Recreational Activities for Persons with IDD

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What’s available?

- Senior centers
- Adult day centers
- Park and recreation centers
- Specialized programs for persons with IDD
- Others?
Needs of the group

- Need for identity: who are we? Listen to me! My music, dance, creativity.
- Need for relevance: I’m important...
- Need for relationships: I want to have friends.
- Need for usefulness: contributing to my community and others

Ideas for implementation:

- Music
  - Music of the generations
  - Create their own dances (invitational) with queens, kings, contests, costuming
  - Dance lessons, line dances, dance and singing performances, karaoke
  - Other ideas?
More implementation ideas

- **Creativity**
  - Art: contests, decorate their space, sell projects, have art shows
  - Acting: use of drama directed by a volunteer or staff or participant, short musical, short dramas, creative movements together
  - Woodworking, needlepoint, and other creative outlets to make and keep or sell

- **Relationship building:**
  - Develop relationships with others via happy hour, social events (invitational or open), game day, invite guests
  - Visit shut ins at nursing homes, hospitals, hospices, to share memories, stories, call shut ins.
  - Writing to soldiers, inmates, adopt children from 3rd world countries.
Leisure

- Find out interests and involve them in developing daily/weekly calendar of events
- Activities: computers, video games, gym activities, walking contests, games, parties
- Learning activities: simple reading, computers, word recognition, history

Leisure

- Other creative options: sewing, stamping, origami, name special days (such as Dr. Seuss day, purple day)
- Technology: demonstrations from others about iPods, MP3’s, printing from the computer, photography, Wii’s
- Cooking: classes, make a meal, learn basics
Usefulness

- Provide tasks that will benefit others such as stuffing envelopes, deliver flowers
- Volunteer assistance to other community service providers (Adult care ctrs., etc.)
- Serve snacks for others (hospice, etc.)
- Clean wheelchairs, walkers, food drive for hunger centers.

Successful implementation

- Program will need to start with a bang to get people interested
- Leader will need to be dynamic and very creative and energetic
- Varied schedule of activities need to be provided
- Have an EXTREME open house
Finally!!!

- Name a club contest
  - If I had my own club, what would it look like?
  - What would I do?
  - What would I call it?
  - How would I make it happen?

GOOD LUCK!!!