

Comprehensive Recreation and Leisure Assessment:

This will / may involve:

- Liaising with the referrer
- Liaising with any relevant health professionals Reviewing and relevant reports or previous written plans
- Meeting with the participant – (currently online due to covid-19 restrictions)
- Liaising with family members if appropriate
- Establishing the participants online social and recreational goals
- Developing a reasonable plan of action with the participant
- Researching and vetting possible online options for the client based on their individual interests and goals.
- Arrange trials - address logistical issues of trials – e.g. participant current skills online, support worker/family member assistance, support worker/family member training, timing of activity – sometimes care programs times need to be changed in liaison with agency/therapy team. PLEASE NOTE – If these issues are straight forward, they might able to be addressed in the assessment time, however if complex we may need to request extra time from funding body.
- Establishing which of the current Leisure Balance online options the participant might like to try, address logistical issues of trials (only offered if in line with their goals) – e.g. participant current skills online, support worker / family member assistance, support worker/ family member training, timing of activity – sometimes care programs times need to be changed in liaison with agency/therapy team. PLEASE NOTE – If these issues are straight forward, they might able to be addressed in the assessment time, however if complex we may need to request extra time from funding body.
- Liaison with mainstream or specialized community agencies to establish appropriateness of activity (i.e. access, times, transport, informal support options, clients ability to participate in activity, equipment, long term sustainability) – this will only happen when we are able to access the community - possibly not until next year when community groups etc. are possibly back fully functioning.
- Ideally taking the client for a trial of a chosen activity and address any issues which may impact on client's participation. This enables us to establish client's enjoyment of the activity and wish to participate on a regular basis. this will only happen when we are able to access the community - possibly not until next year when community groups etc. are possibly back fully functioning. This

LEISURE BALANCE

specialising in recreation, sport & community access assessments for people with disabilities

Recreation Specialists

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process enables us to get to know the client in a community setting, understand barriers and challenges which may arise and then write a detailed report with reasonable goals for the client.

- Offer free trial x 2 to engage and participate in of either Leisure Balance trivia and/or mini social
- Address and liaise with funding body regarding paid support needs if appropriate.
- Provide referrer with detailed report outlining actions, outcomes and any further recommendations as appropriate.

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