



# Medical Home Newsletter

## 2008 Recreational Activities for CSHCN

[www.medhomeportal.org](http://www.medhomeportal.org)

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### Welcome

The purpose of this publication is to support health care providers in the establishment and maintenance of Medical Homes for their pediatric patients by providing tools and information for use in their practices.

**To offer comments, ideas for future newsletters, or to sign up for email delivery contact the Project Coordinator, Barbara Ward, R.N., at [bward@utah.gov](mailto:bward@utah.gov).**

Copies of newsletters may be found on the Utah Medical Home web portal:  
[www.medhomeportal.org](http://www.medhomeportal.org)

**2008 Recreational Activities** This is an update of a previous (2003) newsletter. The original can be found at [www.medhomeportal.org](http://www.medhomeportal.org) in the newsletter section. On the home page under the heading *about medical home* click on *newsletters/conf calls*. Current information on statewide resources is also available in the *resources > services* section.

### Adaptive Toys and Sports Equipment

**The National Lekotek Center** is a nonprofit organization dedicated to making play accessible for children with disabilities ([www.lekotek.org](http://www.lekotek.org)). Through their web site, parents can order information packets, relevant to specific conditions, on choosing toys, sources of adapted toys, and instructions for adapting/making toys.. Families may also call the National Lekotek Center for information at 1-800-366-PLAY. Toys R US publishes a guide yearly Toy Guide for Differently Abled Kids. Their toll free number is (888) 869-7932.

**Eparent.com** (<http://eparent.com/>) provides information for parents on selecting toys for children with special needs. The Eparent.com

site requires user registration (free).

Occupational and physical therapists have access to a large number of catalogs offering adapted sports equipment which will allow the child with limitations in strength, coordination, speed, vision or hearing to engage in athletic and recreational physical activities with higher levels of enjoyment and satisfaction. Types of equipment may include adapted mitts, balls, bats, scooters, tricycles, play ground and swimming equipment. Parents should request access to these materials to review available options.

### 2008 Summer Opportunities

- ☀ **Access Utah Events Calendar** for an up to date calendar of recreational and social events for the disabled  
<http://accessut.org/eventscalendar/eventscalendar.html>
- ☀ **Accessible wildlife for disabled persons**  
The Department of Natural Resources has developed parks, campgrounds, trail systems, fishing piers, and other programs to enable access to our natural resources throughout the state. 801- 538-4700  
<http://www.wildlife.utah.gov/disabled/>
- ☀ **Art Access/Very Special Arts of Utah.**  
Provides quality art activities for adults and children with disabilities. 801-328-0703  
[www.accessart.org](http://www.accessart.org).
- ☀ **Camp Hobe** is a special camp experience for children and their siblings suffering from cancer. 801-631-2742  
[www.camphobekids.org/](http://www.camphobekids.org/)
- ☀ **Camp Kostopolus** provides recreation opportunities for individuals ages 7 and up with mental or physical disabilities. They also have year-round programs after school, evenings, and weekends. 801-582-0700  
[www.campk.org](http://www.campk.org).
- ☀ **Camp Roger** provides a residential summer camp, disability inclusive with counselors trained in the needs of disabled

campers. 801-585-7765

[www.ymcasaltlake.org/camp.html](http://www.ymcasaltlake.org/camp.html)

- ☀ **Camp Valor** is a Utah summer camp for children with bleeding disorders  
877-463-6893  
<http://www.hemophiliautah.org/events/event2.php>
- ☀ **Camp Wyatt** is a camp for 8-12 year-olds diagnosed with Asthma. Contact BreeAnn at American Lung Association  
801-484-4456 x 12
- ☀ **Common Ground Outdoor Adventures, Logan, UT** offers canoeing, river rafting, cycling, rock climbing, destination trips, skiing. 435-713-0288  
[www.cgadventures.org](http://www.cgadventures.org).
- ☀ **Courage Reins Therapeutic Riding Center** offers riding lessons to people of all ages with any type of disability. 801-756-8900 [www.couragereins.org](http://www.couragereins.org).
- ☀ **Diabetic summer Camp** provides quality camping programs and education to children and youth with diabetes and their families. 801-566-6913  
[www.feyd-inc.org/index.htm](http://www.feyd-inc.org/index.htm)
- ☀ **Easter Seals of Utah** offers a variety of programs including summer and a Saturday Day Camp. Call (801) 486-3778 for more information.  
[www.easterseals.com/site/PageServer](http://www.easterseals.com/site/PageServer)
- ☀ **Hogle Zoo** summer day camps and volunteer activities, which may be able to meet the needs of special needs children.  
<http://hoglezoo.org/>
- ☀ **Hydrotherapy-Liz Eagan** offers swim programming for children of all abilities at Hartvigsen School, Salt Lake City . Call 801-209-1521.
- ☀ **Jewish Community Center Summer Camps** Summer camps. The JCC enrolls children/teens with adapted needs into their summer camp programs depending on their ability to meet the needs of the individual child. Families desiring more specific information should contact Camp Director Jerrad Strand at 581-0098 x116.  
[www.slccjcc.org/](http://www.slccjcc.org/) [jstrand@slccjcc.org](mailto:jstrand@slccjcc.org)
- ☀ **Kindred Spirits** Art programming for children of all abilities. Kindred Spirits Studio 974 East 2100 South, Salt Lake City. 801-232-1430  
[www.kindredspiritsart.org/](http://www.kindredspiritsart.org/)

