



Choice. Respect. independence.

Recreation Therapy Volunteers @ Brambleton

Activity: In person. Indoor/outdoor depending on weather – group of 2-4

COVID Restrictions: Proof of vaccination and KN95 Masks required indoors.

Duration: 1 hour – 1.5 hours every week or every other week. Ideally during the week, but weekends work too.

Age: 15 – 17 (with parent) and 18+

Skills: Having fun!

About CRI

CRI, Choice. Respect. independence. (formerly known as Community Residences, Inc.), is a community-based organization with a focused effort on providing people with developmental disabilities and/or mental health needs the resources, supports and services they need to live their lives with purpose, actively engaged in communities of their choosing. CRI's mission fully supports a person's ability to exercise control of their life's choices, and to live in and contribute to communities of their choosing, as young adults through aging in place. We believe in serving individuals within the communities in which they live and supporting the individual's choices and independence.

About Brambleton

Brambleton is an Intensive Care Facility (ICF) that supports 5 adults, 3 men and 2 women with significant medical and mental health needs. Our residential-program philosophy is to provide a home-like environment where we assist individuals in learning skills that promote community tenure and integration, better health management and opportunities to fully engage in their own recovery process.

Like any home, the interests of the residents at Brambleton are varied and expansive: some are competitive and love to play bowling on the drive way, some like toss bean bags, some like to tell jokes, some like to play board games, but everyone *loves* to eat and dance! Some individuals are shy while others will talk your ear off. Some have boundless energy and others need a bit of coaxing to get motivated.

Project Details

Recreational Therapy is the practice of using activities to help individuals “improve or maintain physical, cognitive, social, emotional and spiritual functioning in order to facilitate full participation in life.”

(<https://www.nctrc.org/about-nctrc/about-recreational-therapy/>)

This volunteer opportunity takes the concept of recreational therapy and breaks it down to engagement and opportunity, because practice makes perfect. Because of COVID, we've all become a bit more introverted, a bit more socially awkward, and a bit more secluded. Through this activity, individuals will practice their communication and socialization skills while getting active.

Volunteers will primarily engage with residents playing outdoors, trying new games and activities, doing arts and crafts activities and, in general, socializing and having fun! The goal for this opportunity is to help the residents break the learned COVID habits of hunkering down indoors in front of a TV. Get outside and enjoy the weather, the sun, the friends, and new experiences.