



# **Florida Disabled Outdoors Association**

## **ANNUAL REPORT 2012-13**

FDOA Mission:

To enrich lives through accessible, inclusive recreation for all.

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## Executive Director's Note:

This has been a challenging, exciting, rewarding and fabulous year. With only one full-time and one part-time staff person, Florida Disabled Outdoors Association (FDOA) has accomplished much with the strength of its advisory board, numerous volunteers and participants. This is one powerful team!

Here are a few of the achievements in the past year:

- Insurance for FDOA was vastly improved as a chapter of Disabled Sports USA. This partnership also provided some financial support for the SportsAbility program.
- Efforts have been initiated with Visit Florida to provide information and services that will attract more people with disabilities. The Resource Referral Network ([www.fdoa.org/resources](http://www.fdoa.org/resources)) that provides information on accessible inclusive recreation programs, products, events and destination was recognized as a valuable asset and has been highlighted on the Visit Florida website. It is very exciting news because their efforts have only begun.
- With the help of the FDOA Advisory Board and many volunteers, we have been able to get the word out about the importance of health and wellness for people of all abilities throughout Florida.
- The SportsAbility program was held in Tallahassee, Ocala and a Sampler at Family Café in Orlando.
- Existing partnerships with the Department of Health Brain and Spinal Cord Injury Program and Division of Vocational Rehabilitation, as well as many others, have been maintained.
- More updates to the website are now possible with a new hosting partner and new database management system. We have begun to capture more email addresses, which makes it easier to tailor the information to people with a specific interest.
- The Miracle Sports program in Tallahassee continues to add new people as the community learns that it is available. It has become a place where athletes with and without disabilities can play team sports together in an accessible, non-threatening environment.

I would like to thank each one of you for your part in improving the health and wellness of people with disabilities and for understanding that inclusion in all aspects of life begins with active leisure. Even if you only helped to spread the word by talking to one person, you have made a difference.

“The smallest deed is better than the greatest intention.” Duguet



## President's Note:

FDOA has been making a difference for more than twenty years. Thousands of people with disabilities of all ages, their families, friends, and care givers have been touched by the work of FDOA. Also, many providers of products, programs, and services, have been supported and assisted by our efforts. Thousands of dollars of economic benefits and jobs have been generated or sustained and valuable resources have been made available to the community. Thousands of volunteer hours have greatly benefitted the recipients of these efforts while also creating benefit for those providing the services.

FDOA has always been very active and involved with many other community organizations and issues that are important to us all. During this past year, we have continued to participate in outreach and advocacy for events and programs such as: the Family Café, the Youth Leadership Forum, Family Care Council, United Spinal Expo, Florida Outdoor Recreation Consortium, DOE Disability Education and Advocacy, college and university projects, Children's Week, Big Bend Transition Council, Blueprint 2000, Developmental Disabilities Day, and United Way. Initiatives include health promotion, conservation, ADA compliance, inclusion, advocacy, outdoor recreation, charities and civic groups, city and county projects and many other disability advocacy efforts.

Collaboration and partnerships have always been our strategy for success. We appreciate all of the people and organizations that have enabled us to accomplish so much. There is much energy and effort put forth in maintaining our current projects and endeavors, but I am excited about our future and our long term sustainability as we continue to develop new collaborative initiatives and partners.

Last year, Goodwill became one of our major SportsAbility sponsors. Watch for the debut of the FDOA/Goodwill partnership to open a brand new fitness and wellness center here in Tallahassee. This will be collaboration with other community partners that includes government, healthcare, insurance, fitness, wellness, and other disability organizations. We will become a provider and advocate for health promotion, obesity and disease prevention for people with disabilities and other disadvantages.

We will continue to pursue our goals and objectives and look to forge new opportunities with great enthusiasm, commitment and determination, for the FDOA to continue with our amazing successes. I know that our staff, board members, volunteers and other supporters share these same values and the future looks bright for the Florida Disabled Outdoors Association and the many lives that we enrich through our promotion of **"Active Leisure for Life"**.



# Programs:



**SportsAbility** provides opportunities for people of all ages and abilities along with their families or friends to participate in a variety of recreational pursuits. This year's SportsAbility programs featured a Resource EXPO, indoor and outdoor sports, leisure activities and clinics. Activities included SCUBA, climbing wall, golf, tennis, martial arts, horseback riding, basketball, pontoon boat rides, sit water skiing, sailing, kayaking, target sports, personal water craft rides, fishing, and many more.

The Resource EXPO functioned as an education and resource referral source so that people with disabilities will be better able to pursue new recreation and wellness opportunities, as well as associated assistive services and technologies.

FDOA produced an integrated marketing campaign that promoted active leisure, health and wellness. The campaign included direct mail, television, personal selling, electronic mediums, magazines, radio, outdoor advertising, and newspaper advertising. Volunteers from area businesses, universities and colleges, and government agencies all participated.

Volunteers included rehabilitation therapists, recreation therapists, art therapists, students, businesses, and civic groups.



