



Out and about: A community recreation
model for young adults with
developmental disabilities
A Pilot Project

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What is Out and about?

- ❑ A person centered leisure/recreational pilot program.
- ❑ Created for 15 adolescents and young adults with developmental disabilities.
- ❑ Program based on activities identified by participants.
- ❑ Community choices are based on the identified preferences of greatest interest.

NO COVER CHARGE
COME AS YOU ARE
Mmm Mmm Mmm
Mmm Mmm
I LOVE THIS BAR



The Problem



- ❑ Recreational and social activities are tied to schools.
- ❑ After high school social networks may crumble and individuals with disabilities may find themselves isolated.
- ❑ Planning for new recreational, cultural and social outlets is essential to enable these young adults to continue being an active part of their community.

Who are the Participants



- 15 individuals with developmental disabilities
 - 8 Females
 - 7 Males
 - Age range 17-26 mean age of 21 years
 - All from the same community in central Connecticut.

Recreation Model (still evolving)

- (1) Soliciting the participants' personal choices and leisure/recreation preferences.
- (2) Creating a menu of community choices based on these identified preferences and then having the participants select the ones of most interest.
- (3) Implementing at least one group leisure/recreation opportunity per month.
- (4) Maintaining these opportunities through various forms of fund raising.

Method

- ❑ Survey of opportunities available in the community
- ❑ Each student asked “what 3 things do I like to do with my friends.”
- ❑ Results categorized
- ❑ One activity from each category randomly selected
- ❑ Community choices developed based on interests

Results of Survey

Participants expressed interest in:

- ❑ 40% Sporting Events: baseball games, basketball games, bowling.
- ❑ 26% Entertainment: parties, karaoke, line dancing.
- ❑ 20% Leisure Activities: hanging out with friends, playing games, going to the park.
- ❑ 13% Amusement Parks.

Implementation

- ❑ Meetings with town manager to develop collaborative with various stakeholders: parks and recreation department, parents, individuals with disabilities.

Funding

- ❑ Donations from community and family members
- ❑ Fundraising: Baseball game, Local gym
- ❑ Leisure/Recreational preference are identified
- ❑ Family and community members support the group in planning the preferred activities.

Value

- ❑ Enables youth to socialize in ongoing non-structured recreation and leisure community activities of their choosing.
- ❑ Families are playing an active role in the fund raising and implementation phases of the model.
- ❑ The plan is to EMPOWER the participants so that they take ownership of the model until they are able to do most, if not all of the planning implementation and fund raising on their own.
- ❑ These too are important life skills that are all too often overlooked in the transition planning from school to adult life for such young adults (Karan2009).



Activities

**You're invited to a
Halloween Party**
An "Out and About Club" Event

When: Saturday, October 31st
7:00 PM - 10:00 PM

Where: The IPIC
16 Harding Street
Kensington, CT

Come and enjoy some ghoulish dancing,
freaky music and frightening fun!

\$5
to participate

**WEAR A
COSTUME &**
Join us if you dare!

- February 26 - Kick off first planning meeting
- March 14- Saint Patrick's Day Party with Karaoke
- March 26- Games, Line Dancing and Pizza at the community center
- June 12- Community Picnic
- June 23- Baseball Game & Fundraiser
- October 14- Berlin Scarecrow and Foliage Festival ...BERLIN REC GROUP WON 3rd PLACE for their scarecrow!
- October 31- Halloween Party
- November 7- Belly Dance Fundraiser at local gym
- December 12- Pine Loft

Results of Pilot Project

- ❑ High school students have recently joined the group providing typical peer interaction.
- ❑ The group has been invited to participate in community activities, such as the fall foliage scarecrow competition.

Feedback from families:

- ❑ Phone calls to each other.
- ❑ Inviting each other to “hang out” at each others houses.
- ❑ Individuals are inviting each other over for dinner.
- ❑ Families are excited and planning their own events.
- ❑ Individuals are inviting and making sure all their friends are invited to activities such as swim classes, basketball teams, and birthday parties.

Challenges for the Future



- ❑ Funding is a ongoing concern.
- ❑ Families are considerably stressed just trying to meet the daily needs of their children, having little energy for planning new activities.
- ❑ Costs of the activities are a small portion of the overall expense of establishing ongoing recreational activities.
- ❑ There is a need for someone to take ownership to provide support for the participants and coordinate the planning and implementation.
- ❑ Volunteers keep costs down, in order to make this a more permanent activity individuals that take on this responsibility need to get paid.