

Florida Disabled Outdoors Association

佛罗里达残疾人户外运动协会

Active Leisure for Life

积极向上的休闲生活

Need for Active Life

对积极生活方式的渴望

Every one benefits from recreation and active leisure. The need is even greater for people who live with a disability!

每个人都可以从积极的休闲活动中获益。对于残疾人来说，这样的需求更加迫切！

Florida Disabled Outdoors Association (FDOA) works to overcome and prevent many of the disabilities and secondary health conditions that arise as a result of a sedentary lifestyle including: diabetes, heart disease, respiratory conditions, and obesity.

佛罗里达残疾人户外运动协会致力于帮助残疾人克服并避免因久坐不动而产生的疾病，这些疾病包括：糖尿病，心脏病，呼吸系统疾病以及肥胖。

Mission

宗旨

Florida Disabled Outdoors Association enriches lives through accessible inclusive recreation and active leisure for all.

佛罗里达残疾人户外运动协会通过休闲体育活动的方式来丰富残疾人的日常生活。

Florida Disabled Outdoors Association (FDOA) Programs

佛罗里达残疾人户外运动协会举办的活动

FDOA promotes health and wellness to enhance the lives of people with disabilities through programs such as:

FDOA 通过以下活动来提高并促进残疾人的健康状况：

SportsAbility

运动能力

Provides opportunity for people of all ages and abilities along with their families or friends to participate in a variety of recreational pursuits. SportsAbility features a resource expo, indoor and outdoor sports, leisure activities and clinics. Activities may 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. The goal of SportsAbility is to show people what they can do and to introduce activities that can be pursued to live a healthier lifestyle. SportsAbility is sponsored by community partners and activity providers and there is no charge to participate.

为各年龄层各种能力的人及其家庭、朋友提供各式各样的休闲娱乐活动。运动能力这个活动拥有丰富的资源,其中包括室内和室外运动,休闲活动以及门诊会。这些活动包括:高尔夫、网球、武术、骑马、篮球、浮桥乘船、坐式水上摩托、航行、独木舟、射击运动、单人水上项目、钓鱼以及其他各种活动。这项活动的目的是为了向人们展示他们能做的各种活动。运动能力的活动由社区合作者以及活动提供者赞助,我们不收取任何费用。

RAPAD

The Recreation Activity Program for Adults with Disabilities (RAPAD) is for any adult with a disability in Leon, Wakulla, or Gadsden County. 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.

成年残疾人休闲活动项目服务于已经成年的,并且居住在里昂、瓦库拉和加的斯顿三个郡的人群。参与者可以参加社区组织的体育、休闲娱乐活动。此项目是由参与者自己组织,并为他们提供重新融入社会的机会。

ALLOUT

-An outdoor adventure program for people with disabilities. This program includes the mobility impaired hunting program, Hands Helping Anglers, and other outdoor adventure trips.

ALLOUT 是一个为残疾人服务的户外探险项目。项目包括为行动不便人士提供的狩猎项目、帮扶式钓鱼以及其他各种项目。

Community-based Therapeutic Recreation Program for People with Brain and Spinal Cord Injuries

基于社区组织的为脑部和脊髓损伤人士提供的休闲治疗项目

-This community reintegration program offers education and resource referral to assist people with a brain or a spinal cord injury in pursuing recreation and leisure.

这个基于社区组织的项目提供了教育和资料,来帮助脑部和脊髓损伤的人群参加休闲娱乐活动。

Miracle Sports

奇迹运动

-Team sports such as baseball, basketball, and flag football are available for people of all abilities. The goal is to be active, have fun, and make new friends in a safe inclusive environment. Scholarships are available through the continued support of Kiwanis of the Big Bend.

这个项目包含各种集体项目:棒球、篮球以及腰旗橄榄球。活动致力于倡导积极的生活方式、乐观并在安全的环境中交新的朋友。参与者还可以申请由 Kiwanis of the Big Bend 提供的奖学金。

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

为了提高生活质量的休闲活动——你的，他们的和我们的！

Florida Disabled Outdoors Association strives to:

佛罗里达残疾人户外运动协会致力于：

Advocate for accessible and inclusive recreation.

倡导无障碍和具有包容性的休闲活动。

Promote the importance of active leisure for health and wellness and the value of therapeutic recreation.

宣扬积极向上的休闲活动对健康的重要性以及治疗性休闲活动的价值。

Educate and disseminate information on accessible inclusive products, programs, events, and destinations.

教育和传播无障碍设施、活动和目的地的信息。

Provide opportunities to enhance employability.

提供提高就业能力的机会。

Partner with recreation, health, disability and civic organizations.

与各种休闲体育、健康、残疾人和民间组织合作。

Assist in universal design for recreation.

协助全球性的休闲活动组织设计。

Promote accessibility and inclusive use of public and private lands.

在公共和私人区域推广无障碍设施。

Promote high standards of sportsmanship, ethics, and conservation.

推广高质量的运动加精神、道德标准和保护措施。

Life Benefits

受益终身

Healing

复原

Therapeutic Rehabilitation

康复治疗

Return of Daily function

日常生活能力恢复

Wellness

健康

Disease Prevention

预防疾病

Health Maintenance

维护健康

Personal Development

个人发展

Mental and Emotional Well-being

心里和情绪的健康

Socialization Skills

社交技巧

Societal Development

社会发展

Reduced Health Care Costs

降低医疗保障花销

Community Inclusion

社区共融

Vocational Development

职业发展

Employability skills

就业能力

Job Readiness

就业准备

Membership

会员

Help support FDOA's mission by becoming a member! Your voice will help our message be heard. You will empower FDOA to educate, advocate and motivate by simply expressing an interest and providing your contact information. There is no charge for membership! Join today at www.fdoa.org !

加入我们的会员可以帮助佛罗里达残疾人户外运动协会实现我们的目标。你的声音能够帮助我们扩大声量。您将帮助 FDOA 去帮助、激励和教育更多的人，您需要做的只是让我们知道您的兴趣并提供您的联系方式。会员是完全免费的。今天就加入我们吧！网址：

www.fdoa.org

FDOA will provide you with information and opportunities that will help people of all ages and all abilities be healthier and happier.

FDOA 将为您提供面向各年龄层和各种能力活动的信息和机会，这些机会能让你更加的健康和愉快。

FDOA gratefully accepts tax deductible donations and in-kind gifts as a 501(c)(3) nonprofit organization. (Federal ID# 59-3051552)

根据 501(c)(3)规定，FDOA 作为非营利性组织可以接受抵税的捐款和实物礼品。（联邦注册号： 59-3051552）

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