

Adaptive Recreation

Adaptive Recreation is a concept whereby people with disabilities are given the opportunity to participate in recreational activities. Through the use of activity modifications and assistive technology participants are able to play alongside their non-disabled peers.

Adaptive Equipment includes machines or equipment used to level the playing field in competition, or to allow someone the opportunity to participate, that could not do so without its benefits.

Types of Adaptive Recreation Activities and Equipment

High Risk and High Adventure

These activities are designed to increase self-confidence and self-esteem, independent functioning, strength and endurance. Cater towards the “Adrenaline Junkie”.

- White Water Rafting
- Sky Diving
- Mountain Climbing
- Wilderness Trips
- Scuba Diving

Active

These activities increase strength, endurance, motor functioning, self-confidence, and help reduce stress. They also satisfy ones need for competition

- Wheelchair Basketball
- Adaptive Skiing
- Therapeutic Gardening
- Hand Cycling
- Adaptive Golf
- Kayaking
- Shooting Sports
- Archery
- Hunting
- Traveling
- Wheelchair Tennis

Leisure

These activities increase endurance, fine motor functioning, self-confidence, and help reduce stress. They also increase social contacts in a non-competitive setting.

- Shopping
- Going to the beach
- Fishing
- Visiting the Speedway

Passive

These activities help reduce stress and increase fine motor functioning.

- Painting
- Reading
- Table Games
- Playing Cards
- Crafts
- Video Games
- Watching TV
- Writing

Helpful Websites

- Christopher and Dana Reeve Foundation Paralysis Resource Guide | christopherreeve.org/living-with-paralysis/free-resources-and-downloads/paralysis-resource-guide
- Disabled Sports USA | disabledsportsusa.org
- United States Adaptive Recreation Center | usarc.org
- Outdoor Adventures for all Abilities | discovernac.org/programs/splore-outdoor-adventures
- Easter Seals Cardinal Hill Adaptive Recreation | cardinalhill.org/programs/adaptive-recreation

For more information contact the KATS Network (800) 327-5287 – katsnet.org