

Recreation



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General Tips for Finding Recreation Resources

1. Individual City Parks and Recreation Programs: Many will have programs for teens and adults with disabilities or their general programs may meet the recreation need. Look in the Government section of the white pages in your phone book under County or City listing, Parks and Recreation.
2. Local youth organizations such as the YMCA, Campfire, 4-H, Boys and Girls Clubs: they may offer camps/programs specifically for teens with special needs or may work to include teens in their regular programming. Look in the Business section of the white pages in your phone book under the organization's name.
3. Local ARCs: They will be aware of recreation opportunities for teens and adults with developmental disabilities. There are eleven local ARC chapters. Call the State ARC office: 888-754-8798 to find the ARC chapter nearest you.
4. Local Parent-to-Parent Coordinators: Almost every county in the state has a Parent-to-Parent Coordinator. These coordinators are aware of recreation resources for teens and adults with disabilities in their county. To find out how to contact your county's Parent-to-Parent Coordinator, call the State Parent-to-Parent office: 800-821-5927.
5. Independent Living Centers: Independent Living Centers are dedicated to helping people with disabilities to live to their maximum level of independence. They serve ages 18 and up and provide information and referral services, peer support, advocacy and skills training. There are nine Independent Living Centers in Washington State. To find the ILC closest to you, look on the website: <http://www.ilusa.com/links/ilcenters.htm> and click on WA.
6. Children's Hospital Summer Camp Directory Listings: This is a directory of summer camps for children with all kinds of disabilities and special health care needs. The ages that a particular camp serves are provided. Scanning through the directory, you may find many camps that serve teens and even a few that serve adults with disabilities. In addition, you can find camps that need volunteer youth counselors. Access this directory online: <http://www.cshcn.org/resources/summercamp.htm> or call Children's Resource Line and ask for a hard copy: toll free at 1-866-987-2500, option 4, or 206-987-2500, option 4.

7. Disabled Sports USA: Disabled Sports USA is a national nonprofit organization that offers nationwide sports rehabilitation programs to anyone with a permanent physical disability. Activities include winter skiing, water sports, summer and winter competitions, fitness and special sports events. Participants include those with visual impairments, amputations, spinal cord injury, dwarfism, multiple sclerosis, head injury, cerebral palsy, and other neuromuscular and orthopedic conditions. Disabled Sports USA has chapters in every state. To find the chapters in Washington State, look on the website: <http://www.dsusa.org/> and click on Chapter Listing and then click on WA.
8. Other places to ask: Your teen's school or school district, your church or place of worship, your local library, local colleges and universities, your local hospital. Also:
 - Wheelchair Sports USA: <http://www.wsusa.org>
 - National Disability Sports Alliance: <http://www.ndsaonline.org>
 - Dwarf Athletic Association of America: <http://www.daa.org>
 - Challenged Athletes Foundation: <http://www.challengedathletes.org>
 - United State Association of Blind Athletes: <http://www.usba.org>
 - USA Deaf Sports Federation: <http://www.usdeafsports.org>
 - Handcycle Store: <http://www.bike-on.com>
9. To find information about accessible recreation in Washington State Parks, look in the Washington State Accessible Outdoor Recreation Guide. This is available online: <http://www.parks.wa.gov/ada-rec/>
10. For discounts to Washington State Parks for people with disabilities, check out the Washington State Park Pass Program: <http://www.parks.wa.gov/ada-rec/>

Specific Recreation Resources That Serve All or a Large Region of Washington State

1. Skiforall Foundation: Skiforall provides a chance for people with disabilities of all ages to take part in year-round activities through education and training, including skiing and snowboarding, cycling, hiking, canoeing, rock climbing, camping and more.

URL: <http://www.skiforall.org>

2. Special Olympics of Washington: The Special Olympics is a year-round program of sports training and competition for children and adults with developmental disabilities.

Contact: 800-752-7559

URL: <http://www.sowa.org>

3. North American Riding for the Handicapped Association: This national organization promotes therapeutic horse activities for people with and without disabilities of all ages.

Contact: 800-369-7433

URL: <http://www.narha.org>

4. Easter Seals Washington: Easter Seals has residential camping opportunities on the west and east sides of the state. They serve people of all ages with developmental and physical disabilities.

Contact: 253-884-2722 (west), 509-326-8292 (east)

URL: <http://www.wa.easter-seals.org>

5. Washington State Youth Leadership Forum (YLF): The YLF is a summer camp experience that teaches leadership skills to teens with disabilities entering their junior or senior year of high school. The Forum is sponsored by the Governor's Committee on Disability Issues and Employment and accepts students from all over the State through an application process.

Contact: 360-438-3246

Email: <mailto:dhimes2@esd.wa.gov>

6. DO-IT (Disabilities, Opportunities, Internetworking and Technology): DO-IT provides a summer camp-college experience on the University of Washington campus for teens with disabilities who are interested in pursuing post-secondary education. As well, they provide mentoring and peer connections through the Internet throughout the year. DO-IT accepts students from all over the State through an application process.

Contact: 206-685-3648

URL: <http://www.washington.edu/doi/>

7. Northwest Wheelchair Sports: Local sports program for youth and young adults. Includes Wheelchair basketball, track and field and swimming. URL: <http://www.northwestwheelchairsports.org>

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