



TRANSITION SERVICES: RECREATION

RECREATION OPPORTUNITIES FOR YOUTH WITH SPECIAL NEEDS

The value of recreation is at the heart of one's ability to enjoy life, develop important life skills, and create social relationships and networks. Recreation programs provide all people, including those with disabilities, the freedom to make choices, to initiate selected leisure activities, to develop and pursue life goals, and to develop and deepen relationships with family members and friends.

Adult Day Programs (ADP)

An adult day program is any community-based facility or program that provides care to persons 18 years of age or older in need of personal care services, supervision, or assistance essential for sustaining the activities of daily living or for the protection of the individual on less than a 24-hour basis. These programs are licensed as community care facilities. Most of these programs serve persons with developmental disabilities and are funded primarily by Regional Centers. Medi-Cal does not pay for these programs.

Local Information:

California Association for Adult Day Services
1107 9th Street, Suite 701
Sacramento, CA 95814-3610
Fax: 866-725-3123

For more information and program locations, check the website for the California Association for Adult Day Services. www.adultdayservices.org

Boys and Girls Clubs of America (BGCA)

BGCA programs promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging, and influence. This organization is committed to an initiative called "Embracing Inclusion," which provides Clubs with resources to enhance their services to youth with disabilities within fun, safe environments. They offer access to after-school programs that provide engaging, enjoyable opportunities for social and personal development. BGCA is working with Kids Included Together (KIT) to provide Club professionals and volunteers with effective strategies, tools and best practices for recruiting more youth with disabilities and serving them more effectively. Funded by Mitsubishi Electric America Foundation.

Local Programs:

Teichert Branch
Sacramento CA, 95824
Telephone: 916.392.2582

Edward Kemble Elementary School
SACRAMENTO CA, 95822
Telephone: 916.392.1350

For more information and locations, go to www.bgca.org



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Camps

From campfire sing-a-longs to boating, nature walks, swimming, and arts and crafts, camps for people with disabilities provide the same excitement and activity available at other summer camp programs. The difference is that these campers experience the joys and challenges of camp in a fully accessible setting. These camps provide weekend respite or weeklong summer camping experiences and, for eligible consumers, may be funded through Regional Center.

To find out what's available in your community, consult local sources of information, i.e., your child's teacher, doctors, parks and recreation departments, area private schools, religious organizations, other community groups, parent centers, and fellow parents.

Resources for finding recreational summer camps are located on this website:

<http://www.mysummercamps.com>

Horseback Riding

Equestrian Therapy is horseback riding for people with disabilities in which equestrian techniques are combined with concepts of physical therapy. Rather than the routine of other therapies, equestrian therapy is practiced in an atmosphere of fun and sport. The rider learns traditional horsemanship skills to control the horse, thus increasing self-esteem, as well as improving physical abilities. Opportunities to help lead, groom and/or saddle a horse are very real sources of excitement and accomplishment. The natural affinity between people and horses is a powerful way of encouraging individuals to achieve their full potential.

Local Information:

Project R.I.D.E., Inc.

8840 Southside Ave
Elk Grove, CA 95624-2231
(916) 685-7433
tina@projectride.org
www.projectride.org

Galt Horse Assisted Learning and Enrichment Program

1018 C St, Suite 210
Galt, CA 95632
(209) 744-4545
kschauer@galt.k12.ca.us

UCP of Greater Sacramento Saddle Pals

7616 Telegraph Ave
Orangevale, CA 95662
(916) 565-7700
thartle@ucpsacto.org
www.ucpsacto.org



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For more information on Equestrian Therapy and to find local accredited programs, check the following website: www.narha.org

Parks and Recreation Programs

Parks & Recreation Departments in many local communities provide sports, recreation, leisure and outreach services to people with physical, mental and/or emotional disabilities. Services may include therapeutic recreation programs and adaptive sports opportunities, which address the special needs of individuals who have difficulty accessing and participating in recreation opportunities offered to the general public.

Contact your local city hall to find out more about special programs, services, and accessible facilities within your community. Most cities also have a website with a link to the Parks and Recreation Department where more information can be found.

