

Session 17

HOW TO GET WHAT YOU NEED, Sec. 101 – Community resources for fun

WHOSE FUTURE GOAL 12: You will identify some community resources you can use to assist you with recreation and leisure time arrangements.



Congratulations! You finally got to the fun stuff. I mean talking about the fun things you like to do. Life would really be boring if all we did was work, work and work!

Your IEP is supposed to have goals and objectives about how to do what you want for fun after you graduate!

You know, this might be kind of a hidden secret. I mean, what **IDEA** says is that you should do school work that lets you do the things you like to do more independently. Let's think this through:

1. school work = learning how to have fun
2. learning how to have fun = having more fun

so:

school work = having more fun!

Hard to believe, isn't it?

Listen, you have to do all that other stuff that may not seem like fun at school. Why not take advantage of this little

loophole in **IDEA** that says you can learn how to have fun?

OK. Now, what do you like to do for fun?

I was just thinking about the types of things some other young people with disabilities like to do for fun. Well, let me give you just a few examples:

backpacking, mountaineering, rock climbing, canoeing, camping, cross-country skiing, snow skiing, water skiing, bike riding, horse-back riding, skating, blading, walking, jogging, running, softball, baseball, basketball, football, soccer, volleyball, swimming, aerobics, weight lifting, ping-pong, tennis, painting, drawing, sculpting, sewing, crocheting, cross-stitch, needlepoint, latch-hook, knitting, quilting, reading, writing, computing, dancing, singing, playing a guitar, playing the piano, playing another type of instrument, gymnastics, growing things, raising animals, collecting things, fishing, hunting, going to the movies, handball, racquetball.....

I had more, I just ran out of breath. The list could probably go on and on. But, back to the only question that is really important here.

What do YOU like to do for fun?
Think about it and list as many things as you want on the Recreation and Leisure Community Resources list on page 169.



Having fun and doing fun things is a great part of life. But like other things in life, you have to plan for it! It doesn't just happen. I mean, you might want to



really go skiing. But no matter how much you want to do it, if you don't figure out how to get to the mountains and how to get skis and how to get on that chair lift and how to cure the blisters on your feet...well, it won't happen. At least, not the way you want it.

Of course, you could always just do what everyone else wants to do.

Not a good idea, right?

Your IEP or transition information probably calls fun stuff recreation or leisure.



It should be no surprise that there are options on your plan about these types of outcomes.

They might look like this:

RECREATIONAL AND LEISURE OUTCOMES

- ☐ Independent
- ☐ Family Supported
- ☐ Specialized recreation activities

- ☐ Community parks and recreation programs
- ☐ Local clubs
- ☐ Day program
- ☐ Other _____

You know the routine! Let's start at the top!

☐ Independent

This just means that you can do the leisure activity you want without any support. You may want to do the activity with other people though. It would be hard to play tennis without a



partner!

Well, maybe with one of those tennis ball machines that spit out tennis balls every two seconds and you have to dodge them and you end up spending most of the time picking up bright yellow tennis balls and.....

Sorry, I got carried away.

You could walk, jog, run, ride a bike, knit, crochet, paint and so on by yourself. If you did this without any help, you could call it independent.

So you see, an independent activity is something you can do alone or with others. It just means you don't need any assistance or support to be able to do it.



☐ Family Supported

Guess what? This is just some type of leisure activity you could do with the support of your family. That might mean that your dad has to drive you to the tennis court to get those bright yellow tennis balls to spit at you. Maybe

it means something that you do together as a family. I know a family who likes



to water ski every weekend.

The problem I see with the transition outcomes list on a lot of forms is that friend supported activities are not there.



If you want, you could put that under this category.

I mean, a lot of the things you do for fun are with friends, right? Go to ball games, ride bikes, cruise the mall, go to parties. Definitely not the kinds of things you do with your family. I know a guy who is blind who really likes to ride bikes with a buddy of his. Together they bought a tandem bicycle (*that's a bicycle with two seats, two handlebars and two sets of*



pedals). The tandem bicycle and this guy's friend were the supports he used to do the thing he liked most.

○ Specialized recreation activities

There they go with the "S" word again. They just "ized" it. Like *vaporize*, *fantasize* or *super size*. *Specialized* recreation programs can mean a lot of things. Some are programs set up only for people with disabilities to take part in. Some are cool, some are not.



I mean, if you want to bowl,

why not join a league with young people your age who probably go to the same school instead of going on Saturday morning and bowling only with other people with disabilities? There are supports that can assist someone with a disability to bowl better, like ball ramps.



On the other hand, have you seen the scores some of your friends without disabilities make when they bowl? You could probably teach them a thing or two! The deal is that you should have a choice about which bowling league you join.

Other *specialized* recreation programs are set up as therapies. A therapy is like a medical treatment. I know a kid who hurt his leg in a car wreck and went to get therapy to help him walk better.



After a while he was done with this therapy.

Some *specialized* recreation programs are set up to teach people with and without disabilities how to do something, like mountain climbing or skiing.

Finally, sometimes people with disabilities want to do things with other people who have the same disability. They may choose to go sky diving



together or mountain climbing.

○ Community parks and recreation programs

Most towns and cities have a recreation center, sometimes called a rec center. That's the place where there are basketball and volleyball courts, a swimming pool, soccer fields and you name it. Usually the city hires people whose job it is to think of fun things to do all the time. Now, there's a cool job. Anyway, there are lots of parks and rec center programs that let you do things like sports, arts, music, judo, jazzercise and other things. Libraries also have programs for people who like to read in



their leisure time.

You will need to check this out 'cause each center may be set up differently. You might want to call your local rec center to see what activities they offer. It might be a lot cheaper than a private club activity. After all, you pay taxes to keep the things running. You might as well enjoy them.

