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

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.

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

"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)

"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."

"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)
**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

“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)

**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.

**Therapeutic Recreation Services**
- TR Holistic Benefits
- Florida Disabled Outdoors Association is your connection for pursuing recreation activities to ensure Active Leisure for Life.
- 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.