Local Information:

http://yourcsd.com/rec/tr_clubquest.asp

GOALS

The Growth Oriented Adapted Learning Skills (GOALS) program is a non-profit organization offering a variety of activities to individuals with developmental disabilities ages 8 and older. **Call 595-2165 or visit www.goals-us.com.**

<http://www.goals-us.com/>

For information on accessible State Park facilities throughout California, go online to

<http://access.parks.ca.gov/home.asp>

Challenger Baseball

The Challenger Division is a separate division of Little League to enable boys and girls with physical and mental challenges, ages 5-18, or up to age 22 if still enrolled in high school, to enjoy the game of baseball along with the millions of other children who participate in this sport worldwide. Teams are set up according to abilities, rather than age, and can include as many as 15-20 players. Challenger games can be played as t-ball, coach pitch, player pitch, or a combination of the three. In a Challenger game, each player gets a chance at bat. The side is retired when the offense has batted through the roster, or when a pre-determined number of runs have been scored, or when three outs are recorded. Little League recommends that no score be kept during Challenger games. The players wear the same uniforms, shoulder patches and safety equipment as other Little League players. The teams may use "buddies" who assist the players on the field but, whenever possible, encourage them to bat and make plays for themselves. The buddy is always nearby to help when needed.

Local Information:

CHALLENGER BASEBALL SACRAMENTO Call Karen Pack at 381-0898.



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Special Olympics

Special Olympics is a worldwide, nonprofit organization that provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. It empowers individuals to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills and friendship with their families, fellow athletes, and others in the community.

Local Information:

<http://www.sonc.org/sports/county/sacramento>

Info for Northern and Southern California is posted on separate websites as follows:

Special Olympics Northern California (SONC)

Information on Special Olympics and the activities at the regional level:

<http://www.sonc.org/>

Special Olympics Southern California (SOSC)

Find news, inspiration, event calendar, area programs, sports rules, and contact info:

<http://www.sosc.org/>

General Questions: (562)354-2600 or info@sosc.org

Headquarters - Special Olympics Southern California

6730 East Carson Street

Long Beach, CA 90808

Phone: (562)354-2600

Fax: (562)938-7671

Scouts

The Boy Scouts of America (BSA) is one of the largest youth organizations in the United States. The BSA goal is to train youth in responsible citizenship, character development, and self-reliance through participation in a wide range of outdoor activities, educational programs, and, at older age levels, career-oriented programs in partnership with community organizations. The basic premise of Scouting for youth with special needs is that every individual wants to participate fully and be respected like every other member of the troop. While there are some troops exclusively composed of Scouts with disabilities, experience has shown that Scouting usually succeeds best when every member is part of a regular troop. Local councils may approve accommodations in merit badge and advancement requirements, if needed, for individuals with a physical and/or mental disability.

Local Information:

<http://www.gec-bsa.org/districts/soaringeagle/home>



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For more information and to search for the troop closest to your community, go to:

<http://www.scouting.org/>

Girl Scouts of the USA is one of the world's most recognized organizations dedicated solely to girls—all girls—where, in an accepting and nurturing environment, they can build character and skills for success in the real world. They have a long history of adapting activities to girls who have disabilities, special needs, and chronic illnesses. In Girl Scouts, girls discover the fun, friendship, and power of girls together.

Program opportunities may include, but are not limited to, Leadership and Self-Esteem, Community Outreach and Education, Environmental Awareness, Financial Literacy, Health and Wellness, Science/Technology/Engineering/Math (STEM), the Arts, and Travel.

For more information and to search for the troop closest to your community, go to:

<http://www.elkgrovegirlscouts.com/>

<http://www.girlscoutshcc.org/>

<http://www.girlscouts.org/councilfinder/>

AYSO (American Youth Soccer Association) VIP Program

The AYSO Very Important Players (VIP) Program provides a quality soccer experience for children and adults whose physical or mental disabilities make it difficult to successfully participate on mainstream teams. VIP teams may include individuals with disabilities such as:

- Blind or visually impaired
- Mobility impaired
- Mentally or emotionally challenged
- Autistic
- Down Syndrome
- Cerebral Palsy

The VIP Program has been structured to integrate players into the rest of AYSO by providing a soccer season, and in some cases, using "buddies," i.e., able-bodied helpers, to assist players who need assistance, both on and off the field. The goals for every participating player are:

- Have fun playing soccer
- Understand the fundamentals of the game
- Learn teamwork and fair play
- Increase positive self-esteem
- Become more physically fit
- Meet and be comfortable with new people



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Important to note: EVERYONE PLAYS!

If you are ready to have your child play in our VIP Program or would like more information please contact your local AYSO Region or to find a Region contact AYSO National Office at (800) 872-2976 (USA-AYSO), or email vip@ayso.org.

http://www.ayso.org/programs/vip/what_is_vip.aspx

Police (or Sheriff) Athletics/Activities League

PAL (or SAL) is a youth crime prevention program that utilizes educational, athletic and recreational activities to create trust and understanding between police officers and youth, ages 5-18. It is based on the conviction that young people - if they are reached early enough - can develop strong positive attitudes towards police officers in their journey through life toward the goal of maturity and good citizenship. The PAL program brings youth under the supervision and positive influence of a law enforcement agency and expands public awareness about the role of a police officer and the reinforcement of the responsible values and attitudes instilled in young people by their parents.

