

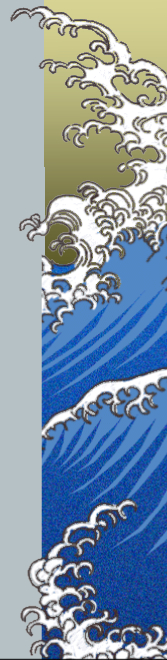
Recreational Activities for Persons with IDD

*Presented by:
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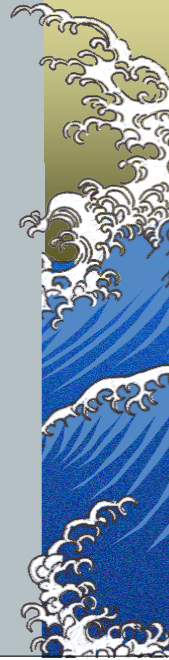
What's available?

- ▲ *Senior centers*
- ▲ *Adult day centers*
- ▲ *Park and recreation centers*
- ▲ *Specialized programs for persons with
IDD*
- ▲ *others?*



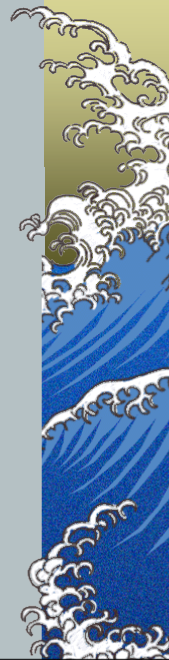
Needs of the group

- ▲ *Need for identity: who are we? Listen to me! My music, dance, creativity.*
- ▲ *Need for relevance: I'm important...*
- ▲ *Need for relationships: I want to have friends.*
- ▲ *Need for usefulness: contributing to my community and others*



Ideas for implementation:

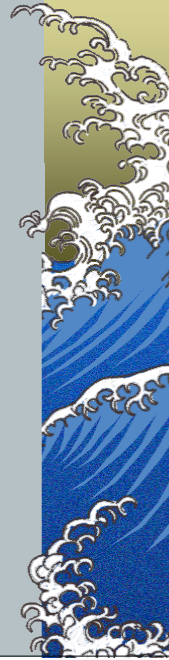
- ▲ *Music*
 - ▲ *Music of the generations*
 - ▲ *Create their own dances (invitational) with queens, kings, contests, costuming*
 - ▲ *Dance lessons, line dances, dance and singing performances, karaoke*
 - ▲ *Other ideas?*



More implementation ideas

▲ *Creativity*

- ▲ *Art: contests, decorate their space, sell projects, have are shows*
- ▲ *Acting: use of drama directed by a volunteer or staff or participant, short musical, short dramas, creative movements together*
- ▲ *Woodworking, needlepoint, and other creative outlets to make and keep or sell*



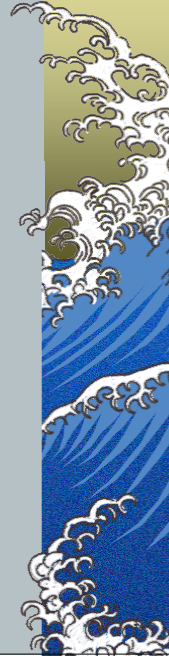
Relationship building:

- ▲ *Develop relationships with others via happy hour, social events (invitational or open), game day, invite guests*
- ▲ *Visit shut ins at nursing homes, hospitals, hospices, to share memories, stories, call shut ins.*
- ▲ *Writing to soldiers, inmates, adopt children from 3rd world countries.*



Leisure

- ▶ *Find out interests and involve them in developing daily/weekly calendar of events*
- ▶ *Activities: computers, video games, gym activities, walking contests, games, parties*
- ▶ *Learning activities: simple reading, computers, word recognition, history*



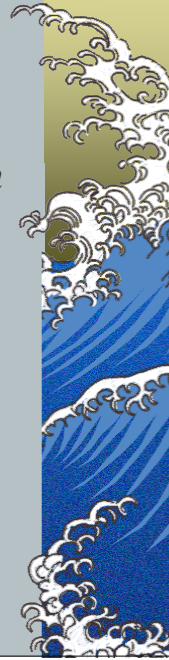
Leisure

- ▶ *Other creative options: sewing, stamping, origami, name special days (such as Dr. Seuss day, purple day)*
- ▶ *Technology: demonstrations from others about iPods, MP3's, printing from the computer, photography, Wii's*
- ▶ *Cooking: classes, make a meal, learn basics*



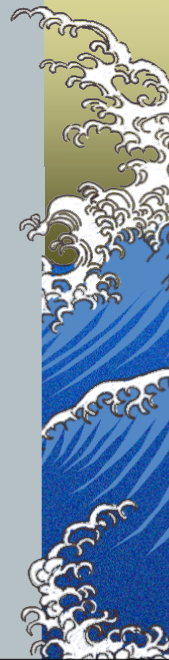
Usefulness

- ▲ *Provide tasks that will benefit others such as stuffing envelopes, deliver flowers*
- ▲ *Volunteer assistance to other community service providers (Adult care ctrs., etc.)*
- ▲ *Serve snacks for others (hospice, etc.)*
- ▲ *Clean wheelchairs, walkers, food drive for hunger centers.*



Successful implementation

- ▲ *Program will need to start with a bang to get people interested*
- ▲ *Leader will need to be dynamic and very creative and energetic*
- ▲ *Varied schedule of activities need to be provided*
- ▲ *Have an EXTREME open house*



Finally!!!

- ▲ *Name a club contest*
 - ▲ *If I had my own club, what would it look like?*
 - ▲ *What would I do?*
 - ▲ *What would I call it?*
 - ▲ *How would I make it happen?*

GOOD LUCK!!!

