



Active Leisure for Life



For more information about accessible inclusive recreation, please contact:

Florida Disabled Outdoors Association

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The recreation inclusion program was developed through a grant from the Florida Developmental Disabilities Council with the assistance of host partners City of Tallahassee - Parks, Recreation & Neighborhood Affairs and the Capital Region YMCA.

To find out more information about inclusion, visit these educational links:

- www.ada.gov
- www.fddc.org
- www.fdoa.org
- www.nrpa.org



Recreation Inclusion

A Consumer's Guide

Active Leisure for Life

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What is Inclusion?

Inclusion is a process that enables an individual to be part of his/her environment by making choices as a self advocate, being supported in what they do on a daily basis, having friends and being valued.

Benefits of Recreation & Inclusion

- Promotes Good Health and Physical Well Being
- Improves Quality of Life
- Increases Endurance
- Reduces Pain
- Improves Skill in Chosen Activities
- Increases Socialization
- Reduces Depression and Anxiety

Steps to Inclusion

There are many ways for parents to get their child or loved one involved in inclusive programs. The steps below provide some pointers on how to get started.

- Explore the many possibilities for fun and challenges at your local recreation site.
- Choose one or more activities of your choice- there's something for everyone.
- Communicate with the recreation providers about you or your loved one's needs as inclusion is individually accessed. This will allow for the best possible experience for you and your loved one.
- Follow the registration procedures at your local recreation site.

If a disability accommodation is being requested, please indicate this at the time you register. Disability accommodations, such as language interpreters, inclusion support staff, etc., may require a minimum of two weeks notice.

Inclusion for Your Family

Before beginning your child or loved one in an inclusion program, observe the program first-hand and ask yourself a few questions:

1. If school-aged, do your child's current classroom activities or goals prepare him/her for an inclusive recreation experience?
2. Has the individual shown an interest in the program activity?
3. Is he/she comfortable and able to function appropriately, with or without assistance in an inclusive environment?

“ Leisure can provide the climate for enrichment of the mind, strengthening of the body, and restoring of the soul. The intelligent use of free time, in large measure, is the key to happy and worthwhile living. ”

- Anonymous