

Recreation Resources Focus Conference 2018

General Resources

Recreation Resource: www.aph.org/pe/

Texas School for the Blind: Liveblinders Recreation resources
<http://www.livebinders.com/play/play?id=1926100>

Mass. Index: <https://www.mass.gov/index.php/accessible-recreation>

AccessSport America is a national fitness program to encourage fun for adults with disabilities through high-challenge sports, such as kayaking, windsurfing and water skiing. <http://www.accessportamerica.org/index.html>

National Center on Accessibility: promotes access and inclusion for people with disabilities in parks, recreation and tourism <http://www.ncaonline.org/about/index.shtml>

National Center on Physical Activity and Disability: www.ncpad.org

National Park and Recreation Association: <http://www.nrpa.org/>

National Parks & Federal Recreational Land, Access Pass:
<http://www.nps.gov/findapark/passes.htm>

US Surgeon General Exercise Recommendations: www.surgeongeneral.gov

Organizations

American Blind Skiing Foundation: <http://www.absf.org/>

Ski for Light: <http://www.sfl.org/new/>

Blind Ice Hockey: Joel Klug Joel.klug@va.gov Paul Thompson
Paul.thompson2@va.gov

Blind Judo Foundation: <http://www.blindjudofoundation.org/wp/>

Diveheart: Suba program for people with disabilities www.diveheart.org

Geocaching: www.geocaching.com

Goalball: <http://www.angelfire.com/hi5/usa-goalball/>

Letterboxing: www.letterboxing.org

Tandem Clubs: <https://tandemclub.org>

Rush-Miller Foundation: assists Individuals who are legally blind in getting a tandem bike <http://www.rushmillerfoundation.org>

United States Association of Blind Athletes (USABA) www.usaba.org

Wheelchair Sports & Recreation Association:
<http://www.wheelchairsportsandrecreation.com/>

YMCA: <http://www.ymca.net/>

Yoga: <https://www.blindalive.com/yoga-workouts>

Camps

Blind Camp in Maine: Sponsored by the American Legion at Camp Lawroweld, Weld, Maine. Ages 12 and up and adults who are blind and their families. For more information, call Brenda Elliot at 617-670-3820

Camp Jabberwocky: <https://www.campjabberwocky.org/>

New England and Massachusetts Resources

Access Recreation Boston: www.accessrec.org .

Universal Access Program, MA Dept. of Conservation & Recreational. Provides outdoor recreation opportunities in Massachusetts State Parks for visitors of all abilities. http://www.mass.gov/dcr/universal_access/index.htm

Arcs. Local Arcs provide a variety of social and recreational activities for Individuals with developmental disabilities. <http://www.thearc.org/>

Organizations Which Provide Recreation Opportunities to Individuals with Disabilities around New England

Adaptive Sports Partners of North Country: <http://adaptivesportspartners.org>

All Out Adventures; <http://www.alloutadventures.org/>

J.U.M.P. (Just Understand My Potential). www.jumpinc.org

Maine Organization for Blind Athletic and Leadership Education: Designed to provide instruction and competitive sports opportunities to individuals who are blind or VI. www.mobale.org mobalesports@gmail.com

Spaulding Adaptive Sports Center (MA): <http://spauldingrehab.org/conditions-and-treatments/adaptive-sports>

WayPoint Adventure: The mission is to help youth and adults of all abilities discover their purpose, talents, and strengths through the transforming power of adventure. <http://waypointadventure.org/>

Carroll Center for the Blind, Outdoor Enrichment Program
<http://www.carroll.org/recreation/>

Perkins School for the Blin, Outreach Activities
<http://www.perkins.org/community-programs/outreach-student-services/>

Association for Blind Citizens <http://www.blindcitizens.org/>

Beep Baseball <http://www.blindcitizens.org/reneades/>

Blind Ice Hockey: Joel Klug Joel.klug@va.gov or Paul Thompson
Paul.thompson2@va.gov

Horseback Riding: **American Hippotherapy Association (AHA):** promotes therapeutic riding. <http://www.americanhippotherapyassociation.org/>

