

NO BARRIERS

A Publication of the Florida Disabled Outdoors Association

New ADA Rules Go Into Effect



WWW.FDOA.ORG

Special points of interest:

- New ADA Rules
- People with TBI Need to Exercise

Inside this Issue:

New ADA Rules	1
SportsAbility Ocala	1
Exec. Director's Report	2
Mobi-Chair®	2
People with TBI ...Exercise	3
Supporting FDOA	3
President's Report	4

Did you know that as of March 15, 2011, new ADA rules became effective that required wheelchairs (and other devices designed for use by people with mobility impairments) to be permitted in all areas open to pedestrian use in public and state park areas? The new rules also state that other power-driven mobility devices must be permitted to be used unless the public and state parks areas can demonstrate that such use would fundamentally alter its programs, services, or activities, create a direct threat, or create a safety hazard.

The ADA was officially signed on July 26, 1990 and prohibits disability discrimination. Over the past 20 years, new pieces of the ADA have gone into effect which has allowed time for compliance and planning. The new rules covers other items also and the entire fact sheet with all

the rule changes can be found at: <http://www.ada.gov/regs2010/ADAregs2010.htm>.

In Florida, the Fish and Wildlife Commission (FWC) in conjunction with the FDOA, have prepared for this moment by proactively creating and successfully testing a prototype permitting system that will allow controlled and limited use of vehicles in areas where previously prohibited by law. The FWC and FDOA have used an Alternative Mobility Permit (AMP) program to enable people with specific mobility type disabilities to use non-typical vehicles to assist in ambulation. The AMP program has been used primarily by physically disabled hunters to be able to pursue their active leisure choices.

David Jones, FDOA President, shares, "What this means in everyday

language is that wherever a person can walk, a person who uses a wheelchair must be permitted to go. This law has great impact for people with mobility impairments to enjoy the outdoors by use of assistive technology other than wheelchairs in providing equal access. It is so exciting to see these and other changes occurring that break down the barriers for people with disabilities."

All Florida residents should be able to enjoy the beauty of the state parks and the AMP program helps to accomplish this while providing protection to valuable natural resources. In fact, the FWC works hard to meet the needs of people requesting access while protecting Florida's natural resources. The FDOA welcomes the new standards that increases accessibility for people with physical disabilities. ♿



This free event is for people of all abilities, their families and/or friends!

The next SportsAbility will be held in Ocala:

Venues:

- **Friday, September 30, 2011: 10:00 AM - 3:00 PM**
ED Croskey Center, Hampton Aquatic Center
- **Saturday, October 1, 2011: 10:00 AM - 3:00 PM**
Carney Island Recreation & Conservation Area



SAVE THE DATE: SportsAbility Tallahassee — April 12-14, 2012

Executive Director's Report: Hotel Booking Tips



Laurie LoRe-Gussak,
Executive Director

Recently, we have had visitors with disabilities from around the US, Italy and Belarus. They found us in a variety of ways including our website, Facebook page and word of mouth. What they all had in common was a sense of

adventure and a willingness to overcome their fear of traveling.

We all have fears and have different ways of coping with them. For me, I find inspiration in the people I have met that go beyond their fears.

Traveling is exciting when you open yourself up. Planning is the key!

When booking accessible hotel rooms, consider the following:

- Be specific. Don't book a room just because it has been rated accessible. Identify your needs and ask detailed questions. For example, many accessible rooms do not have a roll-in shower.
- Ask about the distance in between walls if you travel with special equipment.
- Ask for the height of the sink (low level sink is ideal for wheelchairs) and if cabinets are underneath.
- If you use a wheelchair, ask about the height of the closet, AC control panel, mini-bar and any other relevant items.
- Be wise when booking accessible rooms online. It is preferable that you call directly the hotel to reserve the room to ask specific questions based on your needs.
- Ask if the bathroom is equipped with grab bars by the toilet, tub, shower and sink.

- If needed, ask if the mini bar can be used to storage special medication.
- Ask if accessible parking is available.
- Many multi-story hotels put their "accessible" rooms on upper floors. ASK. Remember, in case of fire, the elevators don't work.
- Make sure the bathroom door opens OUT.

If you would like to give traveling a try, there are two programs coming up. The first is the SportsAbility Sampler that will be held at Family Café at Disney's Coronado Resort on June 3-5, 2011 or SportsAbility Ocala that will be held September 30 to October 1, 2011. More information on these programs can be found at www.fdoa.org.

The biggest thing to remember when traveling is to have fun!! 🦿

Assistive Technology—Mobi-Chair®

Do you want to go to the beach or get wet in the ocean or a swimming pool? There is a new innovative amphibious wheelchair that makes accessibility for people with disabilities simple and fun.

The design of the Mobi-Chair® provides comfort and convenience for people with disabilities. Transfers to and from wheelchairs are made easier by the rounded corner design and by lifting the armrest with the removal of one pin. The armrests are a floatation device and also have handles to offer additional security for the rider.

The Mobi-Chair® can easily and quickly be assembled / disassembled (without any tools) which allows it to fit in any vehicle. The aluminum and stainless steel frame and parts, as well as the non-allergenic, UV and

water resistant seat fabric have been specifically designed for people to use at the beach or pool.

