

# Inclusive Recreation in the Community

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## BACKGROUND

Obesity prevalence among people with disabilities is 38% higher in childhood, and 58% higher in adulthood vs. people without disabilities.

Obesity and physical inactivity increase the risk for many medical conditions.

Physical activity improves fitness, helps to decrease obesity, and has numerous other health benefits. It also builds peer relationships and social wellbeing.

Awareness of existing opportunities for recreation for children with disabilities is lacking among families, community organizations, and medical providers.

Benefits of physical activity and leisure for your wellbeing:

- lower risk of health problems and early death
- improved muscular strength
- stronger bones
- improved mental health and sleep quality
- improved cognitive function
- learning for peers, building social skills, optimization of growth and development

## OBJECTIVES

### Primary Measurable Outcome

Increased awareness by families and professionals of available inclusive recreation in the Rochester community, resulting in increased participation in existing programs.

## ADDITIONAL OBJECTIVES

- Expand understanding of the medical impact of obesity and benefits of recreation.
- Increase the discussion amongst the medical community of the importance of recreation and leisure in the overall wellbeing of individuals, families, and the community.
- Increase discussion of need for inclusivity in all aspects of our community.
- Empower all families to identify and participate in community leisure programs with confidence in the program's capability to adequately engage and support every individual.
- Encourage medical providers and support organizations to discuss obesity and recreation with their patients, giving them a useful resource to aid in conversation of goals.

## PROJECT SUMMARY

The goal of this CARE project is to increase utilization of existing and sustainable inclusive recreation opportunities in the Rochester community and to help families of children with disabilities recognize the importance of leisure, recreation, and physical activity in health and wellbeing. We hope to accomplish this through the development of a researched user-friendly resource tool for families that covers programmatic aspects of existing recreation and their inclusivity, as well as with focused educational teaching for providers.

## FUNDING

- Received grant funding from American Academy of Pediatrics and Special Olympics to support project.

