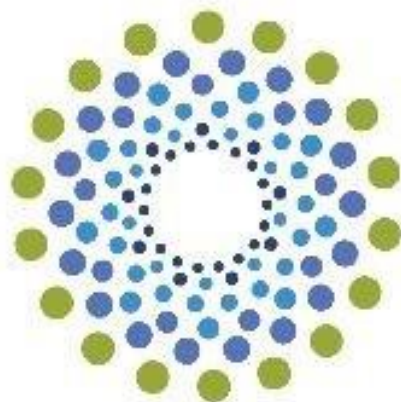


Creating Goals Around Leisure and Recreation

Monthly Mini



August 2022



RCAW

Respite Care Association
of Wisconsin

Introduction

Today we will discuss the importance of leisure and recreation in everyone's lives. Goals and objectives around leisure and recreation activities will be shared, along with ways to implement these at home and in the community.



Definitions

Leisure is time away from work or other duties.

Recreation is an activity of leisure. Recreational activities are often done for enjoyment, amusement, or pleasure.



Reflect

Take a moment and reflect about your leisure and the recreational activities in your life.

Is leisure time important to you?

How do you benefit from participating in recreational activities?

Does recreation increase your quality of life?

Goal vs Objective

Goal: Broad, identifies the desired outcome.

Objective: Specific, states how we know if a goal is met.

- Condition, Behavior, Criteria
- SMART (Specific, Measurable, Action Based, Realistic, and Time)

Condition – Behavior - Criteria

Conditions - a statement that describes the conditions under which the behavior is to be performed

Behavior - an action word that connotes an observable behavior

Criteria - a statement that specifies how well the individual must perform the behavior

EXAMPLE:

During art activity, Mary will choose paint and marker colors at least 80% of the time.

Condition: During art activity

Behavior: choose colors

Criteria: at least 80% of the time

SMART

Is it Specific?

Is it Measurable?

Is it Action Based (Achievable)?

Is it Realistic?

What is the Time period?

EXAMPLE:

Mary will choose a board game to play during free time.

Grouping Recreation Goals

There are a variety of ways to group goals, objectives, and outcomes when looking at recreation activities.

One way is to focus on the **recreation domain** (physical, emotional, social, cognitive, spiritual).

Another is to look at defining recreation into **leisure categories** (examples: social groups, education & life skills, arts & culture, community engagement, home-based, outdoor, health & well-being, active).



Domains as related to Recreation

Physical
Emotional
Social
Cognitive
Spiritual



Physical Outcomes

Increased mobility

Improved strength

Increased endurance

Restored function

Improved blood pressure

Tension reduction

More restful sleep

Higher energy levels





Emotional Outcomes

Increased emotion regulation

Feelings of autonomy

A sense of meaning

Improved self-determination

Increased optimism





Social Outcomes

Improved communication skills

Developed interpersonal skills

Ability to demonstrate reciprocal relationship skills

Increased social confidence





Cognitive Outcomes

- Increased ability to attend
- Improved memory
- Better concentration
- Developed goal-setting skills
- Ability to follow directions
- Enhanced problem-solving

Spiritual Outcomes

Increased feelings of balance and stability

Improved ability to be Introspective

Decreased feelings of isolation and loneliness

Ability to identify purpose and meaning in life



Leisure Categories

There are no set categories. This will be very person-centered and based on the individual's wants and needs. This could be considered quality of life goals.



Examples of Leisure Categories

social outings
education & life skills
arts & culture
community engagement
home-based
outdoor
health & well-being
active



