



Parks and recreation programs often offer opportunities for individuals with disabilities to engage in activities around the community. Participation in these programs can help build recreation and leisure skills. Additionally, students have the opportunity to enhance social skills by interacting with fellow community members. Parks and recreation programs can be found throughout the state of TN and provide a variety of services, facilities, and activities. Check with your local Parks Department for details about offerings in your area.

What services or resources does this agency provide?

The services and programs offered will vary depending on location, however, some examples of programming and activities include: adult day programs (age 22+), summer programs for a variety of ages, sport-related activities (bowling leagues, swimming, fitness classes, etc.), and art, music, or other topical classes.

Is there a cost and, if so, who pays?

This is determined locally, and it varies by activity. Contact your local program for more information on cost.

For which students might this agency be appropriate?

Though much programming through parks and



reaction tends to be related to exercise, sports, and being outdoors, there are plenty of other activities such as arts and crafts, drama club, and field trips that can engage students with a wide variety of interests. Any student looking to become more involved in the community or with a desire to participate in group activities is encouraged to look into local offerings.

Who is eligible to receive their services/ supports and when?

Programming is open to all community members. When contacting a local agency, inquire about activities that may be adaptable to an individual's needs, as well as if there is any programming designed specifically for individuals with disabilities.



What is the family's responsibility?

It is the family's responsibility to research the offered programs and to sign their son or daughter up for activities they want them to participate in.

What is the student's responsibility?

The student should take the time to research what activities are offered at their local parks and recreation program to see what activities they might want to engage in.

What is the responsibility of an educator?

The teacher should communicate with parents the importance of helping their child find enjoyment in recreational activities as a way of staying healthy and socially engaged in the community. The teacher should also provide the parents with information on the programming offered, and how to get their student involved.

How (and when) do you involve them in the transition planning process?

- During transition discussions, the family and teacher can use their local parks and recreation program as a means to develop social, health, and community participation goals.
- Have the student research different activities offered by the local parks and recreation program to see what they might be interested in participating in.
- The school can collaborate with their local parks and recreation to come up with programs and activities for students with disabilities.

Where can I learn more?

Look up information about local parks and recreation programs by visiting your local government's website or by calling them.

What questions should I ask of my local parks and recreation program?

- Do you offer any programs or events specifically designed for individuals with special needs?
- If there are not specifically programs for individuals with special needs, can they offer accommodations or modifications to make participation possible?
- Are you affiliated with any programs like Special Olympics or Best Buddies?
- What types of activities, classes, or teams do you offer?