

MEDIA RELEASE



Australian Recreational Therapy Association  
9<sup>th</sup> November 2022

FOR IMMEDIATE RELEASE

### **Diversional and Recreation Therapy Australia (DRTA) Announces New Corporate Identity**

DRTA will now be known as the Australian Recreational Therapy Association (ARTA)

In September 2022, members voted on a new corporate identity; the Australian Recreational Therapy Association (ARTA) was endorsed as the national peak body for the Recreational Therapy profession in Australia.

The association honours and respects the rich history and foundation of Diversional Therapy in Australia. ARTA now moves the profession to a greater international standing with the term Recreational Therapy being adopted by the association to reflect the inclusive nature of the profession in a global context. The World Health Organisation (WHO) recognises recreation (d920) as an integral component of health and 'recreation' is the term used in the International Classification of Functioning (ICF) Disability and Health. ARTA promotes safe, effective and high quality recreational therapy services and provides professional support and development, leadership and advocacy for its members in the practice of Recreational Therapy in Australia.

ARTA represents Recreational Therapists, Diversional Therapists, Leisure Therapists and strictly promote and endorse these titles for health professionals who are university trained. ARTA hereby informs industry, government, non-government organisations, consumers and the public that the term 'therapist' is assigned only to those health professionals who hold a bachelor's degree accredited by ARTA. The association also represents those workers employed in health and community services who hold a Diploma or Certificate IV in Leisure and Health using titles including Leisure and Lifestyle Officer, Recreational Activities Officer, Social Support worker, Lifestyle Coordinator, Lifestyle Assistant and Allied Health Assistant. ARTA strongly recommends any worker using recreation activities to support the health and quality of life needs of an individual, hold a minimum Certificate IV in Leisure and Health to ensure safe and quality care.

Several drivers have contributed to this change including:

- Strategic goals to achieve full AHPA membership and gain national recognition as an allied health profession further expanding on the current recognition by NSW Health.
- The need to be more inclusive of our current and potential practice in meeting social, cognitive, physical, emotional, cultural and spiritual health outcomes for individuals and groups across the lifespan in all areas of health, including aged care, mental health and disability.
- To endeavour to have high level and considered representation across industry and government.

We welcome comments or feedback to be directed via our office:

Australian Recreational Therapy Association

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PO Box 83, North Ryde, NSW, 1670

Sincerely,

A handwritten signature in black ink that reads "Renée Smith". The signature is written in a cursive style with a large, looping initial "R".

**Renée Smith**

President

Australian Recreational Therapy Association