Social Outings

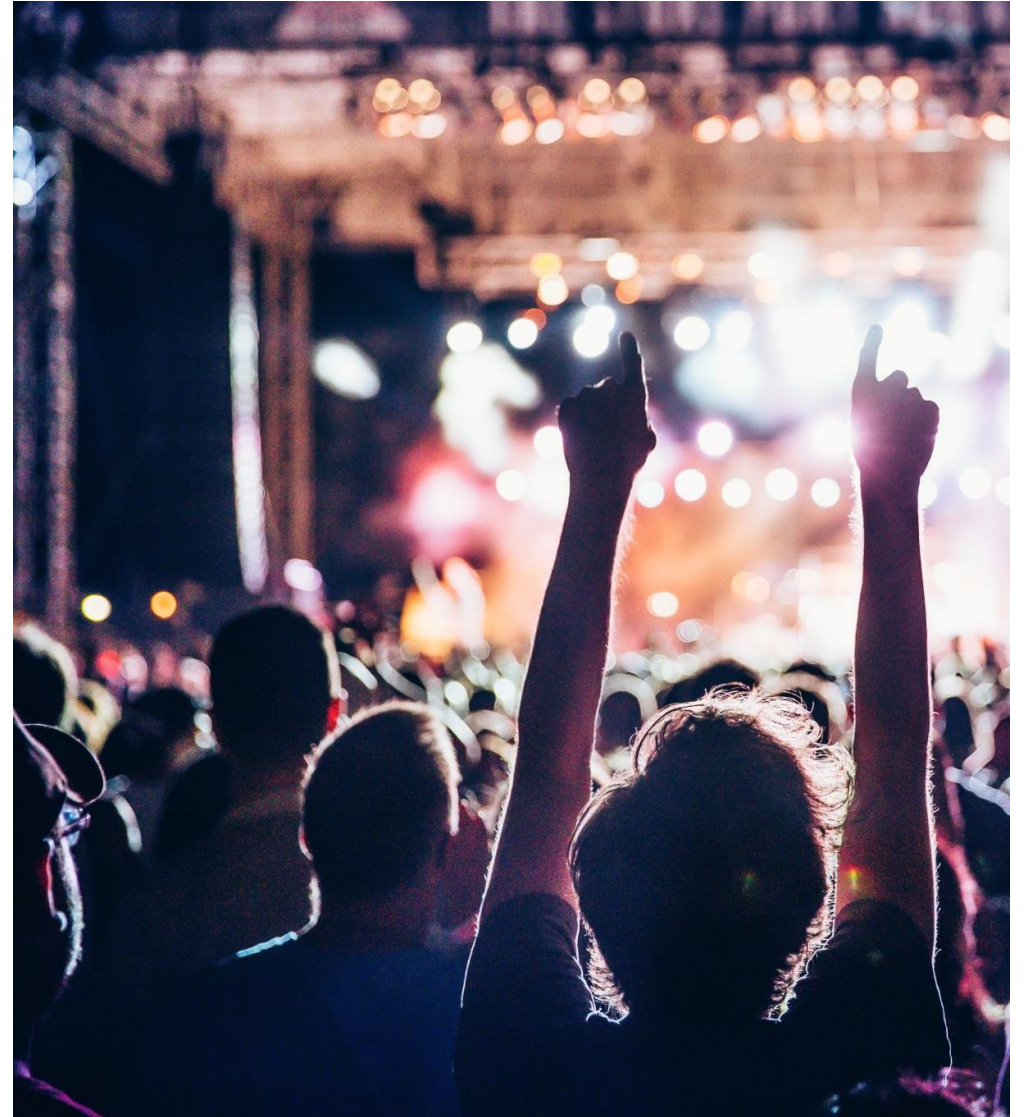
Develop friendships

Improve social skills

Experience new activities

Improve self-esteem

Develop positive social interactions skills

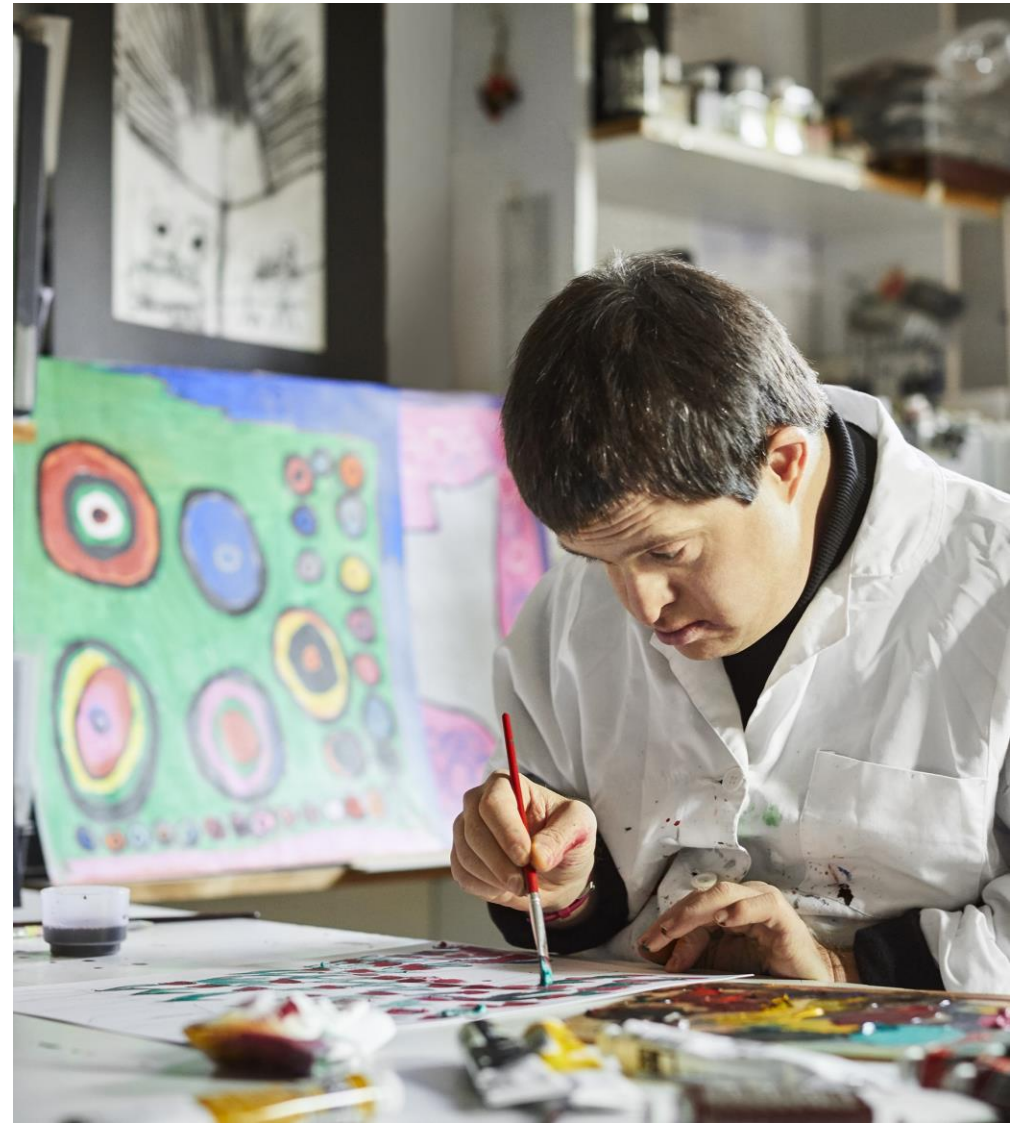


Arts & Culture

Increase cultural awareness

Try new things

Develop interests and hobbies



Community Engagement

Foster good citizenship

Encourage volunteerism

Develop leadership skills

Promote growth in
identified abilities and
interests

Give back

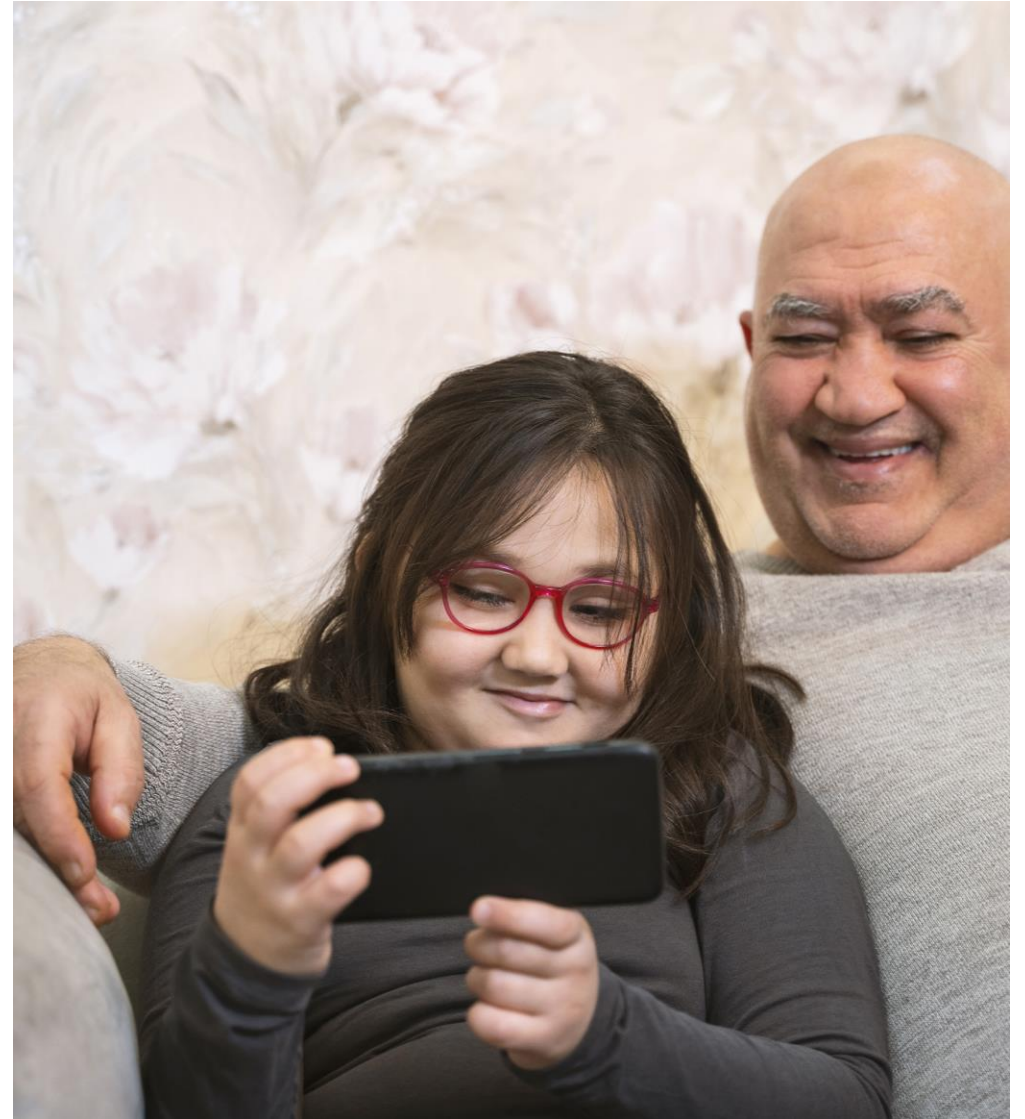


Home-based

Develop life skills

Improve decision-making skills

Develop family relationships



Outdoor

Develop life skills