- ☀ **Leisure and Recreation for Differently Abled Kids** is a program of the Center for Persons with Disability at Utah State University. This project works with city and county administrators in the Cache Valley area to insure full inclusion of children and youth with disabilities in community recreation programs such as soccer, T-Ball, and Arts in the Park  
[www.cpd.usu.edu](http://www.cpd.usu.edu)
- ☀ **MDA summer camp** Each camp provides a wide range of activities especially designed for young people who have limited mobility or use wheelchairs. Accessible activities range from outdoor sports such as swimming, boating, baseball, football and horseback riding, to less physically demanding programs like arts and crafts and talent shows. 801-278-6200  
<http://utahsummercamp.com/>
- ☀ **Mountain Land Rehabilitation Youth Pool Program.** A water exercise program designed for kids with JRA, fibromyalgia, chronic pain, chronic fatigue syndrome and related conditions. 801-942-3311 x 135.  
[www.mlrehab.com/home.html](http://www.mlrehab.com/home.html) click on services then pediatric rehabilitation.
- ☀ **National Information Center for Children and Youth with Disabilities: Summer Camp Guide.** Directory of summer camps nationwide.  
[www.nichcy.org/pubs/genresc/camps.htm](http://www.nichcy.org/pubs/genresc/camps.htm)
- ☀ **Palisade Pals Children's Program** will be offering camps at various locations around the state. 435-835-0531.  
[www.palisdapals.com/](http://www.palisdapals.com/)
- ☀ **Recreation and Habilitation Services (RAH)** is a private, not-for profit, organization that provides a variety of services and supports to individuals in Utah County who have developmental and or physical disabilities. Services are provided to two groups: **Youth** ages 4 and older (up to 19) and **Adult** ages 16 and older. 801-374-8074 [www.rahservices.org](http://www.rahservices.org)
- ☀ **Red Butte Garden** Offers garden adventure summer camps. They also offer partner camps with the Utah Museum of Natural History. For accommodations call Julie Rabb at 801-585-0020  
[www.redbuttegarden.org](http://www.redbuttegarden.org)

- ☀ **Salt Lake County Parks and Recreation** offers a variety of Adaptive Recreation Programs, such as: swimming, bowling, fitness club, day trips, day camps, track & field, ice sled hockey, outdoor soccer and others. 801-561-0075.  
[www.parksandrecreation.slco.org/](http://www.parksandrecreation.slco.org/)
- ☀ **Outside Salt Lake County** contact your local Parks and Recreation to find out what types of summer and/or adaptive programs they may offer.
- ☀ **SPLORE Accessible Outdoor Adventures** provides access for people of all abilities to experience outdoor adventure. They offer opportunities for people with diverse backgrounds and abilities, including persons with disabilities, to experience upcoming canoeing, cross-country skiing, climbing and white water rafting. 801-484-4128  
[www.splore.org](http://www.splore.org) .
- ☀ **Sunshine Solutions** will be offered through the Utah Boys Ranch for girls and boys ages 5-15 years with emotional and behavioral problems. 801-282-1115.  
<http://sunshinesolution.org/index.html>
- ☀ **The Boys and Girls Club** offers a variety of different programs at each center. Call 801-322-4411 to find the nearest location.  
[www.bgca.org](http://www.bgca.org).
- ☀ **The National Ability Center in Park City** offers a variety of programs for children and adults with disabilities and their families. 435-649-3991  
[www.discovernac.org/index.htm](http://www.discovernac.org/index.htm)
- ☀ **TURN Community Services Summer Programs** enrich the summer experience of children and youth with disabilities who receive public education during the school year. They provide a wide range of fun and interesting activities daily and often include family members and the community in the activities 866-359-8876  
[www.turncommunityservices.org/](http://www.turncommunityservices.org/)
- ☀ **Trips Inc. Special Adventures** provides travel outings to people of various abilities including disabilities that require staff assistance for a safe and enjoyable vacation. To receive a brochure or more information about this program, call 800-686-1013.  
[www.tripsinc.com/](http://www.tripsinc.com/)
- ☀ **UFIT** The U-FIT Special Physical Activity at University of Utah for children with special needs requiring one on one support provides fun, noncompetitive physical activities are offered to help children and youth with disabilities to reach individual goals. Minimal registration fee. Programs offered fall and spring. 801-587-9713  
[www.health.utah.edu/outreach/ufit.html](http://www.health.utah.edu/outreach/ufit.html)
- ☀ **USA Swimming.org** offers information on adapted swimming including support to coaches who need guidance incorporating a child with disability onto a local swim team and printed information for parents. Access information at their web site by going to the swimmers tab then click on disability  
[www.usaswimming.org](http://www.usaswimming.org)
- ☀ **Utah Independent Living Center** Offers a Community Integration Program provides information and referral concerning accessible recreation opportunities and adapted recreation equipment. 801-466-5565  
[www.usor.utah.gov/independent-living](http://www.usor.utah.gov/independent-living)
- ☀ **Virginia Tanner Creative Dance *Dancers with Disabilities*** Classes offered fall/spring for children 3-10 years of age. Minimal registration fee. 801-581-7374  
[www.tannerdance.utah.edu/](http://www.tannerdance.utah.edu/)
- ☀ **Wasatch Adaptive Sports** Adapted outdoor activities including fishing, nature hikes, adaptive biking, snowbird activities and the Adaptive Playground for all abilities. 801-933-2188.  
[www.wasatchadaptivesports.org/](http://www.wasatchadaptivesports.org/)
- ☀ **Bear River Activity & Skill Center** provides day training for individuals with relatively severe disabilities. Teaching functional academic, social, daily living, and other skills 435-755-0571  
<http://www.cpd.usu.edu/project.php?id=5>
- ☀ **Special Olympics Utah** provides year-round sports training and athletic competition in 20 Olympic-type sports for children and adults with intellectual disabilities, 801-363-1111, 800-722-1589  
[www.sout.org/](http://www.sout.org/)