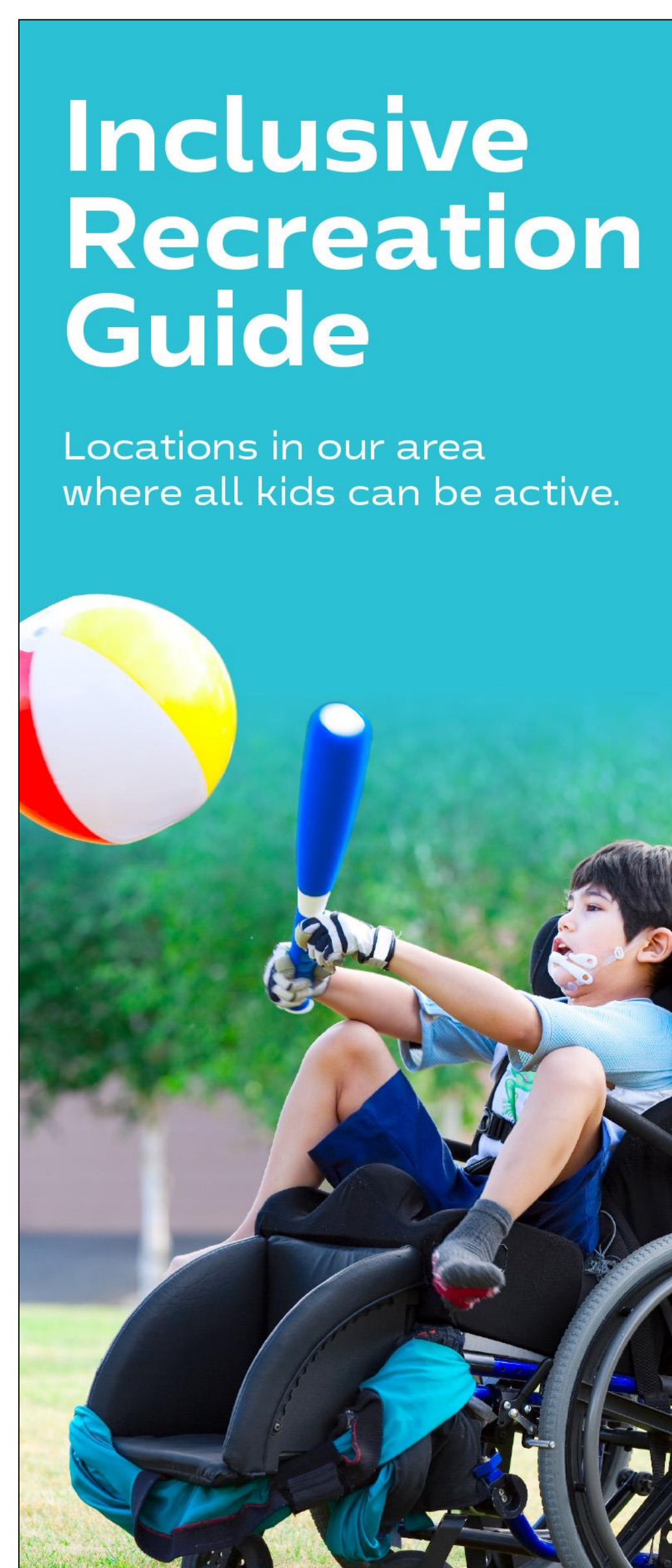
## COMPLETED WORK

- Assisted with development of a multidisciplinary curriculum toolbox with the Rochester Regional Center for Autism Spectrum Disorder to provide inclusivity training to local organizations. My contribution specifically focused on physical, mental, and social benefits of recreation.
- Completed training through Inclusion U, SUNY Cortland, on inclusivity assessment of community sites.
- Hired summer student assistant focusing on inclusivity model when hiring. He assisted with recreation site assessments and input into national Inclusive Recreation Resource Center database.
- Partnered with non-profit graphic designer Andrew Soucier to help with design of final product.
- Partnered with Kids Thrive 585 for online distribution of final product.

## FUTURE DIRECTIONS

- Complete data collection on local community recreation sites and organize into user friendly resource for parents to easily assess program offerings and inclusivity.
- Decide on the design
- Disseminate final product to physician offices, community agencies, and KidsThrive585.
- Develop educational teaching session to provide to local providers and community organizations to educate on importance of recreation and empower providers to discuss obesity with their patients.