Therapeutic Riding in New England & New York:
<http://www.equinesite.com/therapyride.htm>

North American Riding for the Handicapped Association (NARHA):
<https://www.pathintl.org/>

NARHA Centers in Massachusetts: <http://www.pathintl.org/path-intl-centers/find-center>

Serendipity Riding Stable, Plymouth: www.serendipityridingstables.com

Handi Kids, Bridgewater www.handikids.org

Wellspring Farm LLC, Rochester www.wellspringfarmlearningcenter.com

Mass. Sensory Trails: www.massaudubon.org

Nature Trail- Broadmoor Wildlife Sanctuary: 508-655-2296
http://www.massaudubon.org/Nature_Connection/Sanctuaries/Broadmoor/

Drumlin Fair Accessible Trail www.massaudubon.org/drumlin

Rowing: Community Rowing, Brighton MA
www.communityrowing.org/outreach/adaptive-rowing/

Sailing: Blind Sailing International www.blindsailing.org

Carroll Center for the Blind Newton MA

<http://carroll.org/services/recreation/sailblind/>

Courageous Sailing, Charlestown MA

www.courageoussailing.org/adult/adaptive-sailing

Pier's Park Sailing Center, East Boston MA

<http://piersparksailing.org/adaptive-sailing>

Skating: SABAHA www.sabahinc.org

Skiing: American Blind Skiing Foundation www.absf.org

New England Ski for Light: <http://www.nersfl.org/>

New England Nordic Ski Association at Weston Ski Track
<https://www.nensa.net/index.html>

Special Olympics Massachusetts (SOMA) provides year-round sports training and athletic competition for all persons with intellectual disabilities. Minimum age is eight years of age, no maximum age requirement.

<http://www.specialolympicsma.org/>

Art: Museum of Fine Arts: <http://www.mfa.org/visit/accessibility>

Movies: Listing of audio-described movies in theaters <http://ncam.wgbh.org/mopix/>

Books

Matter of Balance Exercises Audio Description: Perkins Library

<http://www.perkins.org/library>

Exercise & Physical Activity, Go4Life Publication #09-4258 National Institute of Aging 2013

Physical Education and Sports for People with Visual Impairments and Deafblindness: Foundations of Instruction: Lauren Lieberman, Paul and Susan Ponchillia AFB Press www.afb.org

Integrating the Visually Impaired Student into Physical Education: A Teacher's Resource Manual. Canadian Blind Sports Association
<http://www.canadianblindsports.ca/eng/index.htm>

"Don't Forget The Fun! Developing Inclusive Recreation"

Kormissar/Hart/Friedlander/Tufts/Paiewonsky, Project REC 1997, Institute for Community Inclusion Boston MA

American Printing House f/t Blind/APH resources: www.aph.org (available FREE from MCB Quota account)

Going Places: Transition Guidelines for Community-Based Physical Activities for Students who have VI, Blindness or Deafblindness.

GAMES for People With Sensory Impairments: Strategies for Including Individuals of All Ages

Walk Run for Fitness Kit: Lieberman/Schedlin

Equipment Resources

Beeper balls: Maxiaids/LS&S

American Printing House for the Blind: www.aph.org (can order from MCB Quota account-FREE if registered with APH Quota account)

Tactile Board Games

Talking GlowDice

APH Sound Balls & Rib-It-Balls

Walk/Run for Fitness Kit

30-Love Tennis Kit

JumpRope to Fitness Kit

Pedestrian Advocacy Groups:

AmericaWalks: <http://americawalks.org/>

WalkBoston: www.Walkboston.org

Complete Streets: <https://smartgrowthamerica.org/program/national-complete-streets-coalition/>

Livable Communities: <http://www.walklive.org/>

Mass in Motion Communities:

<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/mass-in-motion/community/mim-communities/>

Matter of Balance Programs: <https://mainehealth.org/about/healthy-communities/healthy-aging/matter-of-balance>

The Disability Rights Education and Defense Fund (DREDF) <https://dredf.org>
<https://dredf.org/legal-advocacy/laws/access-equals-opportunity/recreation-and-fitness-centers/>

Presenters

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