



Frequently Asked Questions: Community Recreation Participation

I'm worried that my child won't do well in a "regular" program. Are there any recreation programs specifically for children with disabilities?

Yes, we are lucky to live in a community that has many programs available specifically for children with disabilities. Specialized programs include swimming lessons, learn to skate, gym programs (Active Start and FUNdamentals), gymnastics, dance, horseback riding, music, skiing, hockey, and more. View the **Recreation Activity Directory** (formally KidsAbility Program and Activity Guide), located on the KidsAbility website: www.kidsability.ca.

I'd like to enroll my child in a program with typically-developing peers. Are there ways to access extra supports to help them participate?

Yes, some children do not require programs designed specifically for children with disabilities. Some children prefer to participate in programs with typically-developing peers. It may also be easier for families to get to programs at their local community centre, or to register siblings for programs at the same time and place. If needed, families can access extra supports to participate in non-specialized programs. Some options include City or program 1:1 support workers or hiring a Special Services At Home (SSAH) worker.

Recreation programs can be expensive! Is there funding available to help cover the costs?

Yes, there are many funding options available that include both income based and non-income based funding options. Special Services at Home (SSAH) funding is non-income based and can be used to cover the cost of recreation programs and camps and/or the cost to hire a 1:1 worker. Other non income based funding is available from disability specific organizations. Income based funding options are also available. Refer to funding information on our website.

Where do I find information about programs and supports?

A **Recreation Activity Directory** is available on KidsAbility's website. This directory provides information about the programs in our community. **Support** options such as 1:1 can also be found on the KidsAbility website. Municipal and Neighbourhood Associations post recreation program options on their websites.



What supports are available to help my child participate in camps?

Many camps in our community offer 1:1, 1:2 or 1:3 support or specialized programming for children with special needs for PD Days, Winter Break, March Break, and Summer camps. If you are looking for PD day programs or camps, consider programs run by the City of Guelph, City of Cambridge, City of Kitchener or the City of Waterloo (support available through the City). Non city camps may also offer support, contact the camp directly to inquire.

What supports are available to help me with summer camp planning and when should I start planning?

KidsAbility offers a parent workshop called “*Summer Camp Planning*” which is held in January. This workshop provides information about summer camp and some support options as well as how to access them. Your summer **camp planning should begin in January**, as inclusion spaces fill up quickly! A Summer Camp and Recreation fair is held for Waterloo Region in February. To get on the waitlist for the Summer Camp Planning Workshop, ask your KidsAbility therapist or contact your site’s Recreation Therapist.

I don’t know where to start! I’m not sure what my child can do or what they would enjoy. Please help!

KidsAbility Recreation Therapists offer Seasonal Planning support (Winter, Summer Camp, Spring/Summer and Fall). Families on our Seasonal Planning list receive step by step instructions by email on how to apply for community recreation programs, funding and supports. If you would like to be added to the Seasonal Planning list, ask your KidsAbility therapist or contact your site’s Recreation Therapist.

Need more help? Request a Therapeutic Recreation consult. Consults can take place by email, phone, video conference or booking an in person appointment. Support can be provided for one or more of the following:

- Recreation program options
- Navigating community recreation services
- Funding applications
- Community support options and how to access these supports
- Adaptive equipment and participation strategies





My life is busy and I sometimes miss registration dates or other important information. Please help!

KidsAbility Recreation Therapists have email distribution lists that provide reminders to families and provide information on new recreation opportunities. Email distribution lists are available for:

- Camp Information for youth with special needs
- Inclusive recreation opportunities and
- Para sport opportunities

To get on these reminder email lists, ask your KidsAbility therapist or contact your site's Recreation Therapist.

I still have questions! I would like more information! Who do I contact?

Look for more information on our website www.kidsability.ca. Your Recreation Therapist will be happy to answer your questions about recreation programs, supports, or adapted recreation equipment.

To contact your Recreation Therapist email or call 519-886-8886 or 1-888-372-2259:

Cambridge Site: Sheryl Dedman, ext. 3260 or sdedman@kidsability.ca

Guelph-Wellington Sites: Bethany Mullen, ext. 6235 or bmullen@kidsability.ca

Kitchener & Waterloo Sites: Lorna Anderson, ext. 1302 or landerson@kidsability.ca