

Recreation Resources Focus Conference 2019

“Focus on Vision and Vision Loss” website has many recreation resources:
<https://www.focusonvisionandvisionloss.org/recreation.html>

American Printing House for the Blind: Recreation Resource: www.aph.org/pe/

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

American Hippotherapy Association (AHA): promotes therapeutic riding which, has been shown to improve muscle tone, balance, posture, coordination, motor development as well as emotional well-being.
<http://www.americanhippotherapyassociation.org/>

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

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

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

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/>

Leading the Way: <https://nobarriersyouth.org>

Letterboxing: www.letterboxing.org

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

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

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>

No Barriers: <http://www.nobarriersusa.org/about-us/>

Recreation Resource: www.aph.org/pe/

Rowing: Community Rowing – Brighton

www.communityrowing.org/outreach/adaptive-rowing/

Sailing

Blind Sailing International www.blindsailing.org

Carroll Center for the Blind

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

Courageous Sailing – Charlestown

www.courageoussailing.org/adult/adaptive-sailing

Pier's Park Sailing Center – East Boston

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

Skating: SABAH www.sabahinc.org

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

New England Nordic Ski Association at Weston Ski Track

<https://www.nensa.net/index.html>

US Surgeon General Exercise Recommendations: www.surgeongeneral.gov

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

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

Texas School for the Blind: Liveblinders resources

<http://www.livebinders.com/play/play?id=1926100>

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 .

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

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

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

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

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

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

Paul.thompson2@va.gov

Carroll Center for the Blind, Outdoor Enrichment Program

<http://www.carroll.org/recreation/>

Horseback Riding: <http://www.equinesite.com/therapyride.htm>

NARHA Centers in Mass. <http://www.pathintl.org/path-intl-centers/find-center>
Dausha C Campbell DBA Serendipity Riding Stable – Plymouth 704-491-0294
www.serendipityridingstables.com

Handi Kids – Bridgewater 508-697-7557 www.handikids.org

Wellspring Farm LLC – Rochester 508-763-5896

www.wellspringfarmlearningcenter.com

J.U.M.P. (Just Understand My Potential) is educational nonprofit that introduces young people to the mountains of New England. www.jumpinc.org

Leaping Forward in Transition: Daniel Norris dnorris@vabvi.org Kaelyn Modrak
kmodrak@resourcevt.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

Mass. Department of Conservation & Recreation Universal Access Program http://www.mass.gov/dcr/universal_access

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

Mass. Sensory Trails: www.massaudubon.org

Drumlin Fair Accessible Trail www.massaudubon.org/drumlin

Mass in Motion Communities: Increasing safe opportunities for physical activity through new and enhanced open spaces, parks, playgrounds and other recreational facilities. <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>

Nature Trail- Broadmoor Wildlife Sanctuary: 508-655-2296

http://www.massaudubon.org/Nature_Connection/Sanctuaries/Broadmoor/

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

Perkins School for the Blind | Outreach Activities

<http://www.perkins.org/community-programs/outreach-student-services/>

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/>

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

Talking Book Library: <https://www.perkins.org/library> “Patrons of the Perkins Library have access to a world of resources - from braille and audio books to accessible magazines and museum passes. Readers with visual impairment, blindness or physical disability are able to read independently in a format most comfortable to them.” Each state has access to a talking book library.

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

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/>

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 APH Press www.aph.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

Mass Audubon's ALL Person's Trails: A Manual of Guidelines & Best Practices for Developing & Operating Universally Designed Interpreted Trail Experiences. 2016 www.massaudubon.org

American Printing House for the Blind/APH resources: www.aph.org (available FREE with registration from MCB Adult 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 MCB 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

Listening/Audio Resources

Audio described movies
Audio Described Live theater (Check with theaters for schedule)
Audio Described TV shows (Use of SAP Channel)
Talking Books program: Perkins Library/Newsline
Talking Information Center www.ticnetwork.org

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/>

Resources to Find a Personal Trainer

National Strength & Conditioning Association: www.NSCA.com

National Academy of Sports Medicine: www.NASM.Org

American Council on Exercise: www.ACEFitness.org

American College of Sports Medicine: www.ACSM.org

Local YMCA or fitness facility

At Home Fitness

Set up a simple, functional exercise circuit: Push, Pull, Squat and/or Step, Core, Cardio

Use what you have: Furniture, Stairs, Counters, Appliances, Hallways

Items to purchase:

Inexpensive: Ball, Bands, TRX (Total Resistance Exercises equipment), Dumbbells (adjustable), Mat(s)

Costlier: Treadmill, Stationary bike, Rowing machine

Presenters:

- Stephen Jordan, COMS, Director of Orientation, and Mobility Services at MAB Community Services sjordan@mabcommunity.org
- Helen Long, Fitness to Go, Owner & Personal Trainer
Helen.fitnessstogo@gmail.com
- Jill Readel, Recreation Therapist I, Wrentham Developmental Center, 508-384-5512, Jill.Readel@massmail.state.ma.us
- Meg Robertson, COMS, Director O&M Department, Mass. Commission for the Blind, 617-626-7581
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