

Health Sciences Straight Talk

...understanding health care in Saskatchewan



Recreation Therapists

Recreation Therapists are health care professionals with post-secondary education in Recreation Therapy which is the science of using treatment education and the provision of specialized recreation in improving healthcare outcomes.

I work with clients in healthcare facilities and in the community to assist them in managing disabilities and illnesses. I can assist in improving physical, emotional and mental health.

The most common question I am asked by a client is "What can I do to access the limited resources that are available?"

I tell them that by working together we can find ways to meet their needs and find solutions to their problems.

The most rewarding part of my job is seeing the clients I work with having success and therefore enjoying life in a more positive way.

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Recreation Therapists are dynamic and vibrant healthcare professionals who help Saskatchewan residents improve their quality of life.

HSAS is dedicated to supporting the enhancement of professional health care services in Saskatchewan and improving working conditions for our health care professionals. For more information visit our website at: www.hsa-sk.com