

## **Recreational Therapy**

Other Eligibility Criteria

Ages 55 to 100

Intake Contact

Melissa Long

Intake Contact Email

recreationaltherapy3@outlook.com

Intake Process

Call or visit the website

Provider Refer

Yes

Qualifications

Qualification Type

Accreditation

Qualification Entity

National Council for Therapeutic Recreation Certification (NCTRC)

Qualification Number

53351

Self Refer

Yes

Recreational Therapy3

<http://www.recreationaltherapy3.com>

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Main

(571) 451-3978

7240 Jillspring Court

22152 VA

United States

Additional Availability Comments

By appointment only.

Fee Structure

Fee Range

Payment Method(s)

Private Pay

,  
Private Insurance  
Languages Spoken  
English

Recreational Therapy<sup>3</sup> offers goal-oriented therapy to individuals with multiple diagnoses and delivers individualized services based on each person's past, present, and future interests and lifestyle. Customizing a treatment plan that encompasses social, cognitive, physical, and leisure needs is vital to a successful program. Healthy living is encouraged and promoted to ensure not only improved function but also to enhance independence and successful involvement in all aspects of life.

Melissa Long is a graduate of the University of Southern Maine with a B.S. in Therapeutic Recreation and Leisure Studies and a minor in Health Studies. Melissa has been providing care to older adults for 16+ years. Melissa is a certified recreational therapist, certified dementia practitioner and has been providing services through [Recreational Therapy<sup>3</sup>](#) since 2016. Melissa is also a Licensed BCAT® practitioner.

Service Area(s)  
Alexandria City

,  
Arlington County

,  
Fairfax City

,  
Fairfax County

,  
Falls Church City

Email  
[Recreationaltherapy3@outlook.com](mailto:Recreationaltherapy3@outlook.com)