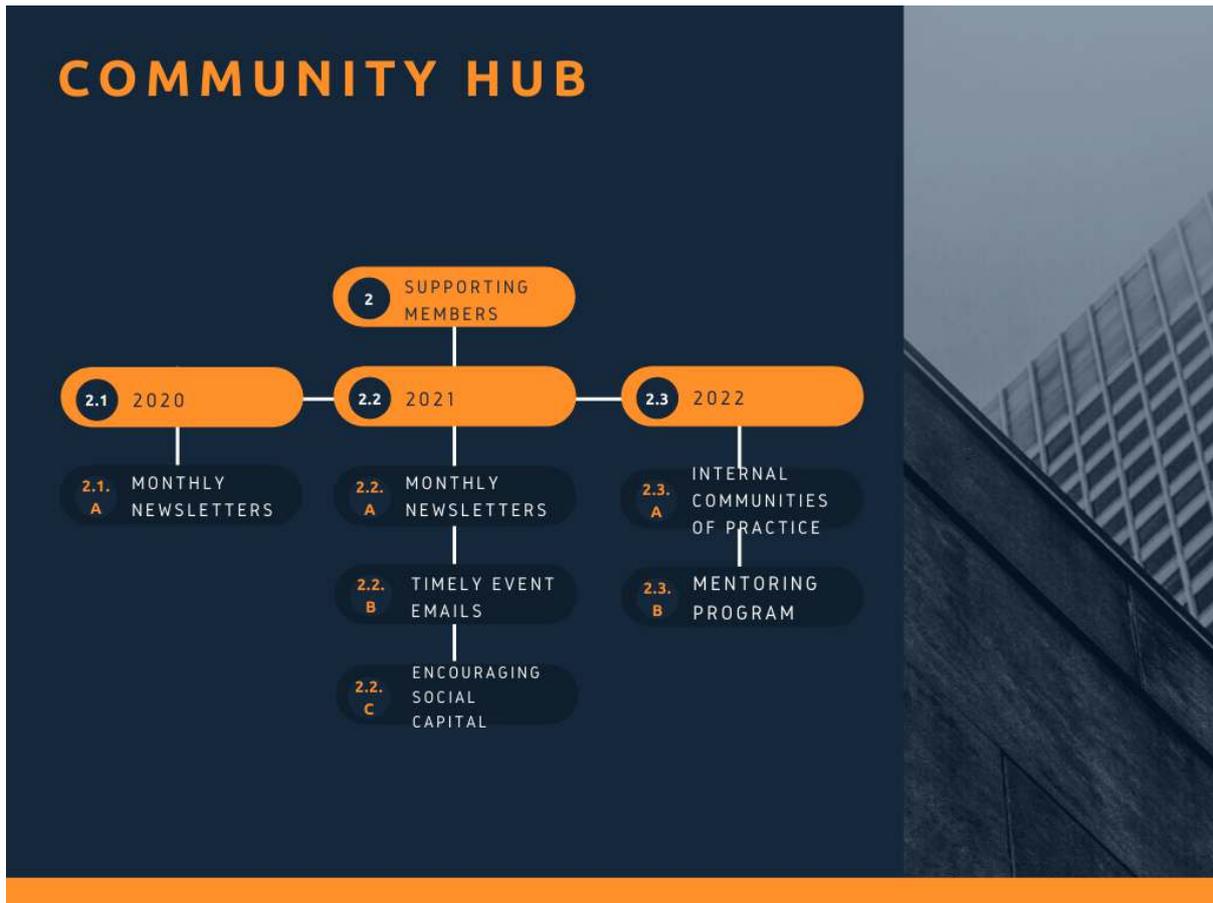
Communication is key to ensuring members are aware of what's going on within their career and outside it about their profession. Several communication channels will ensure members can stay up to date; this includes a monthly newsletter, being emailed about current events in between the newsletter, having network groups both face to face and online and communities of practice. This will enable the social capital within our community to be current and drive the profession forward.

International connections

Communities of practice are already established in other countries such as Canada. As our communities of practice develop new relationships with other countries with similarities and the hope of having international communities of practice.

Mentoring program

The development of a robust mentoring program within the association to encourage and develop new graduates and develop opportunities for peer learning. This will also align with the encouragement of student members to join and stay with their professional association.



3. Provide and Support Quality Education.

Lifelong learning and continuous professional development ensure the longevity of the profession through practitioners developing their skills and knowledge and increasing adaptability to the contextual environments within different settings.

