



The Intellectual
and Developmental
Disabilities Council
of Tarrant County

Welcome

May 3, 2018

meet & greet



Take this opportunity to introduce yourself to new faces in the room.

- ◆ Who are you with?
- ◆ How can you or your agency assist?
- ◆ What do you agency or your agency need assistance with?

Thanks for Joining Us!

Recreation and Leisure

Recreation- an activity or experience that people do during their free time that is recognized as having socially redeeming values

Leisure- the outcome of the activity or experience

Leisure



Freedom From:

"I finished my schoolwork."



Freedom to:

"What activity would I like to do today?"



Self-discovery:

"Look what I can do!"



Growth:

"I can succeed at difficult tasks!"

Source:


National Center on Health Physical Activity and Disability (NCHPAD),
<http://www.ncpad.org/discoverleisure/leisure.html>, Accessed 5-1-2018

Therapeutic Recreation

Holistic View of Health and Wellness

- Not just the absence of illness.
- Utilizes a wide range of recreation and other activity-based interventions and techniques to enhance the physical, cognitive, emotional, social and leisure needs of individuals.
- Facilitates the development of skills, knowledge, and behaviors for daily living and **community involvement.**

Benefits of Adaptive Recreation

- Freely chosen activities/self-determination
 - Fun/enjoyment/play
 - Increases adherence to physical activity
 - Peer support
 - Lifelong participation
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Benefits of Inclusive Recreation

For youth *with disabilities*, inclusion promotes:

- Development of lifelong functional recreation skills.
- Ability to live in community settings through building social, recreation, and other skills needed to successfully interact with people without disabilities.
- Appropriate interdependent behavior (e.g., asking for assistance as needed).
- Enjoyment of recreation opportunities that reward different levels of ability, valuing each individual's contribution to the effort.

For youth *without disabilities*:

- Personal growth and increased social sensitivity, improved capacity for compassion, kindness, and respect for others.
- Development of skills and attitudes needed to live harmoniously in communities that include people with and without disabilities.
- Enjoyment of recreation opportunities that reward different levels of ability, valuing each individual's contribution to the effort.

Source:

National Center on Health Physical Activity and Disability (NCHPAD),
<http://www.ncpad.org/discoverleisure/leisure.html>, Accessed 5-1-2018

Recreation Participation Resources

- Tarrant County Area Adaptive Recreation
- Texas Day and Overnight Camps
- CanChild- MacMaster University, Ontario, Canada

A research center dedicated to generating knowledge & transforming lives of children and youth with developmental conditions and their families

Participation 101: Tip Sheets

<https://www.canchild.ca/en/resources/238-participation-101-tip-sheets>

My Child's Story

