



Medical Home Newsletter

Recreational Activities for CSHCN

www.medicalhomeportal.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 send questions, comments, or suggestions for future newsletters, please visit the Feedback page. Copies of newsletters may be found on the Medical Home Portal website:

www.medicalhomeportal.org

2012 Recreational Activities

This is an update of a previous (2008) newsletter. The original newsletter can be found at www.medicalhomeportal.org in the Services & Resources section under Newsletters & Conference Calls. Current information on statewide resources is also available in the same section under Community & Professional Services.

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). 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, available through Lekotek, entitled Toy Guide for Differently-Abled Kids. Their toll free number is 800-869-7787.

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.

Summer Opportunities

- ☀ **Access Utah Links** has a list of organizations that provide recreational and leisure activities for people with disabilities. <http://accessut.org/disabilitylinks/disabilitylinks.html>
- ☀ **Accessible wildlife for people with disabilities**, from the Utah Department of Natural Resources, has developed parks, campgrounds, trail systems, fishing piers, and other programs to enable access to Utah's natural resources. <http://wildlife.utah.gov/disabled/>
- ☀ **Art Access/VSA Utah** provides quality art activities for adults and children with disabilities. They recently adopted **Kindred Spirits** with art programming for children of all abilities. www.accessart.org and www.kindredspiritsart.org/
- ☀ **Camp Hobe** is a special camp experience for children with cancer and their siblings. 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. www.campk.org
- ☀ **Camp Roger** provides a residential summer camp with counselors trained in the needs of campers with disabilities.

Other day and holiday camps are available.

www.ymcasaltlake.org/camps

- ☀ **Camp Valor** is a Utah summer camp for children with bleeding disorders.
www.hemophiliautah.org/
- ☀ **Camp Wyatt** is a camp for 8-12 year-olds with asthma.
www.lung.org/associations/states/utah/asthma/camp-wyatt.html
- ☀ **Common Ground Outdoor Adventures** offers canoeing, river rafting, cycling, rock climbing, destination trips, and skiing.
www.cgadventures.org
- ☀ **Courage Reins Therapeutic Riding Center** offers riding lessons to people of all ages with any type of disability.
www.couragereins.org
- ☀ **Foundation for Children and Youth With Diabetes, Inc. (FYCD)** provides camping programs and education to children and youth with diabetes and their families. www.nathangedge.com/
- ☀ **Easter Seals of Utah** offers a variety of programs including summer and a Saturday Day Camp.
www.easterseals.com/site/PageServer?page_name=ntl_camping_and_recreation
- ☀ **Hogle Zoo** offers education programs including Zoo Classes, Zoo Camps, and volunteer activities, which may be able to meet the needs of special needs children.
<http://hoglezoo.org/>
- ☀ **Jewish Community Center Summer Camps** enroll children and teens with adapted needs (e.g., children with autism, Down syndrome, cognitive challenges, and physical needs) into their summer camp programs depending on their ability to meet the needs of the individual child.
www.slccjcc.org/
- ☀ **MDA Summer Camp** provides a wide range of activities designed for young people with limited mobility or who use wheelchairs. Accessible activities range from outdoor sports such as swimming, boating, baseball, football, and horseback riding. Less physically-demanding activities like arts, crafts, and talent shows are available. www.mda.org/clinics/camp/
- ☀ **National Information Center for Children and Youth with Disabilities:**

Summer Camp Guide provides a directory of summer camps nationwide.

www.nichcy.org/pubs/genresc/camps.htm

- ☀ **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 for youth and adults. www.rahservices.org
- ☀ **Red Butte Garden** offers Saturday garden adventures, birthday parties, and garden adventure summer camps with the Utah Museum of Natural History.
www.redbuttegarden.org/youth_family
- ☀ **Salt Lake County Parks and Recreation** offers Adaptive Recreation Programs such as: swimming, bowling, fitness club, day trips, day camps, track & field, ice sled hockey, outdoor soccer, and others. Outside Salt Lake County, contact your local Parks and Recreation to find out what types of summer and/or adaptive programs they may offer.
www.recreation.slco.org/adaptive/
- ☀ **SPLORE Accessible Outdoor Adventures** provides access for people of all abilities to experience outdoor adventures such as canoeing, cross-country skiing, climbing, and white water rafting opportunities. They offer opportunities for people with diverse backgrounds and abilities to experience adventures together.
www.splore.org
- ☀ **The Boys and Girls Club** offers a variety of different programs, including summer programs, at each center. www.bgca.org
- ☀ **The National Ability Center in Park City** offers a variety of programs for children and adults with disabilities and their families. www.discovernac.org/index.htm
- ☀ **Trips Inc. Special Adventures** provides travel outings to people of various abilities including disabilities that require staff assistance for a safe and enjoyable vacation.
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 that will help children and youth

with disabilities reach individual goals.
Programs are offered in fall and spring.
www.health.utah.edu/ess/ufit/index.html

- ☀ **USA Swimming.org** offers information on adapted swimming including support to coaches who need guidance incorporating a child with a disability onto a local swim team and printed information for parents.
www.usaswimming.org/DesktopDefault.aspx?TabId=1541&Alias=Rainbow&Lang=en
- ☀ **Utah Independent Living Center** offers a Community Integration Program which provides information and referral concerning accessible recreation opportunities and adapted recreation equipment.
www.usor.utah.gov/independent-living/community-integration-program
- ☀ **Virginia Tanner Creative Dance** has Dancers with Disabilities Classes that are offered in the fall and spring for children 3-10 years of age.
www.tannerdance.utah.edu/studio/studiospecpop.html

- ☀ **Wasatch Adaptive Sports** provides adapted outdoor activities including fishing, nature hikes, adaptive biking, snowbird activities, and the Adaptive Playground for all abilities.
www.wasatchadaptivesports.org/
- ☀ **Special Olympics Utah** provides year-round sports training and athletic competition in 20 Olympic-type sports for children and adults with intellectual disabilities. www.sout.org/