



PURE ABILITIES

REDEFINING WHAT'S POSSIBLE

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WHO WE ARE

AT PURE ABILITIES, OUR FOCUS IS ON YOU — OUR CLIENT.

We focus on your lifestyle. Your growth. Your independence. We support individual interests and long-term goals by better incorporating our therapeutic techniques into your daily regimen. We believe in a health-focused approach to increase functional skills and encourage autonomy. Our treatments restore, remediate or rehabilitate for maximum improvement and well-being. We see your ambition. Your true potential. Your resiliency to become your next best self. We make our moments together count.

**OUR EXPERIENCE MEETS YOU WHERE YOU ARE.
LET'S REDEFINE WHAT'S POSSIBLE.**

OUR VISION

**WE STRIVE TO ENHANCE
EACH INDIVIDUAL SERVED
FOR SOCIAL AND PHYSICAL
OUR QUALITY**

**THE QUALITY OF LIFE OF
AND PROVIDE OPPORTUNITIES
INVOLVEMENT THROUGH
THERAPY SERVICES.**



Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being.¹¹

—NCTRC

RECREATIONAL THERAPY SERVICES

WITH PURE ABILITIES

Pure Abilities works with the individual to help maintain physical, social, cognitive, and emotional functioning. The four life domains are treated through therapeutic interventions that support past and present leisure interests from the individuals served. Recreational therapy provides services that are based on the individual's lifestyle, allowing us to better engage in therapeutic techniques by applying these functional improvements to all areas in their life. We continue with a health-focused approach and pursue to keep them active, healthy and independent as possible.





ADAPTIVE SPORTS

It's easy to see how the physical gains of adaptive sports contribute to the psychological benefits. Less pain, better health, increased independence, and more confidence all have a positive impact on mental health and emotional well-being.¹

BENEFITS INCLUDE BUT AREN'T LIMITED TO

Physical

- Lower levels of pain
- Decrease secondary health problems
- Enhanced ability to complete daily activities
- Increased mobility skills
- Greater physical independence

Psychological

- Improved self-perception
- Improved mood
- Improved body-image
- Lower levels of depression and anxiety
- Reduction in anger
- Improved life satisfaction

ADAPTIVE YOGA

Yoga uses breathing practices and body postures to strengthen muscles, improve balance, increase body awareness, greater range of motion, promote relaxation and emotional regulation. Adaptive yoga, like other adaptive sports or forms of recreation, uses props and modified practices to allow people with disabilities to experience the same benefits.²

BENEFITS INCLUDE BUT AREN'T LIMITED TO

- Increased flexibility
- Greater sense of balance
- Increased strength
- Mental clarity and overall well-being
- Core stability

AQUATIC THERAPY

Water has been, and still remains, the best environment to achieve full function regardless of the individual's disabilities — it improves motion and flexibility. The warmth of the water (94°F) and its massaging effects allow muscles to relax while helping to reduce pain. The buoyancy reduces gravitational pull making exercises easier to perform than on land. Best of all, aquatic therapy can be used even if the client does not know how to swim.

The unique properties of the aquatic environment enhance interventions for clients across the age span with musculoskeletal, neuromuscular, cardiovascular/pulmonary, and integumentary diseases, developmental disabilities, disorders, or conditions.³

BENEFITS INCLUDE BUT AREN'T LIMITED TO

- Warm water facilitates muscle relaxation, balance, and stability
- Provides resistance for strength training
- Improved ambulation and strengthening exercises without causing further damage
- Decreased pain sensitivity
- Decrease lower back pain
- Decrease joint pain from sports or daily repetitive activities
- Helps muscle weakness secondary to chronic or acute injury or illness



BEHAVIOR MODIFICATION

The goal of behavior modification is to reduce undesirable behaviors and increase acceptable behaviors. This is accomplished through the use of behavioral techniques such as desensitization, modeling, reinforcement, and aversive conditioning. Behavior modification relies on these conditioning techniques to help individuals make desired changes, rather than focusing on unconscious processes that may play a role in unhealthy or unwanted behaviors. Behavior modification techniques can also work on schedules where certain responses are shaped to increase desired outcomes and that particular reinforcers may be administered at varying times in order to alter behavior.⁴

COGNITIVE RETRAINING

Cognitive retraining is a therapeutic strategy that seeks to improve or restore a person's skills in the areas of paying attention, remembering, organizing, reasoning and understanding, problem-solving, decision making, and higher level cognitive abilities.

These techniques can be used to assist the client in optimizing daily management of their lives and activities. These strategies have been incorporated into goal-oriented cognitive rehabilitation interventions that aim to produce retained strengths. They support adaptive behavior and achieve optimum levels of well-being by targeting performance on personal goals.⁵

TYPES OF TECHNIQUES

- Attention and concentration retraining
- Memory retraining
- Organizational skills retraining
- Reasoning
- Problem solving
- Decision making
- Executive skills



COMMUNITY OUTINGS

- Sporting events (*Tincaps, Komets, Mad Ants, Pacers, Colts, etc.*)
- Going to the movies
- Visiting the mall
- Visiting local parks
- Attending concerts
- Going out to eat
- Visiting local fairs
- Group outings
- Museum trips

BENEFITS INCLUDE BUT AREN'T LIMITED TO

- Increased social skills
- Increased motor skills
- Increased self-worth
- Increased self esteem

