

# American Journal of Recreation Therapy™

Published quarterly by Weston Medical Publishing, LLC  
470 Boston Post Road, Weston, MA 02493  
781-899-2702 • Fax: 781-899-4900  
www.recreationtherapy.org • E-mail: ajrt@pnpc.com

**Editor-in-Chief, Managing Editor** Nancy E. Richeson, PhD, CTRS, FDRT  
ajrt@pnpc.com

**Publisher** Richard A. DeVito, Jr.

**Editorial Coordinator** Deborah Rines  
deborah\_rines@pnpc.com

**Peer-Review Manager** Kristy Bledsoe  
kbledsoe@allenpress.com

**Subscription Manager** Brenda DeVito  
brenda\_devito@pnpc.com

Winter 2016

**SUBSCRIPTION RATES:** (All rates in US dollars)

**Individual:** US \$187; Canada \$226; Foreign \$286

**Institution:** US \$217; Canada \$246; Foreign \$314

**Library:** US \$244; Canada \$271; Foreign \$345

**Single issues:** US \$50; Canada \$60; Foreign \$90

**SUBSCRIPTION INFORMATION:** Submit your complete name, address, and zip code, attention: *American Journal of Recreation Therapy*, Subscription Department, 470 Boston Post Road, Weston, MA 02493. Enclose check, purchase order, or credit card number and expiration date with authorization signature. For notification of address change, submit old mailing label and new address, including zip code. No claims for copies lost in the mail may be allowed unless they are received within 90 days of date of issue. Claims for issues lost as a result of insufficient notice of address change will not be honored.

**MANUSCRIPT SUBMITTAL/AUTHOR INFORMATION:** Drafts, proposals, and completed articles may be submitted to Managing Editor, *American Journal of Recreation Therapy*, 470 Boston Post Road, Weston, MA 02493, or may be sent to ajrt@pnpc.com.

**QUOTATIONS AND REPRINTS:** Reprints of individual articles may be purchased at www.recreationtherapy.org and selecting the abstract link. Multiple reprints of material published in *American Journal of Recreation Therapy* can be obtained by filling out the reprint order form in the publication, visiting the website, www.recreationtherapy.org and selecting to reprints link, or by calling 781-899-2702. Quotations from *American Journal of Recreation Therapy* may be used for purposes of review without applying for permission as long as the extract does not exceed 500 words of text, and appropriate credit is given to the Journal. Authorization to photocopy items for internal use of specific clients is granted by Weston Medical Publishing, LLC, provided the appropriate fee is paid directly to: Copyright Clearance Center (CCC), 222 Rosewood Drive, Danvers, MA 01923, USA, 978-750-8400. Contact CCC prior to photocopying items for educational classroom use.

**TRADEMARKS AND COPYRIGHTS:** *American Journal of Recreation Therapy* is a trademark of Weston Medical Publishing, LLC. All materials are ©2016 by Weston Medical Publishing, LLC. All rights reserved.

**POSTAL INFORMATION:** Periodicals postage paid at Boston, MA, and additional offices. Permit number 021-746. Postmaster: Send address changes and form 3579 to: *American Journal of Recreation Therapy*, 470 Boston Post Road, Weston, MA 02493.

**DISCLAIMER:** The publisher and editors are not responsible for any opinions expressed by the authors for articles published in *American Journal of Recreation Therapy*.

Copyright 2016. Quotation is not permitted except as above. Duplicating an entire issue for sharing with others, by any means, is illegal. Photocopying of individual items for internal use is permitted for registrants with the Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923. For details, call 978-750-8400 or visit www.copyright.com.

Front Cover Image © Piero Crucianti | Dreamstime.com  
Athletes on wheelchairs in the olympic stadium

American Journal of



Volume 15, Number 1

ISSN 1539-4131

## 7 Editorial

It is time for recreational therapists to declare themselves to be health care *professionals*

David R. Austin, PhD, FDRT, FALS

Marieke Van Puymbroeck, PhD, CTRS, FDRT

## 9 Editorial

Advocating for the profession: Your role in supporting HR 1906, the Access to Inpatient Rehabilitation Therapy Act of 2015

Richard Williams, EdD, LRT/CTRS/FDRT

Thomas Skalko, PhD, LRT/CTRS/FDRT

## 15 Loneliness in clinical practice

A brief review of loneliness: Correlates, consequences, and considerations for recreational therapists

Ellen Rozek, PhD

Nancy E. Richeson, PhD

## 23 Effect of exercise on arthritis

Effects of exercise on disability in older adults with arthritis: A 3-year follow-up

Kenneth E. Mobily, PhD

## 31 Assessment of older adults following disaster

A Flex-Model for long-term assessment of community-residing older adults following disasters

Marlene M. Rosenkoetter, PhD, RN, CNS, FAAN

JoEllen McDonough, PhD, RN

Amber McCall, PhD, RN

Deborah Smith, DNP, RN

Stephen Looney, PhD

## 47 Case study

World Health Organization Disability Health Assessment 2.0 for Health Monitoring: Examining the potential use of the WHODAS 2.0 as a health screening tool among older adults in rural North Carolina

Amanda Warren, MS, CTRS

Richard Williams, EdD, LRT/CTRS/FDRT