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

SportsAbility.org

(850) 201-2944
info@sportsability.org

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.

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 Brain Injuries

ENHANCING LIVES THROUGH ACCESSIBLE, INCLUSIVE RECREATION & ACTIVE LEISURE
**MAIN AREAS OF HEALTH CONCERNS**

Survivors of brain injury and their families may face physical, emotional and social challenges. Education and motivation encourages participation in sports, recreation and active leisure.

**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

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**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

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**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