PHYSICAL FITNESS

MOBILITY AND FLEXIBILITY

- Static stretches
- Dynamic stretches
- Mobility exercises

STRENGTH TRAINING

- Free weights
- Cables
- Bodyweight training

CARDIOVASCULAR EXERCISE

- Walk
- Run track
- Treadmill
- Stationary bike
- Bike
- Elliptical

BENEFITS INCLUDE BUT AREN'T LIMITED TO

- Increased flexibility
- Increased mobility
- Increased strength
- Increased motor skills
- Increased cardiovascular health
- Increased self-esteem
- Decrease stress and anxiety
- Protect against obesity
- Protect against heart disease
- Protect against osteoporosis
- Protect against high blood pressure⁶



PLAY THERAPY

The therapist may reflect back to the child observations of what has happened during the session if this is felt to be appropriate. Above all, the child is given “Special Time”. So often in modern life we never seem to have enough time to spend with our children—just playing and being there for them. The child is given strategies to cope with difficulties they face in life from which they themselves are unable to change. It provides a more positive view of their future life.

Play therapy provides the client with new ways of self-expression and coping skills. This is completed by using interventions to help reduce behaviors and properly express feelings through a more natural and self-guided healing process.⁷



TYPES OF TECHNIQUES

- Card games
- Board games
- Arts and crafts
- Role playing
- Dancing
- Singing
- Video games

BENEFITS INCLUDE BUT AREN'T LIMITED TO

- Problem Solving skills
- Develop acceptance of self and others
- Learn to experience and express emotion
- Develop self-efficacy
- Increase social skills
- Following directions
- Sequencing
- Coping Skills



SENSORY STIMULATION

Sensory stimulation includes activities that stimulate the individual's senses: touch, smell, taste, sight and hearing. Sensory activities facilitate exploration and encourage the individual to use systematic processes while they play, create, investigate and explore. This technique has become widely used to treat other conditions, including autism, Asperger's, down syndrome, strokes, brain injuries, Alzheimer's, and other forms of dementia.⁸

ACTIVITIES INCLUDE BUT AREN'T LIMITED TO

- Talking and reading aloud
- Giving a hand massage
- Providing a change of scenery
- Taking a short walk
- Sensory objects such as sand, seashells or other items
- Incorporating different aromas

BENEFITS INCLUDE BUT AREN'T LIMITED TO

- Increased learning
- Emotional growth
- Social growth
- Increase fine motor skills
- Increase gross motor skills
- Increased linguistics
- Increased creativity⁹

STRESS MANAGEMENT AND RELAXATION

Stress management refers to the techniques and therapeutic interventions aimed at controlling a person's levels of stress, for the purpose of improving everyday functioning.

ACTIVITIES INCLUDE BUT AREN'T LIMITED TO

- Listening to music
- Massage therapy
- Aromatherapy
- Stress management education
- Coping skills

BENEFITS INCLUDE BUT AREN'T LIMITED TO

- Improves self esteem
- Improves self-confidence
- Reduces anxiety
- Reduces risk of depression
- Reduces risk of panic attacks
- Improves coping skills
- Lowers blood pressure
- Reduces muscle tension

HEALTH AND WELLNESS

NUTRITION/DIET

- Eating whole foods; i.e. fruits, vegetables, whole grains, nuts, and seeds
- Understanding nutrition labels
- Decreasing foods high in sugar
- Healthy food choices when eating out

MODERATE EXERCISE

- Increased knowledge on cardio/strength/flexibility

POSITIVE BEHAVIOR/MENTALITY

- Prompts for being socially appropriate
- Treating others, the way you would want to be treated
- Mindfulness training; i.e. breathing techniques, yoga, meditation
- Aromatherapy

BENEFITS INCLUDE BUT AREN'T LIMITED TO

- Increase overall health
- Increase self esteem
- Maintain or protect against diabetes
- Decrease, maintain, or protect against obesity
- Improved cardiovascular health
- Decrease stress and anxiety
- Help protect against depression



WII THERAPY

BENEFITS INCLUDE BUT AREN'T LIMITED TO

- **Balance** – Whether the client is standing or sitting in a wheelchair, Wii controllers require balance and proper form for the best results. Using a standing frame while playing can promote movement while standing and improve strength.
- **Hand-eye coordination** – Over time, hand-eye coordination improves through the use of Wii games by utilizing mimicked movements on the screen.
- **Increased fine and gross motor skills**
- **Entertainment** – Therapy becomes more enjoyable when put in the context of a game. People who use a standing frame for Recreational Therapy can prolong their standing time by “multi-tasking.”

- **Increased social skills**
- **Increased range of motion**
- **Therapy in the home** – Wii is an affordable method of treatment that can be taken into the home. Additionally, friends and family can play along and join in the fun.
- **Helps with memory, problem solving, and decision making skills** – Playing sophisticated games helps with short-term, long-term, and muscle memory. Strategic games require problem solving and decision making skills, all of which help to enhance the experience.¹⁰



OUR LOCATIONS

ALLEN COUNTY

- Fort Wayne
- Grabill
- New Haven

DEKALB COUNTY

- Auburn
- Garrett
- Waterloo

WHITLEY COUNTY

- Churubusco
- Columbia City
- South Whitley

HUNTINGTON COUNTY

- Huntington
- Ronaoke

ASK YOUR THERAPIST ABOUT LOCAL INTERESTS.

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