Encourage physical,
emotional, and spiritual
awareness

Increase physical
activities





Definitions

Leisure is time away from work or other duties.

Recreation is an activity of leisure. Recreational activities are often done for enjoyment, amusement, or pleasure.

If it is work or not enjoyable, is it leisure or recreation?



Person-Centered

What does leisure and recreation mean for the individual?

What are their interests, wants, needs for their leisure time?

Examples of Leisure & Recreation Activities

Aquariums	Cosplaying	Festivals	Learning	Reading	Theatre
Art	Crafts	Filmmaking	Martial Arts	Robotics	Theme Parks
Baking	Creative Writing	Fishing	Meditation	Rollerblading	Trainspotting
Bicycling	Cultural Activities	Games	Movies	Shopping	Travel
Birdwatching	Dancing	Gardening	Museums	Sightseeing	Video Games
Bowling	Dining Out	Gymnastics	Music	Singing	Walking
Camping	Do It Yourself	Hiking	Nail Art	Social Media	Weightlifting
Canoeing	Drama	Home Improvement	Personal Reflection	Sunbathing	Woodworking
Cleaning	Driving	Horseback Riding	Photography	Surfing	Yoga
Coloring	Electronics	Jogging	Picnics	Swimming	Zoos
Concerts	Events	Karaoke	Play	Team Sports	
Conversation	Exercising	Kite Flying	Playing Cards	Television	
Cooking	Fashion Design	Knitting	Puzzles	Tennis	

Questions?

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