Online Education

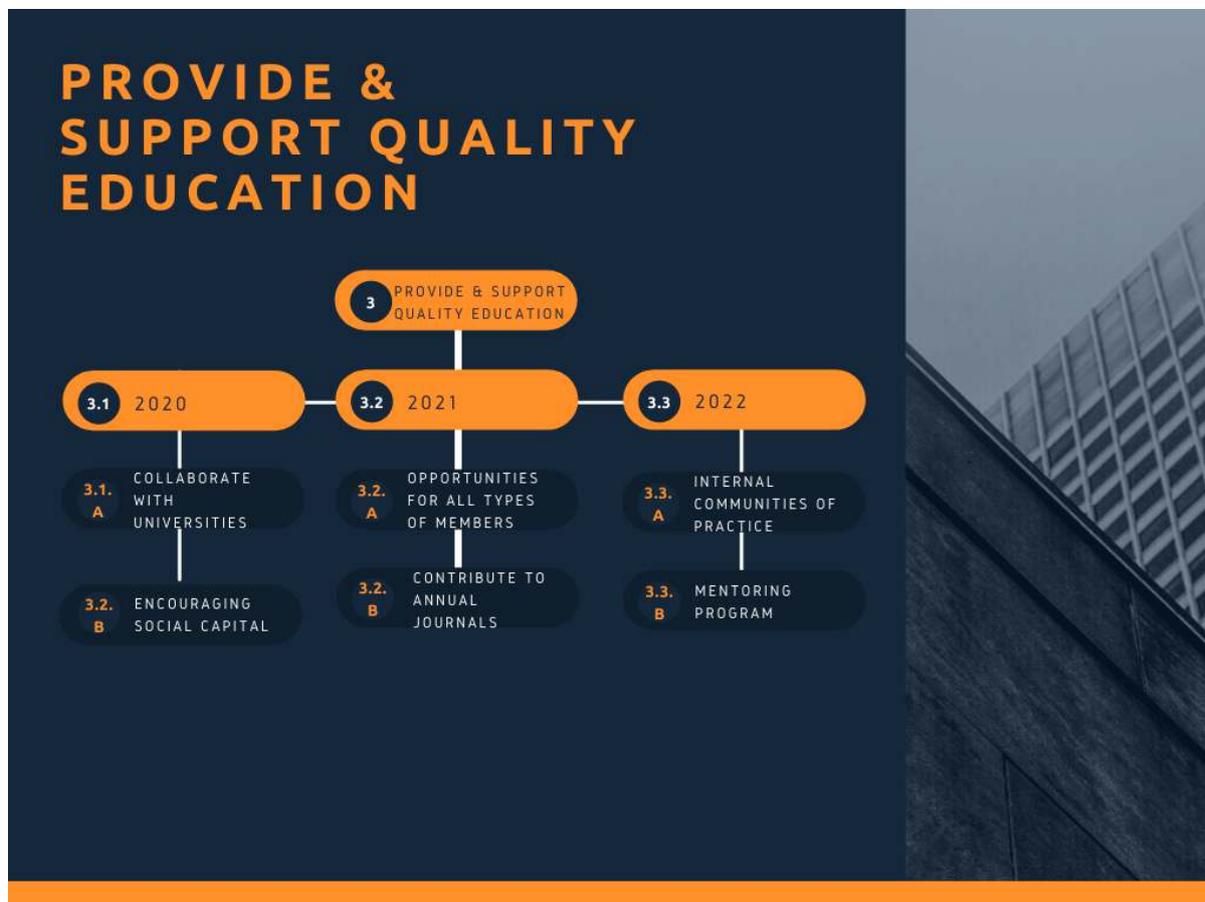
We will be developing online educational opportunities and ensuring that they are available for all membership levels within the association, including degree members, diploma members, and certificate for members. With a range of educational opportunities to support and encourage members to gain their continuous professional development hours and stay abreast of current practice and the evidence base behind it. Categorized online education will ensure appropriate target audiences are able to access appropriate and relevant content.

Contribute to Journals

Encouragement and commitment to contribute a minimum of two journal articles per year and two international recreation therapy-specific journals. Encourage the development of a professional journal in Australia at a minimum with conference proceedings from the annual national conference to encourage evidence-based practice and Australian practice complexities in recreation therapy.

Collaborate with Universities

Collaborate with a range of different universities at least annually to develop the evidence-based practice within the profession and links to educational institutions. The partnerships will be with national and international education institutions.



4. Ensure high standards of profession practice.

DRTA have developed clarity with professional membership levels with support documents. The Constitution guides the association’s overarching principles along with the Code of Ethics and The Standards of Professional Practice. This ensures that DRTA has a strong and recognisable professional identity.

Continuing professional development (CPD)

DRTA has reviewed existing CPD requirements, and it currently does not adequately meet DRTA’s needs. A minimum hours model will be implemented from July 2021 to bridge the gap and meet the needs of ensuring members are adequately developing in their profession.

Standards of practice & Professional competencies

A review and refresh of existing standards of practice will need to be completed. This will identify areas requiring development. This will ensure best practice are at the forefront for all members and as a professional association. The development of these core competencies will ensure every member will be able to apply best practices in their day-to-day job effectively.





We acknowledge Aboriginal and/or Torres Strait Islander peoples and communities as the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging. We recognise that their sovereignty was never ceded.



We are committed to cultivating inclusive environments for staff, consumers and carers and celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



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