



Adaptive and Inclusive Recreation (A.I.R)

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Introduction

Adapaptive and Inclusive recreation programs are designed to provide individuals with physical and developmental disabilities a chance to participate in recreation programs with their peers while enhancing their physical, social, and emotional wellbeing.



What is the difference between Adaptive and Inclusive Programs



Adaptive programs

Modify activities to meet the needs of a specific group of participants, such as those with physical, developmental, or intellectual disabilities. These programs may use adapted equipment, rules, content, structure, support, or environment.

Inclusive programs

Allow people with and without disabilities to participate in the same activity. Inclusive programs are created to provide an atmosphere where all can thrive.



How do you define disability?

We define disability as any condition of the body or mind that makes it more difficult for the individual to do certain activities and interact with the world around them. The following is a list of, but is not limited to, disabilities that warrant adaptive and inclusive accommodations

ADD/ADHD
Amputation
Asperger's
Autism
Cardiac Rehabilitation
Cerebral Palsy
Down Syndrome
Injury Rehabilitation
Muscular Dystrophy
Obesity
Spinal Cord Injury
Spinal Bifida
Stroke Victims

History



Returning disabled veterans of World War II form a One-Legged Football Club in May 1952 in London, UK.

The earliest physical recreational opportunities for people with disabilities were based in medical response to physical needs. Adaptive sports began as a means to rehabilitate veterans from World War II, Korea, and the Vietnam War.

Before World War II, paraplegia was considered to be a virtual death sentence. The life expectancy of soldiers who suffered traumatic spinal-cord injuries during World War I was estimated at 18 months. Most died from sepsis or infection. The “dead-enders” and “no-hoppers” who survived were shunted off to institutions or hidden from view by their families. They were stigmatized for their disability and considered unlikely prospects for employment or marriage.

Background



Adaptive sports and inclusive recreation can be traced back to the 1940s and 1950s.

In 1948, the first competition for wheelchair athletes was held at Stoke Mandeville Hospital in England; organized by Dr. Guttmann and featured 16 injured servicemen and women competing in archery, darts, and javelin.

In 1952, Janet Pomeroy opened the Recreation Center for the Handicapped, which was one of the first examples of therapeutic recreation.



Reasonable Accommodations

In order for individuals with disabilities to participate as fully as possible, reasonable accommodations are provided in accordance with Title II of the Americans with Disabilities Act (ADA). Reasonable accommodations are individualized techniques and resources used to enhance program participation without fundamentally altering a program.

A.I.R program requires that participants register for age-appropriate activities and for programs based on abilities.



Programs offered:

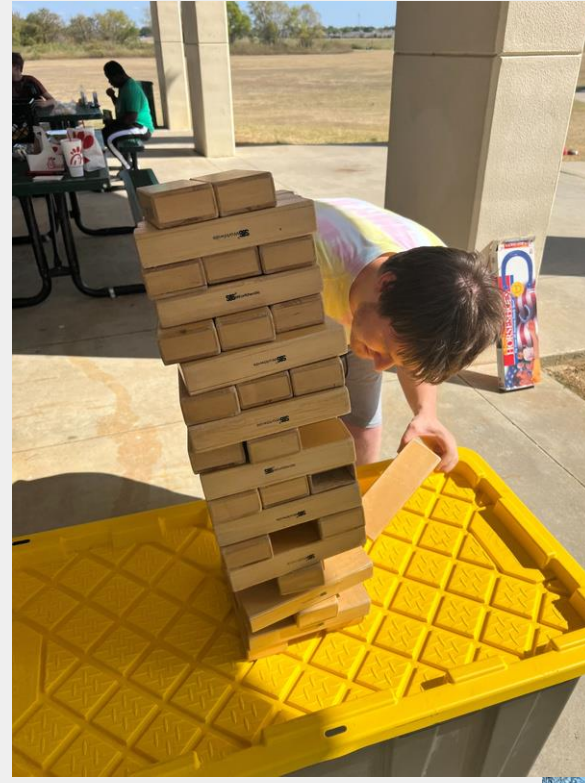
Adapted Open Gym
Adapted Nature Walk
Adapted Rec. Dance
Adapted Art & Art 2.0
Adapted Social connections
Creating Pottery
Adapted Dance classes*
Adapted Fitness*
Youth Futsal*
Special Olympics*
Unified 5K Race*

*Pending programs

Adapted Rec. Dances



Social Connections

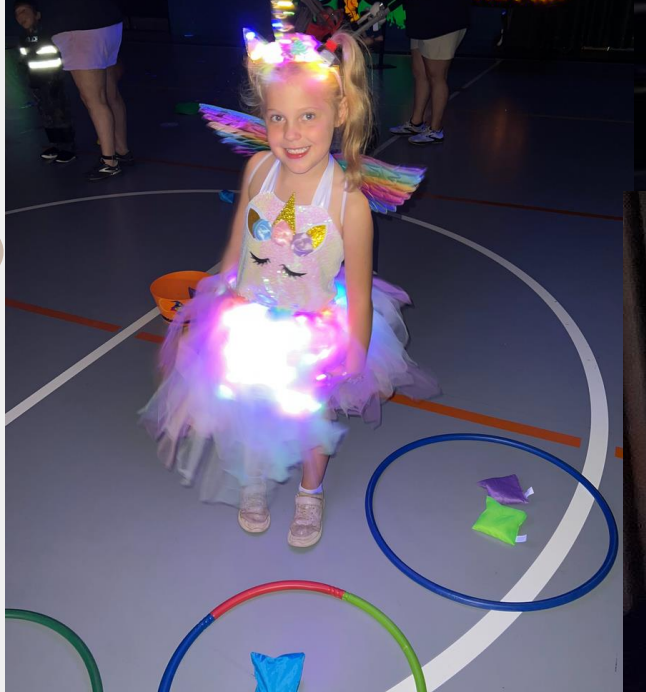




Adapted Art & Art 2.0



Sensory Room



Sensory Friendly

Events:

Eggstrawaganza
Halloween Harvest
Haunted House



Volunteer Opportunities

*Volunteers are always welcome!
Contact Tiffany for more information
and ways to get involved.*

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Conclusion

The City of Denton Parks and Recreation is committed to creating and promoting inclusion across all public spaces, places, facilities and programs the department manages. Through the Inclusion Statement and supporting practices, we aim to ensure access to the benefits of quality parks and recreation for everyone, including individuals with physical, intellectual, and developmental disabilities, the LGBTQ community, racial and ethnic minorities, and refugees and immigrants.



Thank You So Much

Tiffany Thompson- Recreation Coordinator