Mobi-Chair® is not a boat, and is not intended for use in strong waves or current. Upon entering the water, the chair does become buoyant and floats. A life jacket is recommended during use in the water. The backrest is adjustable for individual comfort. The large tires offer comfort, stability, and easy mobility while riding over land.

Some counties in Florida have these chairs available for use by the public, usually at county parks. Check with local beach authorities or lifeguards to find out if the Mobi-Chair® is available near you.

It's time to take the entire family to visit the beach! 🦿



More info at www.mobi-chair.com

FDOA does not receive any compensation by providing information on this product.

People with Traumatic Brain Injury (TBI) Need to Exercise

If you are someone who deals each day with Traumatic Brain Injury (TBI), know you are not alone. Over three million Americans are currently living with disabilities resulting from TBI. There are several challenges that face people with TBI, such as: physical capability, cognitive or memory deficits, decision making ability, language impairment, emotional disorders, and motivational concerns. Each one of these challenges works to



undermine planning, committing, and executing physical exercise.

The National Center for Chronic Disease Prevention and Health Promotion has stated that regular physical activity not only helps individuals with conditions like TBI, but “can improve psychological well being and quality of life by increasing the ability to perform activities of daily living.” However, be sure to check with your doctor before undertaking any exercise program.

Exercise can be achieved in many ways. Selecting an activity that is enjoyable to the individual is key. One person may enjoy martial arts, while another may enjoy swimming. If people enjoy themselves, they will

be more likely to continue exercising. Also, try to find a buddy. This person would help hold you accountable while you do the same for them to stay committed to the exercise plan. This is a great way to expand your circle of friends and network with others.

The benefits for people with TBI exercising include: holistic healing, physical wellness, and personal, mental, and social wellness. Getting out of the house and participating in community events will help not only the individual, but the community as well. Each person living with TBI is a thread in the fabric of our society and plays a role in the community. Start today to live life to the fullest by participating in active leisure in your community.~



Active Leisure for Life Award

Congratulations goes to **Harry Horgan of Shake-a-Leg Miami** for receiving the “2011 Active Leisure for Life” award at the SportsAbility Banquet.

Support the efforts of the Florida Disabled Outdoors Association (FDOA) in any of the following ways:

- ◆ Donate to FDOA or become a member at: www.fdoa.org/memberships.htm
- ◆ Become a fan of the FDOA on Facebook at: www.facebook.com/fdoa.org
- ◆ Keeping your e-mail and mailing address updated. Send updates to: info@fdoa.org
- ◆ Participating, volunteering, and telling others about FDOA events.
- ◆ Remember FDOA while doing estate planning.
- ◆ Partnering with the FDOA to provide goods, services, and/or funds.



FDOA is a 501 (c)(3) Not-for-Profit organization and gratefully accepts donations and in-kind gifts. All contributions are tax deductible.

THANK YOU!!

Without the support and commitment of people like you, programs such as SportsAbility would not be possible. Remember we all need Active Leisure for Life!



Contact us at:

FDOA
2475 Apalachee Parkway
Suite 205
Tallahassee, FL 32301
(850) 201-2944
(850) 201-2945 (fax)
www.fdoa.org

Florida Disabled Outdoors Association
2475 Apalachee Parkway, Suite 205
Tallahassee, FL 32301
Phone: 850-201-2944
Fax: 850-201-2945
Email: info@fdoa.org

ACTIVE LEISURE
for LIFE

Non-Profit
U.S. Postage
PAID
Tallahassee FL
Permit #834



CHECK US OUT AT:

WWW.FDOA.ORG



Become a friend of FDOA
Go to Florida Disabled Outdoors Association on Facebook!

Moving on! Everyone knows that we are going through some mighty tough times. The economy seems to be showing signs of improving, but our leaders have had to make some very difficult decisions about budgeting,

future programs, and services. The financial and real estate crisis has forced some critical thinking about how we do business. The healthcare crisis is a big issue that is still looming over our heads and will have serious implications to our country and to our lives.

insurance experts, and medical providers to work out.

Society has changed the way we eat, the way we move, and the way we live. In addition, many secondary health complications arise due to our sedentary lifestyles. We have seen the health status of Americans rapidly deteriorate to a state of crisis and we have done it to ourselves. People with disabilities are a part of this serious problem and must not get lost in the shuffle or overlooked.

Lack of awareness, knowledge, motivation and supports for physical activity for people with disabilities is the big elephant in the room. We must recognize that the solutions lie in prevention

and wellness programs. Prevention and fitness through exercise, recreation and active lifestyles are the missing components to solving this crisis. With this solution comes the tough part...how to implement it.

We need to call on the experts for solutions on implementation and fix our health "care" problems. Who are these experts? We are. The answers will come from people with disabilities and those who serve them, our health and fitness providers, and also the providers of recreation and leisure services. Now is the time to gather support and help from the insurance and health care industries, the law makers and political leaders to step up to the plate where everyone works together. Let's all get a move on!

President's Report



David Jones,
FDOA President

When most people talk about the healthcare crisis, they are referring to the health insurance coverage issue as the problem, and it is, but the crisis is much more than that. We need to realize and understand that it is not only the healthcare system, but it is our health "care" that is in crisis. We depend on two of the largest government budget items, Medicare and Medicaid, to pay the treatment of our health conditions. The affordability of treating illnesses and poor health conditions is certainly a priority issue for government,