

Life Benefits

HEALING

- ▶ Therapeutic Rehabilitation
- ▶ Return of Daily Function

WELLNESS

- ▶ Disease Prevention
- ▶ Health Maintenance

PERSONAL DEVELOPMENT

- ▶ Mental and Emotional Well-being
- ▶ Socialization Skills

SOCIETAL DEVELOPMENT

- ▶ Reduced Health Care Costs
- ▶ Community Inclusion

VOCATIONAL DEVELOPMENT

- ▶ Employability Skills
- ▶ Job Readiness

Membership

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!

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

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



"Like" FDOA at
www.facebook.com/fdoa.org



Florida Disabled Outdoors Association
2475 Apalachee Parkway, Suite 205
Tallahassee, Florida 32301

Phone: (850) 201-2944

Fax: (850) 201-2945

www.fdoa.org



**Florida
Disabled
Outdoors
Association**

ACTIVE LEISURE LIFE
for



www.fdoa.org
(850) 201-2944

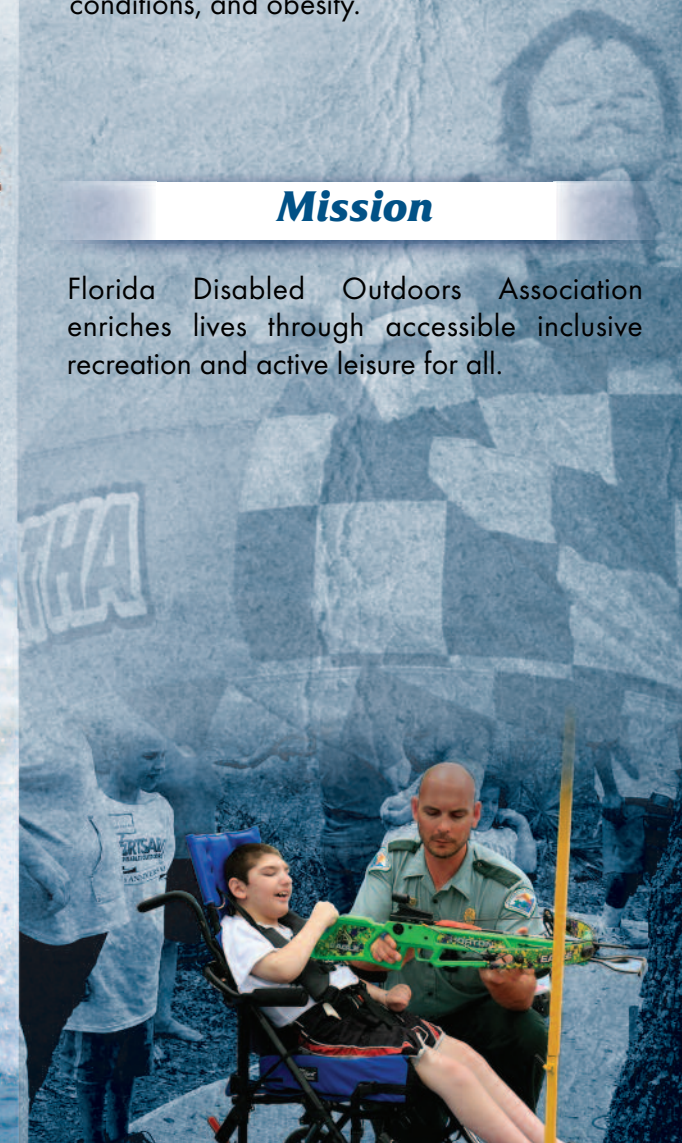
Need for Active Leisure

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

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.

Mission

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



Florida Disabled Outdoors Association (FDOA) Programs

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



- 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 participants.

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.

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.

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



- 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.

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

Florida Disabled Outdoors Association strives to:

- ▶ Advocate for accessible and inclusive recreation.
- ▶ Promote the importance of active leisure for health and wellness and the value of therapeutic recreation.
- ▶ Educate and disseminate information on accessible inclusive products, programs, events, and destinations.
- ▶ Provide opportunities to enhance employability.



- ▶ Partner with recreation, health, disability, and civic organizations.
- ▶ Assist in universal design for recreation.
- ▶ Promote accessibility and inclusive use of public and private lands.
- ▶ Promote high standards of sportsmanship, ethics, and conservation.