- More than 1,000 participants attended the Leon / Wakulla program
- Over 650 participants attended the Marion County program
- Over 6,000 attendees at the SportsAbility Sampler at Family Café in Orlando

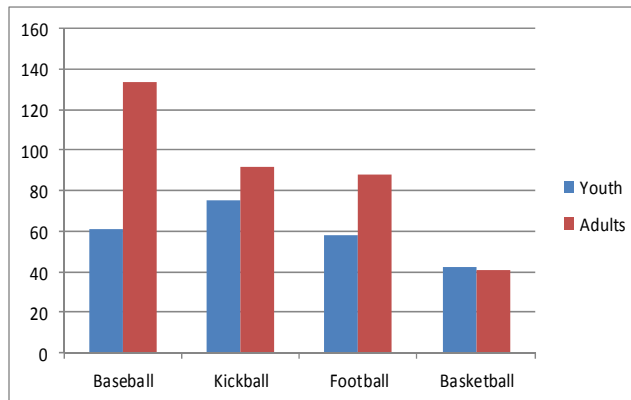


Miracle Sports provides team sports for people of all ages and abilities. This year baseball, basketball, kickball and flag football were played. The program helps people to be active, have fun, and make new friends in a safe inclusive environment. Scholarships were provided through the continued support of Kiwanis of the Big Bend.

- Over 1,250 volunteer hours were logged
- Over 500 hours of team sports for people with disabilities
- New shade shelters were installed at the Miracle Field of Tallahassee



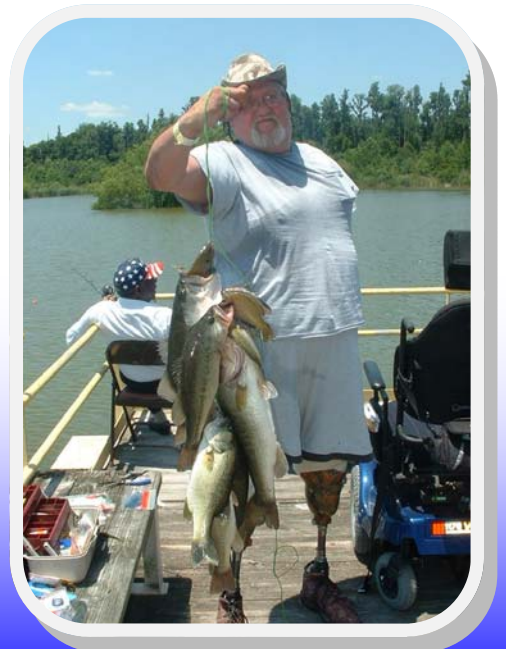
Hours of Team Sports Played



## ALLOUT

An outdoor adventure program for people with disabilities. This program includes the mobility impaired hunting program, which is the benchmark for mobility-impaired hunts throughout the United States and included 26 different hunts this year.

The program also included a variety of other outdoor adventure trips, such as *Hands Helping Anglers* where 39 anglers with disabilities went out on 18 different boats for a day of fishing and fun.



## Community-based Therapeutic Recreation Program for People with a Brain or a Spinal Cord Injury

This program, through a partnership with the Florida Department of Health Brain and Spinal Cord Injury Program, provides an education and resource referral to assist people with brain and spinal cord injuries in pursuing current recreation and leisure providers and available associate assistive services and technologies.

FDOA offered community-based therapeutic education, training and hands-on health and wellness activities for people with a brain or spinal cord injury through its SportsAbility programs which were delivered in (1) Ocala, (2) Tallahassee, and (3) Orlando. Sponsors (matching grant funds) were secured to make these programs possible.



At the SportsAbility programs, 314 persons with brain and spinal cord injuries and their families and service and support providers received services and the EXPOs provided information with 56 exhibits on the latest in products, active leisure programs and services for people with disabilities. Over 50 different hands-on activities were provided. Florida Disabled Outdoors Association also partnered with the Family Café to provide a SportsAbility Sampler with over 6,200 people in attendance.

**Information Pieces:** FDOA produced and distributed 399 information pieces on the needs and benefits of recreation and active leisure and wellness for persons with a spinal cord injury with the assistance of the Florida Spinal Cord Injury Resource Center and 1,702 information pieces on the needs and benefits of recreation and active leisure and wellness for persons with a brain injury with the assistance of the Brain Injury Association of Florida. The pieces were also widely distributed through a variety of partner organizations and at numerous outreach functions relating to disability awareness.

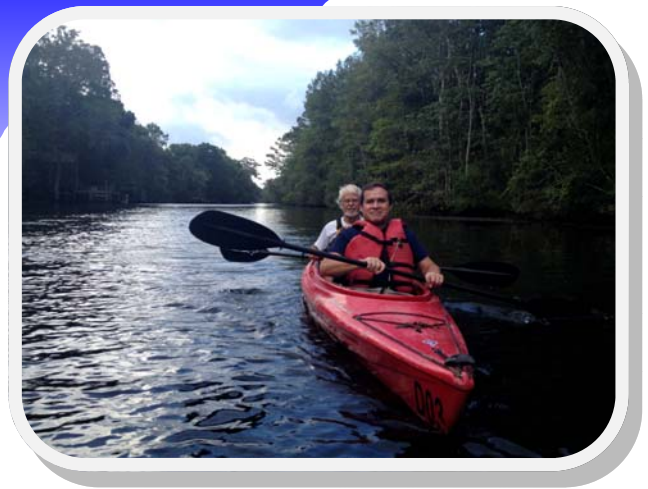
**Newsletter:** FDOA produced the newsletter: *No Barriers*. Each issue contained a number of articles providing information and resources for people with brain and spinal cord injuries and was mailed to over 13,000 people and businesses in Florida. The e-newsletter was issued 3 times during the year.

