



## A Note on Recreation Therapy

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### Introduction

Recreation therapy is a purposeful, planned, and directed use of leisure activities to help individuals with physical, mental, or emotional disabilities to achieve their maximum potential for health, well-being, and self-fulfillment [1]. It is a form of therapy that uses leisure activities to help individuals with disabilities to achieve their maximum potential for health, well-being, and self-fulfillment [1]. It is a form of therapy that uses leisure activities to help individuals with disabilities to achieve their maximum potential for health, well-being, and self-fulfillment [1].

The prevalence of dementia is increasing worldwide, with an estimated 100 million people affected by 2050 [2]. The burden of dementia is particularly high in low and middle-income countries, where the majority of the population is aged 65 years and older [3].

Recreation therapy has been shown to be effective in improving cognitive function, mood, and quality of life in individuals with dementia [4]. It is a form of therapy that uses leisure activities to help individuals with disabilities to achieve their maximum potential for health, well-being, and self-fulfillment [1].

The purpose of this note is to discuss the benefits of recreation therapy for individuals with dementia and to provide recommendations for its implementation in a long-term care facility.

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