

## Recreation for quality of life – yours, theirs and ours!

### Florida Disabled Outdoors Association strives:

- 1 To educate the public and disseminate information pertaining to recreational assistive technology, areas, facilities, programs, events, and opportunities that include persons with disabilities.
- 2 To promote and provide recreational activities and programs for people of all abilities and all ages.
- 3 To forward the advancement and development of the appropriate use of public and private lands on which people with disabilities may participate in recreation.
- 4 To advocate for the need, benefit and right to accessible and inclusive recreation for persons with disabilities.
- 5 To assist designers, planners, and managers in making recreational programs, areas, and facilities universally accessible.
- 6 To work with civic groups and organizations in promoting special recreational opportunities to include people with disabilities.
- 7 To provide community resource information about the importance of good nutrition and physical activity and its role in health and wellness for persons with disabilities.
- 8 To promote the wise use of our natural resources in the best interest of all, both present and future.
- 9 To advance understanding of the importance of community-based therapeutic recreation.
- 10 To promote high standards of sportsmanship and ethics.



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Florida Disabled Outdoors Association  
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# Active Leisure for Life! Active Life!



[www.fdoa.org](http://www.fdoa.org)  
(850) 201-2944

# Florida Disabled Outdoors Association

## Need and Benefits of Active Leisure

The benefits of active leisure are physical and mental well-being and long term wellness. As with the general population, people with disabilities benefit from active leisure and wellness programs. The need is possibly even greater for people who live with a disability! FDOA works to overcome and prevent many of the disabilities and secondary health conditions that arise as a result of a sedentary life style including: diabetes, heart disease, respiratory conditions, and obesity.

## Why is it important for people with or without disabilities to be active?

- ✓ Reduces depression and anxiety
- ✓ Decreases morbidity and other illnesses associated with a sedentary life
- ✓ Improves balance and range of motion
- ✓ Improves well-being and quality of life
- ✓ Reduces boredom
- ✓ Develops self esteem through recreation participation
- ✓ Provides emotional and social support to participants
- ✓ Promotes good health and physical well being among participants!!

The mission of the Florida Disabled Outdoors Association is to: enrich lives through accessible inclusive recreation and active leisure for all.

FDOA promotes health and wellness and enhances the lives of people with disabilities through activities such as:

## SPORTSABILITY

This multi-day event targets people of all ages with any type of disability and their families or friends. It features a resource expo, indoor and outdoor sports, leisure activities and clinics. Activities include: 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!

## RAPAD

Participants enrolled in the Recreation Activity Programs for Adults with Disabilities (RAPAD) program participate in community-based sports, recreation, and leisure opportunities. The program offers transitional reintegration opportunities determined by the individual RAPAD participant.

## 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. The program also includes a variety of other outdoor adventure trips.

## RASTA

This program offers an education and resource referral program to assist people with disabilities in pursuing recreation and leisure and associated assistive services and technologies.

## INCLUSION PROGRAM

A training program for recreation staff and administrators to help them implement inclusive recreation practices into their established recreation programs. This pilot program serves as a prototype and will be replicated in other areas throughout the state.

And many others...

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please contact me with more information.

Yes, I want to ensure that FDOA's programs continue! Please accept my support at the following annual dues membership level:

- \$20 Individual
- \$50 Supporting Member / Family
- \$100 Not-for Profit
- \$200 Business
- \$1,000 Patron
- \$2,500 Trustee

Please accept my additional donation of \$ \_\_\_\_\_.

Total \$ \_\_\_\_\_

Please note: FDOA is a 501 (c)(3) not-for-profit organization and gratefully accepts donations and in-kind gifts. All contributions are tax deductible.

Please return application with donation to:  
**Florida Disabled Outdoors Association**  
2475 Apalachee Parkway, Suite 205  
Tallahassee, FL 32301

You may also apply online at:  
[www.fdoa.org/memberships.htm](http://www.fdoa.org/memberships.htm)

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