

The role of NZSDRT Inc.

NZSDRT Inc. is the professional body for those employed in the field of Diversional and Recreational Therapy throughout New Zealand. We operate to benefit our members.

To promote high standards, the society hosts an annual conference and an AGM to encourage network amongst all our members. National Executive and registration boards are elected every two years to represent our affairs. The principle objective of our boards is to promote the professional practice of Diversional and Recreational Therapy in Aotearoa.

Our regional support groups are open to anyone interested in our field, but especially for those working already in our field.

Opportunities include:

- ★ Meeting other members across the country
- ★ Peer support
- ★ Networking to discuss ideas and concepts
- ★ Annual Conference
- ★ Professional Development Days
- ★ Regional Support Group Meetings and Seminars
- ★ Advice on current NZ qualifications specific to our field
- ★ Professional Registration Opportunities
- ★ 4 Newsletters per year
- ★ Website
- ★ Social Media

New Zealand Society of Diversional and Recreational Therapists Inc.

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www.diversionaltherapy.net.nz



New Zealand Society of
Diversional and Recreational
Therapists Inc.

Te Kaituku haumanu ā-rāhia o Aotearoa

Mission Statement:

*To improve the Quality of Life
of the People in our care through
Diversional Therapy*

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WHAT IS DIVERSIONAL THERAPY

- ★ Diversional Therapy is a professional health care practice that recognises that leisure and recreational experiences are the right of all individuals.
- ★ Diversional Therapy facilitates purposeful recreational opportunities that aim to enhance the overall physical, intellectual, social, emotional, cultural and spiritual wellbeing of all people.
- ★ Diversional Therapy is a health profession that is client centred and enables all people particularly those living in supportive environments, to maintain skills and develop new ones that are meaningful and important to them enhancing their quality of life.

Where do Diversional Therapists work?

- ★ Diversional therapists work in a wide range of sectors across the country such as; residential care homes, retirement villages, hospital care, palliative care, memory care homes, community day centres, DHB hospitals, private consultancy, vocational centres, mental health care homes, disability service providers, etc.
- ★ Diversional therapists plan, develop, organise, implement and evaluate leisure/recreational programmes with a holistic focus. The programmes take into account the individual life stories, the - cultural, social, physical and emotional needs-. The assessment will also encompass whanau involvement.

Differences between a QDT and a RDT:

A Qualified Diversional Therapist is someone who has only attained a New Zealand recognized Diversional Therapy Qualification.

A Registered Diversional Therapist is someone who is already qualified and who successfully achieve National registration.

THE ROLE OF THE DIVERSIONAL THERAPIST IS TO:

- ★ Assess clients, taking into account their preferences, level of ability and support needed.
- ★ Develop a personal Diversional Therapy Care plan, (DTCP) which is a true reflection of the client goal.
- ★ Provide opportunities for choice; by the ongoing review of the DTCP.
- ★ Maintain a written evaluation and assessment of each client's ongoing progress.
- ★ Participate in multidisciplinary care team meetings.
- ★ Plan and display weekly/fortnightly/monthly recreational programmes that include group and individual sessions depending the workplace.
- ★ Evaluate each programme to ensure client's needs are being met.
- ★ Respect and integrate the principles of the Treaty of Waitangi into practice.
- ★ Support and encourage clients to maintain their community links.
- ★ Promote awareness of the New Zealand Society of Diversional and Recreational Therapists Inc.
- ★ Works within professional boundaries and NZSDRT Inc. Standards of practice and Code of ethics

DIVERSIONAL THERAPISTS PROVIDE THE OPPORTUNITY FOR:

- ★ The client to received person centric care within a holistic approach.
- ★ The client to have the highest possible standards of Diversional and Recreational therapy care.
- ★ The client to have a maximum autonomy.
- ★ The client to have self-determination by offering choices and by respecting their decision.
- ★ The client to enjoy meaningful and positive experiences by assessment of the abilities and cognitive functioning and then providing leisure programmes accordingly.
- ★ The client to feel a sense of belonging, value and respected.
- ★ The client to feel in a safe and genuinely care for, by building trust.