

& RECREATION

CHOICES AND OPPORTUNITIES TO PARTICIPATE

Options to include recreation activities into leisure time are limited only by your personal interests and creativity. Here are just a few options.

SPORTS

Incorporation of adaptive and assistive technologies for sports and activities has greatly expanded. There are now many adaptive and wheelchair sports such as tennis, basketball, soccer, and softball. Outdoor options include nature-based activities such as hunting and fishing, hiking and biking, archery and shooting sports. Water sports include swimming, diving, paddling and skiing.

PERSONAL / CREATIVE

Many diverse outlets encourage expression through the arts. These include, but are not limited to: ceramics, painting, sculpture, gardening, dance, music, and drama.

SOCIAL / COMMUNITY

Becoming reintegrated with the community through support groups and clubs, volunteer opportunities, and special events are just a few of the ways to meet new people and expand your social network.

Get out and pursue your interests!

For additional recreation options and opportunities including **SportsAbility**, visit www.fdoa.org.



WWW.FDOA.ORG

This program was developed through a partnership with the Florida Department of Health



For additional resources contact:

Brain and Spinal Cord Injury Program
www.myflorida.com
 (850) 245-4045

Florida Spinal Cord Injury Resource Center
www.fscirc.com
 (866) 313-2940

For more information regarding accessible inclusive recreation or to receive the quarterly FDOA newsletter, *No Barriers*, please contact:



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COMMUNITY-BASED RECREATION ACTIVE LEISURE

For People with Spinal Cord Injuries



Your gateway to

ACTIVE LEISURE LIFE
for LIFE

ACTIVE LEISURE

WHAT IS THERAPEUTIC RECREATION (TR)?

Therapeutic Recreation (TR) uses treatment, education and recreation services to help people with illnesses, disabilities and other conditions to develop and use their leisure time in ways that enhance health, functional abilities, independence and quality of life.

Florida Disabled Outdoors Association is your connection for pursuing recreation activities to ensure *Active Leisure for Life*.

Therapeutic Recreation Services



Benefit: Increased independence for people with a spinal cord injury.

Florida Disabled Outdoors Association (FDOA) and the Brain and Spinal Cord Injury Program (BSCIP) are collaborating to provide community-based resources for accessible inclusive recreation. People with spinal cord injuries may increase their participation and improve their lives through physical, personal, and socially creative outlets.

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