

SPORTSABILITY ALLIANCE

- Advocates and Promotes Accessible Inclusive Recreation
- Provides Adaptive Recreation and Active Leisure
- Provides Information and Resources
- Motivates and Support People with a Spinal Cord Injury



COLLABORATIVE RESOURCES

SportsAbility Alliance and the Florida Health Department's Brain and Spinal Cord Injury Program (BSCIP) are collaborating to provide community-based resources for accessible inclusive recreation.

SPORTSABILITY ALLIANCE

(850) 201-2944
info@sportsability.org

SportsAbility.org



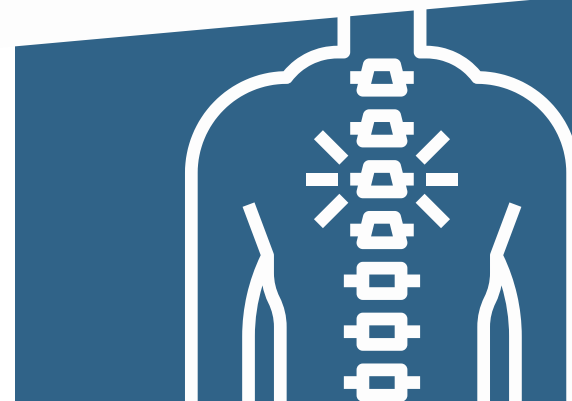
Brain and Spinal Cord Injury Program
www.BSCIP.org

BSCIP Resource Center
(866) 313-2940
www.BSCIPresourcecenter.org



RecConnect

resources for people with a brain or spinal cord injury



Community-based recreation and active leisure for people with

Spinal Cord Injuries



ENHANCING LIVES THROUGH
ACCESSIBLE, INCLUSIVE
RECREATION & ACTIVE LEISURE

MAIN AREAS OF HEALTH CONCERNS

Recreation and active leisure can help people with Spinal Cord Injuries (SCI) with the following challenges::

Physical

- Overall physical deconditioning
- Musculoskeletal decline
- Cardiovascular and heart disease
- Autonomic / Nervous System

Personal / Emotional

- Self-esteem and self-confidence
- Depression
- Anxiety related disorders
- Lack of support systems

Social / Community

- Financial and social responsibility
- Isolation
- Lack of inclusion
- Community integration

A BALANCED PROGRAM

Participating in a well rounded variety of programs can result in a more holistic and beneficial active leisure lifestyle. The benefits of positive leisure activities are better physical and mental well-being, good health, long-term wellness, and active leisure for life.

BENEFITS

- **Healing**
 - **Wellness**
 - **Personal Development**
 - **Societal Development**
 - **Physical**
 - **Personal / Emotional**
 - **Social / Community**
-

CHOICES AND OPPORTUNITIES TO PARTICIPATE

Options are limited only by your personal interests and creativity. A few options:

Sports

There are now many adaptive and wheelchair sports such as tennis, basketball, soccer, and softball. Outdoor options include nature-based activities such as hunting and fishing, hiking and biking, archery and shooting sports. Water sports include swimming, diving, paddling and skiing.

Personal / Creative

Many diverse outlets encourage expression through the arts. These include, but are not limited to: ceramics, painting, sculpture, gardening, dance, music, and drama.

Social / Community

Becoming reintegrated with the community through support groups and clubs, volunteer opportunities, and special events are just a few of the ways to meet new people and expand your social network.

Get out and pursue your interests!

For recreation options and opportunities
visit sportsability.org

SportsAbility.org