



# **Australian Recreational Therapy Association**

# WHO ARE WE?

- ARTA is the national peak body for the Recreational Therapy profession in Australia.
- ARTA promotes safe, effective and high-quality recreational therapy services
- ARTA provides professional support and development, leadership and advocacy for its members in the practice of Recreational Therapy in Australia

# RECREATIONAL THERAPY

- Recreational Therapy is the term that has now been adopted to reflect the inclusive nature of the profession in a global context.
- ‘Recreational Therapy’ encompasses Recreational Therapy, Diversional Therapy, Leisure Therapy and Therapeutic Recreation.
- The World Health Organisation recognizes recreation (d920) as an integral component of health and ‘recreation’ is the term used in the International Classification of Functioning (ICF) Disability and Health



# Vision & Mission Statements

## **VISION STATEMENT**

- To provide excellence and support in Recreational Therapy practice

## **MISSION STATEMENT**

- The Australian Recreational Therapy Association (ARTA) is committed to advancing the development of the profession in Australia and internationally, and to ensure standards of excellence in Recreational Therapy Practice.
- To promote an understanding of the importance and benefits of recreation and leisure to individuals and how that contributes to quality of life and well being

# Recreational Therapists

- In Australia, are allied health professionals who hold a bachelor's degree accredited by ARTA
- With this skill set, are qualified to advocate, explore, minimise barriers and facilitate engagement in personally meaningful recreation and leisure pursuits.
- Therapists often manage recreation, leisure and lifestyle teams, overseeing the overall provision of programs related to quality of life and wellbeing working across government, non-government, private and community sectors

# Scope of Practice

- RTs work in a wide range of settings:
  - Aged care (residential, community and in-home services)
  - Dementia specific services and programs
  - Hospital units including mental health, physical and neurological rehabilitation, psychogeriatrics and palliative care
- Other settings include justice health, community centres, respite services, adaptive sport, culturally specific services, drug and alcohol services, disability services, specialist organisations, private practice, consultancy, education and management

# Categories of Membership

- (a) A Certified Member = holds a degree
- (b) An Associate Member = holds a diploma or certificate level qualification recognized by ARTA or is undertaking a course of study that is recognized by the Board
- (c) An affiliate Member = the Board may admit to membership as an Affiliate any person who does not meet the requirements for other levels of membership
- Membership is tax deductible

# Membership Benefits

- Monthly e-Newsletter
- Access to any network groups for peer support
- Access to member only content on ARTA website
- Special member discount on Teachable platform
- Discounts on all ARTA education and training
- Access to office support staff to direct your enquiries
- Representation at industry and stakeholder committees
- Access to Board expertise



# Network Groups Open to All Members

A combination of geographical, interest, online and face to face depending on the groups and needs of its members

## Face to Face:

Sydney Aged Care Interest Group

Adelaide

Toowoomba

Hybrid: Hospital Interest Group

## Online:

- Tasmania

- Dementia Specific Group

- Rural & Remote

\*NEW: Associate Members (Cert IV and Diploma qualified)

# Workshops & Conferences

- Annual ARTA National Conference
- International Knowledge Exchange (virtual)
- ARTA delivers monthly workshops covering a variety of topics reflecting member feedback
- ARTA delivers monthly Hour to Empower (lunchtime sessions) for those who are restricted in time
- DISCOUNTS APPLY FOR MEMBERS

# Why the name change?

- In September 2022 members voted on a new corporate identity
- Move to a greater international standing with the adoption of Recreational Therapy-global alignment
- Strategic goals to achieve full AHPA membership and gain national recognition as an allied health profession
- Need for more inclusiveness of our current and potential practice for individuals and across the lifespan in all areas of health
- Endeavoring to have high level and considered representation across industry and government.



# What has ARTA undertaken so far?

- ARTA Response to Fair Work Commission Full Bench 200 Report on wage increase for all aged care workers. Return correspondence received from the Prime Minister and other Honorable Members of Parliament
- ARTA Response to the new draft Quality Standards
- Survey of membership needs
- Employment of Executive Officer and National Education Coordinator
- Survey of age care workforce into industry implications for AN-ACC and care minutes
- ARTA response to the National Dementia Action Plan
- Media release on new corporate identity
- Representation and Collaborations such as
  - Aged Care Industry Skills Council
  - NACA
  - Global Leaders
  - TR/RT International Coalition
  - Dementia Training Australia
  - LGBTIQ+ Health Australia
  - Meaningful Ageing Australia
- Strengthening communication e.g. e-news, SMS and social media
- RT Week campaign
- Bi-monthly article in Link Disability Magazine
- Website under construction



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# Strategic Plan





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Any Questions ?

# FOR MORE INFORMATION

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