

Adaptive Recreation

Adaptive Recreation is a concept whereby people with disabilities are given the opportunity to participate in recreational activities. Through the use of activity modifications and assistive technology participants are able to play alongside their non-disabled peers.

Adaptive Equipment includes machines or equipment used to level the playing field in competition, or to allow someone the opportunity to participate, that could not do so without its benefits.

Types of Adaptive Recreation Activities and Equipment

High Risk and High Adventure

These activities are designed to increase self-confidence and self-esteem, independent functioning, strength and endurance. Cater towards the "Adrenaline Junkie".

- White Water Rafting
- Mountain Climbing
- Scuba Diving
- Sky Diving
- Wilderness Trips

Active

These activities increase strength, endurance, motor functioning, self-confidence, and help reduce stress. They also satisfy ones need for competition

- Wheelchair Basketball
- Adaptive Golf
- Archery
- Adaptive Skiing (water and snow)
- Kayaking
- Hunting
- Therapeutic Gardening
- Shooting Sports
- Traveling
- Hand Cycling
- Sled Hockey
- Wheelchair Tennis

Leisure

These activities increase endurance, fine motor functioning, self-confidence, and help reduce stress. They also increase social contacts in a non-competitive setting.

- Shopping
- Fishing
- Going to the beach
- Visiting the Speedway

Passive

These activities help reduce stress and increase fine motor functioning.

- Painting
- Playing Cards
- Watching TV
- Reading
- Crafts
- Writing
- Table Games
- Computer and Video Games

Helpful Websites

Physical Activity and Sport for People with Disabilities – incfit.org/node/676
Symposium and Strategic Planning

Christopher and Dana Reeve Paralysis Resource Guide christopherreeve.org

Disabled Sports USA disabledsportsusa.org

Disabled Sports USA Far West

dsusafw.org

United States Adaptive Recreation Center

usarc.org

Outdoor Adventures for all Abilities

splore.org

Sports Abilities National Resource For Adaptive
Recreation

sportsabilities.com

Adapted Leisure Activities Metro Parks Louisville KY

Louisvilleky.gov/MetroParks/recreation/adaptedleisure

For more information call Cindy Jacobelli- Director of Athletics and Recreation at Cardinal Hill (859) 254-5701 or email caj2@cardinalhill.org

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