



Canadian Therapeutic Recreation Association
Association Canadienne de Loisir Thérapeutique

Carl Ings is a Recreation Development Specialist with Central Health, Carmelite House; a Long Term Care Facility in Grand Falls-Windsor, NL. He has worked in Long Term Care since graduating from Dalhousie University in 1999 with a BSc in Therapeutic Recreation. In 2001 obtained his CTRS status from NCTRC. He is currently serving his first term as the Atlantic Director for CTRA and also sits on the Regulation Committee. Previous to this he was the President of the Newfoundland and Labrador Therapeutic Recreation Association for three years and also Central Director for 1 year. Carl has presented provincially and nationally on a variety of topics including evidenced based programs for challenging behavior in dementia care, therapeutic recreation internships and the TR process and also co-presented on working together with our national and provincial associations. For those who don't know him, Carl thoroughly enjoys his leisure time and enjoys a variety of leisure activities such as golf, softball and camping with his family in the summer time and playing hockey in the winter. Also he is a family guy who will be celebrating 15 years of marriage this July and also has two amazing girls who keeps him hoping all year long.