**Website ([www.fdoa.org](http://www.fdoa.org)):** FDOA maintained and continually updated the website providing information on health and wellness issues for people with a brain or spinal cord injury; details on SportsAbility events; information on accessible, inclusive recreation programs, events, destinations and products for people with a brain or spinal cord injury.

**Camp TBI:** FDOA provided health and wellness education and activities at Camp TBI to approximately 328 people. The Brain Injury Association of Florida and FDOA worked together to ensure that the participants learned about safe active leisure options that are repeatable in their own communities. The survivors were informed about the Recreation Resource Referral Network. Health and wellness handouts developed by FDOA were provided to all survivors in attendance.

## Recreational Activity Program for Adults with Disabilities (RAPAD)

The Recreation Activity Program for Adults with Disabilities (RAPAD), through a partnership with Division of Vocational Rehabilitation and Tallahassee Community College, assists any adult with a disability in Leon, Wakulla, or Gadsden County in enhancing their quality of life. Enrollees participate in community-based sports, recreation and active leisure opportunities. The program is self-directed and offers transitional reintegration opportunities determined by the individual.



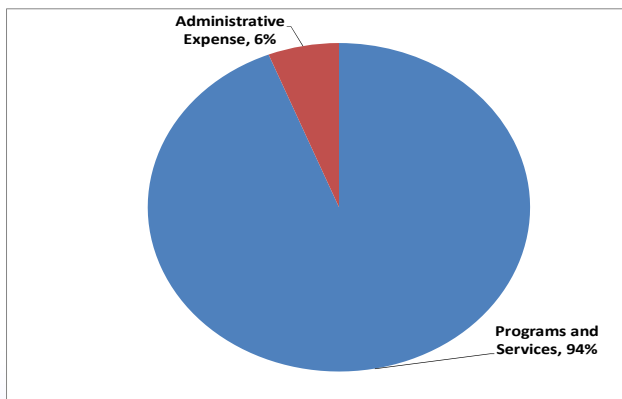
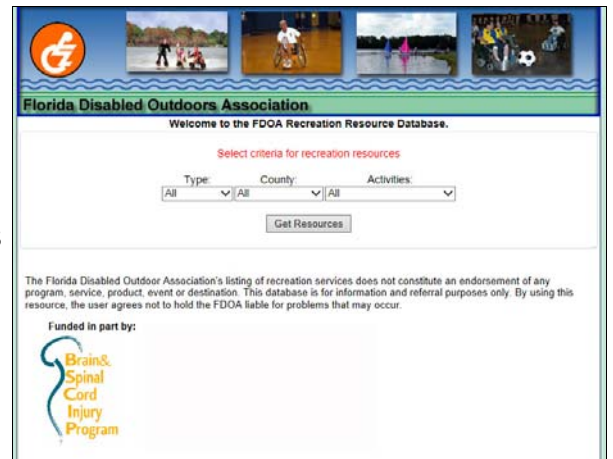
- More than 10 different group recreational opportunities were offered that served 139 adults with disabilities.
- Over 35 new Adult Individual Assessment Programs or Recreation Plans (AIEPs) were completed.
- Some of the activities offered included swimming lessons, kayaking on the Wakulla River, astronomy at Lake Ella, cooking class, and horseback riding.



## Resource Referral Network

FDOA continually updated an on-line Resource Referral Network where people can search accessible inclusive recreation (1) Products, (2) Programs and Services, and (3) Events and (4) Destinations through a variety of search options. They are able to find resources based on: (1) County, (2) Type of Activity (ex: all kayaking information), and (3) Type of Resource. Through the mobile website, resources can be accessed from any smart phone.

- Over 160 Destinations that provide areas of interest that are accessible and accommodating to persons with disabilities.
- Over 30 Events archived for reference, contacts, and activity resource template guides.
- 431 Programs that meet on a regular and continuous basis that allows people with disabilities to get involved in their community.
- 171 Products and Services geared toward people with disabilities.



## 2012-13 Administrative Expense

- FDOA maintains extremely low administrative overhead.
- In-kind donations were valued at over \$130,000.
- Volunteers hours were valued at over \$146,000.

## Donations are appreciated!

[www.fdoa.org/donate](http://www.fdoa.org/donate) or mail to FDOA at:  
2475 Apalachee Parkway, Suite 205, Tallahassee, FL 32301

*FDOA is a 501 (c)(3) nonprofit organization. (Federal ID# 59-3051552)*

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