

& RECREATION

The Florida Disabled Outdoors Association (FDOA) and the Brain and Spinal Cord Injury Program (BSCIP) provide information and resources that are vital to creating a holistic, integrated and inclusive lifestyle.

Incorporating therapeutic recreation activities helps improve physical, cognitive, and social functioning. Participation in *Active Leisure for Life* facilitates the return to an independent, active, and enhanced quality of life.



"Leisure time activities are not only enjoyable, but they also help prepare a patient for community re-entry that's as stress free as possible."
- Senelick (2010)

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.floridashealth.com
Keyword Search: brain
(850) 245-4045

Brain Injury Association of Florida (BIAF)
www.byyourside.org
(800) 992-3442

Mothers Against Brain Injury, Inc.
www.mabii.org
(800) TBI-HOPE

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 Survivors of Brain Injury



Your gateway to

ACTIVE LEISURE for LIFE

ACTIVE LEISURE

"An estimated 3.17 million Americans currently live with disabilities resulting from Traumatic Brain Injury."

- Brain Injury Association of America (2010)



"When considering the effects of various aspects of disabling conditions on the life satisfaction of individuals who have suffered a Traumatic Brain Injury, restriction of participation in life activities was found to have the greatest impact."

- Hanks & Robin, American Journal of Physical Medicine and Rehabilitation (2006)

"People with disabilities are less likely than those without disabilities to socialize with friends, relatives, or neighbors, once again suggesting that there are significant barriers to participation in leisure activities for this population."

- Kessler Foundation (2010)



(850) 201-2944

ABOUT BRAIN INJURY

Survivors of brain injury and their families may face physical, emotional and social challenges. Education and motivation encourages participation in sports, recreation and active leisure.

Possible Challenges

- ▶ Physical capability
- ▶ Cognitive, memory and hearing deficits
- ▶ Decision making ability
- ▶ Language impairment
- ▶ Attention deficits
- ▶ Emotional disorders
- ▶ Loneliness
- ▶ Motivational concerns
- ▶ Lack of social outlets
- ▶ Post-traumatic Stress Disorder (PTSD)
- ▶ Need for community supports

RELATED BENEFITS

Physical, mental and creative recreation activities provide many positive benefits.

Holistic Healing

- ▶ Improved ability for daily activities
- ▶ Community reintegration
- ▶ Return to functional capacity

Physical Wellness

- ▶ Disease prevention
- ▶ Overall health
- ▶ Increased chance of longer life
- ▶ Weight control to prevent obesity

Personal and Mental Wellness

- ▶ Improved self-esteem
- ▶ Decreased depression
- ▶ Networking and socialization
- ▶ Motivation to pursue opportunities
- ▶ Increased fun and fulfillment

Social Wellness

- ▶ Promotes community inclusion
- ▶ Reduced cost for assistance and care
- ▶ Adds value to society
- ▶ Improved vocational and life skills



WHAT IS THERAPEUTIC RECREATION (TR)?

Therapeutic Recreation (TR) uses treatment, education, and recreation services to help people with illnesses, disabilities and other conditions. TR helps people 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



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.

CHOICES AND OPPORTUNITIES TO PARTICIPATE

Options to include recreation activities into leisure time are limited only by your personal interests and creativity.

Sports

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

Personal / Creative

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

Social / Community

Becoming reintegrated with the community through support groups and clubs, volunteer opportunities, and special events such as SportsAbility or the BIAF Jamboree are just some of the ways to meet new people and expand your social network.

Get out and pursue your interests!

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



"Community-based, non-medical services should be components of the extended care and rehabilitation available to all persons with TBI."
- National Institute of Health (1999)