California PAL is serving at-risk youth from communities throughout the state.

<http://www.elkgrovepal.org/>

Elk Grove PAL

10044 Bruceville Rd #100

Elk Grove, Ca 95757

(916) 896-7622

ed@elkgrovepal.org

To locate a CAL PAL program near you, go online to

<http://www.calpal.org/california-pal-home>.

Click on "Find a Chapter" and enter the name of your city.

Pop Warner/Challenger Football, Cheer & Dance

Pop Warner Little Scholars, Inc. (PWLS) is a non-profit organization that provides youth football, cheer, and dance programs for participants in 42 states and several countries around the world. Consisting of approximately 400,000 young people ranging from ages 5 to 16 years old, PWLS is the largest youth football, cheer and dance program in the United States. It is the only national youth sports organization in America that requires its participants to perform adequately in the classroom before permitting them to play. They believe that the standards



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that are set give children a sense of responsibility and an appreciation for academics and athletics that will help them develop later on in life.

The **Pop Warner Challenger flag football division** is designed to provide children and young adults with special needs the opportunity to participate in the National Pop Warner program as players, assistant coaches and cheerleaders. The Challenger program is non-competitive and no score is kept. The games are modeled after a typical Pop Warner game with warm-ups, coin toss, national anthem, etc. Participation in the Challenger Division is permitted at the request of the individual's parent or guardian.

For more information regarding this program, go online to:

<http://www.popwarner.com/football/challenger.asp>

For more information on starting a Challenger Division, please call: 215-752-2691

<http://www.popwarner.com/images/PWChal.pdf>

YMCA and YWCA

YMCA - The Young Men's Christian Association is one of the largest not-for-profit community service organizations in the United States. YMCAs serve children and adults of all ages, races, faiths, backgrounds, abilities and income levels. They are committed to helping children and youth deepen positive values. Through these programs, families and individuals strengthen their spiritual, mental and physical well-being.

Each association is different, reflecting the needs of the local community. Your YMCA may or may not offer a particular kind of program. Some programs that may, but will not necessarily, be offered include Adventure Guides, Arts and Humanities, Camping, Child Care, Community Development, Family, Health and Fitness, Older Adults, Scuba, Sports, Teen Leadership, and others. Be sure to inquire about programs for individuals with special needs.

Fees will also vary. YMCAs offer financial assistance to include people who cannot afford the full fees for membership and programs.

For more information about local programs and to find the YMCA nearest to you, go to

Central Family YMCA

2021 W St

Sacramento, CA 95818

Phone: 916-452-9622

<http://www.ymca.net/search>.



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YWCA – The Young Women’s Christian Association is the oldest and largest multicultural women's organization in the world. The YWCA is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all. This organization assists women in crisis and can also be a resource for job training and career counseling. Childcare services and health and fitness programs are an integral part of the YWCA mission. Local organizations vary, so you should inquire about programs for individuals with special needs.

For more information and to contact your local YWCA,

<http://www.ywcacccc.org/sacto.html>

1122 17th Street

Sacramento, CA 95811

(916) 264-8066

To find other locations go to:

<http://www.ywca.org>.

Wheelchair and Assistive Technology

The United Spinal Association is committed to promoting inclusion, improving accessibility, fostering independence, enhancing mobility, and demanding equality for all individuals living with spinal cord injury/disorders. This organization provides programs for children with disabilities by developing events that offer children who are wheelchair users an opportunity to discover the positive benefits of adaptive sports and to build confidence and self-esteem.

Membership in the United Spinal Association is free and open to all individuals who have a spinal cord injury or disease: Spinal Cord Injuries - Multiple Sclerosis - Amyotrophic Lateral Sclerosis - Poliomyelitis - Spina Bifida - Diastematomyelia - Syringomyelia - Tethered Spinal Cord Syndrome

For more information, go to <http://usatechguide.org>.

Click on “Wheelchair Sports and Rec,” then select California to search for programs in your area.

Disabled Sports Executive Office <http://www.dsusafw.org/sports.shtml>

6060 Sunrise Vista Drive, Suite 2540

Citrus Heights, CA 95610

T: (916) 722-6447

F: (916) 722-2627