



Recreation Inclusion Tips and Tools



Core Values for Recreation Inclusion

- Value #1 ALL people deserve to be treated with positive regard
- Value #2 ALL people have strengths and abilities
- Value #3 ALL people of ALL abilities have the right to recreate and play wherever they choose
- Value #4 Recreation is key to a happy and healthy life

Best Practices in Recreation Inclusion

- Peer advocates
- Friendship promotion
- Systematic leisure/recreation skills training
- Cooperative program structures
- Preparing ALL participants for inclusion
- Circle of Friends
- Welcoming assessments
- Networking and partnerships
- Sharing resources & expertise
- Disability awareness training
- Activity & equipment modification
- Physically accessible recreation environments
- Environmental analysis
- Activity and task analysis
- Partial participation



Recreation contributes to the “good life” because it can....

- ✓ Provide more positive feelings than negative feelings
- ✓ Increase satisfaction with life as it has been lived
- ✓ Help with identification and use of talents and strengths on an ongoing basis
- ✓ Provides engagement in activities
- ✓ Facilitates being a contributing member of a social community
- ✓ Provides meaning and purpose
- ✓ Contributes to health

The research clearly shows this list contains the key important ingredients to the “good life”

Research that supports recreation’s necessity for the “good life” (a few good sources)

- 📖 “Positivity” by Dr. Barbara Fredrickson
- 📖 “Authentic Happiness” by Dr. Martin Seligman
- 📖 “The How of Happiness” by Dr. Sonja Lyubomirsky
- 📖 “Spark” by Dr. John Ratey

Changing How We Do Things.....

From.....	To....
Segregated “special” programs	Supports and services in recreation activities of choice
Programs	Services and supports in recreation interests
Volunteer or paid supports	Natural supports that are developed and nurtured through group and agency culture change
Professionally directed, isolated recreation	Self-determined, inclusive recreation involvement





Tips for Promoting Inclusive Recreation in Your Home and Neighborhood

- ✓ Have a rich variety of recreation/leisure resources readily available in your home; have a “play space” in the home.
- ✓ Spend time every day in informal recreation activities where skills can be taught and daily enjoyment experienced.
- ✓ Turn off the TV and the computer! Find other activities that everyone in the home can enjoy.
- ✓ Observe where other people in your neighborhood hang out or recreate and help the participant be present there.
- ✓ Involve the participant in neighborhood-based groups (church, service groups, Scouts, clubs, etc.).
- ✓ Help the participant reach out to other people he or she likes; call others, invite people over, volunteer to organize a neighborhood event, etc.
- ✓ Make sure the participant has a schedule that is similar to others in his or her peer group and in the neighborhood.
- ✓ If needed, role model to others how to include the participant in activities; be a natural support.
- ✓ Get out of the way!
- ✓ Ask neighbors for help when you need it.
- ✓ Become involved and visible in the neighborhood.
- ✓ Have great “toys” at your home or in your yard! Everyone will want to come there (swing sets to Wii to big screen TVs).



Principles for Recreation Inclusion

- Every person is full of strengths – capitalize on them
- Every environment has resources – capitalize on them
- Nurture and use natural supports wherever you find them
- Facilitate personally and socially valued, age appropriate recreation activities
- Be a recreation detective – find opportunities throughout the participant’s home, neighborhood and community



Supports

- ✓ Peer to peer
- ✓ Additional staff or volunteers
- ✓ Leisure coach
- ✓ Peer training/orientation
- ✓ Staff role modeling and norms
- ✓ Positive behavioral supports

Accommodations

- ✓ Adaptive equipment
- ✓ Skill modification
- ✓ Rule modification
- ✓ Space modification
- ✓ Goal structure
- ✓ Team/group modifications



Meaningful Recreation – A Test for the ISP

- Does the recreation activity.....
- ✓ provide opportunity for joy? create other positive emotions?
 - ✓ provide an opportunity to use and share strengths?
 - ✓ provide opportunity for personal growth?
 - ✓ engage and challenge the participant?
 - ✓ contribute to the participant’s valued outcomes?
- Does the participant....
- ✓ savor the experience? talk about it? want to do it again? look forward to more?
 - ✓ get fully immersed in the experience?
 - ✓ feel fully focused and mindful of the activity?

Physical inclusion...

- ✓ Can the participant approach, enter, and use a recreation area or facility?

Social inclusion...

- ✓ Is the participant welcomed, appreciated, and accommodated?
- ✓ Is full participation possible with natural supports?