○ Local clubs

The list here could be just as long as the list of activities I told you about at the beginning of this session. You might just find that there is a club for every type of activity you enjoy doing. I



mentioned a bike riding club.



You might join a health club. How about an umiak building club?



The ADA (remember the Americans with Disabilities Act) guarantees that people with disabilities have equal access to these types of clubs and the clubs have to provide reasonable accommodations. But, you have to be



the **MULES** driver or that might not happen.

For example, I know a story about a woman who had a problem getting equal treatment at her health club.

Ellen worked out on the weights at a

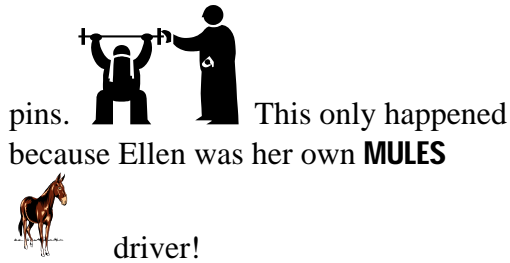


health club in her community.

Her mother, who was also a member of the health club, provided support to her by setting the pins in the weights. But Ellen's mother got sick and couldn't assist her any more. Well, the health club said that another person would not be able to help Ellen due to some crazy rule they had and they wouldn't let Ellen's personal care attendant in without paying. Ellen wanted to work-out because she enjoys staying in shape. She just needed a little support in setting the pins on the weights.

Ellen learned about her rights under the ADA and went to the manager of the health club. She showed him that the health club had to provide a reasonable accommodation for her to participate. She told him that he could either let her PCA in without having to pay so that she could support Ellen by setting the pins, or the health club could have a staff person do it. If they didn't do one of these, she would file a complaint to the government.

The manager decided that Ellen had a point and now her PCA gets in to set the



○ Day program

This might be an option that a person would choose if they don't go to work or school. The day program might be sponsored by a church or a community recreation center. It could be like a camp or just have some activities planned every time. If you live in a nursing home or convalescent center you will probably find some type of day program. Too many day programs are just baby-sitting services, so be careful. I mean, you're not a baby, right?

○ Other _____

Here you can list anything you want to do that I didn't think to mention. Check it out!

Before you go and check things out I want to tell you one more story.

Scott Wagner lived in a group home in Florida when he met David Nathanson. David had volunteered to teach the eight adults who lived at the group home how to jog.



All the runners slowly increased their running distance with David's encouragement, but in the end they quit running after a few weeks.

Scott did not quit and kept running



After nine months of training, Scott and David ran in a ten-kilometer race. That is about 6 miles. They finished...in last place. That was OK though, they only wanted to finish!



Soon Scott wanted to do more than just finish. They kept training and improved their time in the next race they entered. To become a better runner, Scott began running on his



own during the week. Scott and David would run together on



Saturdays. Scott and David entered more races and Scott began getting more confidence in himself and his abilities. He even got a job



in a restaurant because he started to believe in himself. By running, Scott learned that he could set a goal and win because he just wouldn't give up.

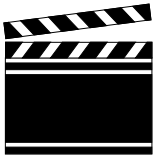
Scott went on to run in four marathons. A marathon is 26 miles. David was right there beside him in



each race.

This story shows how setting goals in recreation and leisure can lead to improvements in other areas of your life.

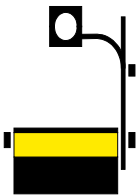
A lot of people feel best about themselves when they are doing something they do well and that they like to do. How about you?



OK. One more time!

Find out as much as you can about the community resources listed in your IEP that support recreation and leisure outcomes. If you find some, get some information about at least one of them. There is a recreation and leisure community resource notes page at the end of the lesson that you can write on while you take these notes.

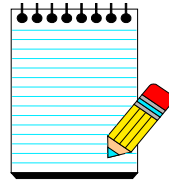
Go for it!






Okay. Let's look at what you've covered this session.

- ☒ You identified the community resources that you could use to support r_____ and leisure outcomes.
- ☒ You looked at different kinds of recreation and leisure outcomes and the c_____ r_____ used for them.

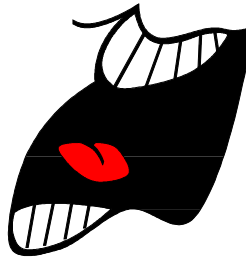
- ☒ You learned how to find out about more community resources that support r_____ and leisure outcomes and how to learn what s_____ they provide.



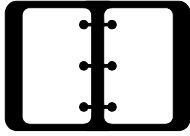
Before the next session, you should have:

-  Collected information on all community resources to support recreation and leisure outcomes that are listed in your IEP.
-  Talked with other people, including people with disabilities who have used community resources, about the types of services available.
-  Talked to the community resource agency or school person listed about their services and, if possible, visited at least one of the agencies.

Okay. So that's it for now.



Later.



Session 17 Summary Sheet - Community resources for fun

WHOSE FUTURE GOAL 12: You will identify some community resources you can use to assist you with recreation and leisure time arrangements.

- ☒ You identified the community resources that you could use to support recreation and leisure outcomes.
- ☒ You looked at different kinds of recreation and leisure outcomes and the community resources used for them.
- ☒ You learned how to find out about more community resources that support recreation and leisure outcomes and how to learn what services they provide.

Recreation and Leisure Community Resources Notes



Agency or Resource: _____

Address: _____

Phone: _____

Who you talked to: _____

Type of support the agency offers:

Who the agency supports: _____

How to apply for support: _____

How long does it take to get support after you apply?

How long will the support last? _____

Other: _____
