

SPORTSABILITY ALLIANCE

- Advocates and Promotes Accessible Inclusive Recreation
- Provides Adaptive Recreation and Active Leisure
- Provides Information and Resources
- Motivates and Support People with a Spinal Cord Injury



COLLABORATIVE RESOURCES

SportsAbility Alliance and the Florida Health Department's Brain and Spinal Cord Injury Program (BSCIP) are collaborating to provide community-based resources for accessible inclusive recreation.

SPORTSABILITY ALLIANCE

(850) 201-2944
info@sportsability.org

SportsAbility.org



Brain and Spinal Cord Injury Program
www.BSCIP.org

BSCIP Resource Center
(866) 313-2940
www.BSCIPresourcecenter.org



RecConnect

resources for people with a brain or spinal cord injury



Community-based recreation and active leisure for people with
Brain Injuries



ENHANCING LIVES THROUGH
ACCESSIBLE, INCLUSIVE
RECREATION & ACTIVE LEISURE

MAIN AREAS OF HEALTH CONCERNS

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.

Physical

- Overall physical deconditioning
- Musculoskeletal decline
- Cardiovascular and heart disease
- Autonomic / Nervous System

Personal / Emotional

- Self-esteem and self-confidence
- Depression
- Anxiety related disorders
- Lack of support systems

Social / Community

- Financial and social responsibility
- Isolation
- Lack of inclusion
- Community integration

Get out and pursue your interests!

For recreation options and opportunities visit sportsability.org

A BALANCED PROGRAM

Participating in a well rounded variety of programs can result in a more holistic and beneficial active leisure lifestyle. The benefits of positive leisure activities are better physical and mental well-being, good health, long-term wellness, and active leisure for life.

BENEFITS

- **Healing**
 - **Wellness**
 - **Personal Development**
 - **Societal Development**
 - **Physical**
 - **Personal / Emotional**
 - **Social / Community**
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CHOICES AND OPPORTUNITIES TO PARTICIPATE

Options are limited only by your personal interests and creativity. A few options:

Sports

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.

SportsAbility.org