



Administration on Developmental Disabilities



Recreation

FY 2008 Performance Highlights

People use recreational activities to relieve stress, connect with friends, be creative, or escape from their daily lives. For people with disabilities, recreation can be an important way to improve health and fitness, as well as an opportunity for community interaction. Through recreation-focused projects, grantees ensure that people with developmental disabilities make decisions about their leisure time, and pursue their interests with others.

- In FY 2008, 35 UCEDDs ensured that 8,935 individuals in the community gained knowledge and skills related to individuals with developmental disabilities accessing and participating in recreational, leisure, and social activities in their communities.
- Nineteen Councils sponsored activities allowing 6,364 individuals with developmental disabilities to participate in events or social gatherings they chose.
- Twenty-four P&As facilitated participation or inclusion in order for 87 individuals to be able to enjoy activities they chose.

The Utah Council provided funding to SPLORE, a Salt Lake City, Utah, nonprofit organization, to help support the second year of a pilot program providing inclusive outdoor recreation experiences to children with disabilities in Utah elementary schools. The pilot program, called “The Experience Your Abilities Program,” creates opportunities for elementary age students with disabilities to develop social relationships with their peers without disabilities by participating in inclusive outdoor recreation activities together.

The Experience Your Abilities Program helps the public school system to provide a positive educational experience, both academically and socially, to students of all abilities. The program opens the door for inclusive social interactions between students with disabilities and students without disabilities. By participating in safe, fun, and challenging outdoor recreation activities together, students are able to have a shared experience and find a commonality with one another. Evaluations from the first year show the program is highly effective in fostering: healthy social relationships; higher self-concept; sensitivity to the needs of others and positive behavioral changes.