## Draft of Inclusive Recreation Resource Tool



Location Guide	Sports/Activities	Family Integrated	Low Cost or No Cost Available
<b>AbilityYoga</b> An integration of yoga, mindfulness, and meditation approach for individuals of all abilities, seniors, and ages.	•	•	•
<b>Adapted Recreation Services</b> Community integration for people of all abilities through comprehensive fitness and recreation classes.	•	•	•
<b>AIMS Adventures in Movement and Sensation</b> All children, regardless of age or ability level, or if they are in motor or sensory-based physical therapy are provided with a fun, sensory-rich environment they need to explore their senses and test new skills. AIMS has ball pits, swings, slides, a yoga wall, zip line, and more.	•	•	•
<b>Artists Unlimited</b>	•	•	•
<b>Ashford Dance Company</b> Offers inclusive dance programming, self-contained dance classes and a new class for dancers with autism spectrum disorders.	•	•	•
<b>Autism Nature Trail</b> A unique experience in nature, designed specifically for visitors with ASD, their families, teachers, and caregivers.	•	•	•
<b>Autism Up</b> Providing three classes to those with autism such as AU FC, beginners, and a new class for dancers with autism spectrum disorders.	•	•	•
<b>Camp Aspire</b>	•	•	•
<b>Camp Good Days and Special Times</b> Week-long summer camping sessions, weekend adult retreats, and year-round programs for families who have been touched by cancer, include art events and other programming. All programs are free of charge.	•	•	•
<b>Camp Puzzle Peace Family Camp</b> A family camp retreat designed for families with children on the autism spectrum. There are a plethora of activities tailored to the needs of each family, including swimming, basketball, hiking, canoeing, nighty campfires, and more.	•	•	•
<b>Challenger Miracle Field of Greater Rochester</b> Fields in Fairport, Greece, Irondequoit Falls, Macedon, Henrieville, Ellicott, Victor, Webster, and Westside—in process of creating a field for those with disabilities.	•	•	•
<b>CP Rochester</b> Inclusive opportunities for individuals with disabilities to develop lifetime recreation skills and interests such as providing swimming lessons and fitness classes.	•	•	•
<b>EquiCenter</b> Fostering personal growth and individual achievement of people with disabilities, at-risk youth, veterans, and their families using a wide range of therapeutic, equestrian and related programs.	•	•	•
<b>Frederick Douglass R-Center</b> Inclusive recreation program, two horse team sports, basketball courts, game rooms, gym, and accessible, water skills classes, and a weight room.	•	•	•
<b>Genevieve Valley Rotary Camp</b> A free one-week summer camp for those ages 8 to 21, with various disabilities. The camp includes hiking, accessible trails, swimming pool, reception, bedrooms, and strong halls.	•	•	•
<b>Gigi's Playhouse</b>	•	•	•
<b>Gliding Stars</b> Gliding is a sport providing individuals with disabilities opportunities to increase their personal potential.	•	•	•
<b>ICan Bike Camp</b> A swimming day camp offered for those ages 8 and up with autism spectrum disorder and other disabilities. Campers will learn how to ride a bike without the use of training wheels using adaptive equipment.	•	•	•
<b>Inclusive Recreation Resource Center</b> Inclusive recreation database.	•	•	•
<b>Kesher Inclusion Program at Camp Silex</b> A summer camp focused on fostering social and emotional development for children with a vast array of disabilities. Children with disabilities are grouped together with similar aged peers without disabilities with their inclusion classroom model.	•	•	•
<b>Muscular Dystrophy Association Camp</b> A swimming overnight camp catered to children ages 6-17 with muscular dystrophy and other neuromuscular diseases. Activities include boating, nature trails, swimming, archery, zip lining, arts and crafts, and more.	•	•	•
<b>Rochester Accessible Adventures</b> Providing opportunities to increase inclusivity, individuals with disabilities are able to access inclusive recreation and sports opportunities. Two teams, Rochester Wheelies and Rochester Slad Hockey. Men and women, those with or without disabilities, and all ages include and are encouraged to participate.	•	•	•
<b>Rochester Community Inclusive Rowing</b> To create inclusive opportunities in the sport of rowing by developing and delivering programming in rowing instruction and adaptive equipment to people with barriers to the sport.	•	•	•
<b>Rochester Rockies</b> A junior-level ice sports program including field events, discus, shot put, javelin, swimming, weight lifting, and softball. For those 2-21 years old.	•	•	•
<b>Rochester Rotary Sunshine Camp</b> Ages 7 to 22, years old with disabilities. A fully accessible residential summer camp that provides children with special needs unique camping experiences including rock climbing, zip lining, swimming, archery, and a wooden treetop house.	•	•	•
<b>SportsNet</b> A diverse selection of adaptive sports and inclusive recreation opportunities to increase inclusivity for all abilities.	•	•	•
<b>Spotted Rabbit Studio</b> Offers an after-school program, art and music therapies, community music, and creative arts classes. Services can be covered through CTRCQ self-direction plans. Contact your broker for information on the application process.	•	•	•
<b>The Family Autism Center</b> Provides a variety of programs for children with autism and their families. Programs offered include individual and group programs, family support, summer recreation, and water safety.	•	•	•
<b>The Gymnastics Training Center of Rochester Inc.</b> Inclusive special olympics program, inclusive program, inclusive program, and special olympics training. The special olympics is free for all that participate and attend.	•	•	•
<b>TOPSoccer</b>	•	•	•