

STEPPING STONES



In-Home Recreational Therapy



**An award winning therapeutic
recreation program.**

We help you...

- Re-learn your favorite leisure activities.
- Discover new recreation opportunities within the community.
- Enroll in various transportation services and the discounted GO! Bus Ticket program.
- Improve your physical condition through various treatment options including Aquatic therapy.

Your treatment plan is based upon your needs and your personal goals.



What is therapeutic recreation?

Therapeutic recreation helps those who are disabled or in need of special assistance to participate in meaningful recreation activities and experiences

that are intended to maintain or improve health status, daily activity, and quality of life. The services provided through therapeutic recreation include treatment (recreational therapy), education (including leisure education), and many other recreation opportunities. Therapeutic recreation experts are specially trained and certified to provide these services.



“Aquatics helped with my mobility by being able to move freely in the water. I can go upstairs on land now like a normal person over a dozen times a day.”

-Sandy Marsh



What is Stepping Stones?

Stepping Stones is an in-home recreational therapy program designed to help you or your loved one enjoy leisure activities in or outside your home.

The benefits of this valuable service include:

- Reconnecting with family and friends.
- Sharpening self-awareness and maintaining peak mental skills.
- Boosting emotional well being and developing trust.
- Improving abilities of self reliance and independence.

"I enjoyed myself every time I went to the pool. I can walk really fast and get in and out of bed on my own. I have come a long way."

-Albert Marcinowski



Who is eligible for Stepping Stones?

You are eligible to participate in the Stepping Stones program if you are:

- A Kent County resident
- Aged 60+

And have been:

- Recently discharged from a hospital, rehabilitations center, or nursing center.

OR

- Homebound due to recent illness, injury, or disability.

How much does it cost?

Stepping Stones is made possible through special funding by the Kent County Senior Millage. A cost share program is implemented for many aged 60+. Most people qualify for the service at no charge.

How to get involved

Contact our Certified Therapeutic Recreation Specialist (CTRS) by one of the following methods:

Phone: (616) 530-3190

Fax: (616) 261-3599

Email: parks_info@ci.wyoming.mi.us



“Stepping Stones has been a great help to strengthen me both physically and spiritually. It has motivated me to get going and gave me the encouragement to try things even when I thought I would not be able to do them.”

- Virgie Young

Our therapist will arrange a personal assessment with you at your convenience. Together, you and the Certified Therapeutic Recreation Specialist (CTRS) will establish a personalized treatment plan to meet your goals.

Stepping Stones was not designed to replace home health care, respite care or adult day care. This program would nicely compliment these types of services.

Stepping Stones has been featured at the Senior Leaders Conference, the Michigan Recreation and Park Association Conference, and the National Recreation and Park Association.

What is aquatic therapy?

Aquatic therapy is using therapeutic exercise with resistive effect of the water. This therapy is geared toward individuals with

neurological or musculoskeletal conditions. Aquatic therapy has also been proven to help individuals suffering from obesity and general weakness.



Winner of the 2005 Therapeutic Recreation
Professional Award from the Michigan
Recreation and Park Association.

Funded by:



*Kent County
Senior Millage*

Member of:

National Recreation and Park Association

Michigan Recreation and Park Association

Aquatic Therapy and Rehab Institute

Caregiver Resource Network



Administered by:

