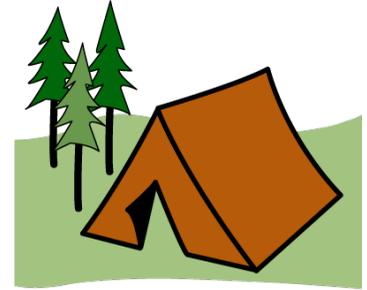
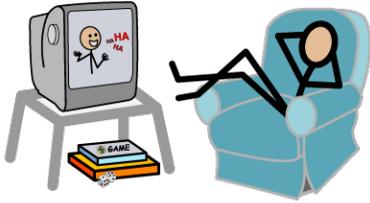




Sports and Recreation

We have the right to take equal part in the arts, sports and leisure.



Do you need help to think about which kinds of sports, recreation or leisure you might like to try?

Do you need help to think about which kinds of sports, recreation or leisure you might like to try?

Sometimes people think you need to be good at something to join in. That's not true! Whatever you are interested in, there will be a way to get involved.

Would you like help to think about different sports, recreation or leisure activities you might like to try by:

talking with people about what sports they play?

thinking about the things you like to do, and what activities are available that include them (for example if you enjoy being outside, then you might enjoy fishing, bushwalking or camping)?

thinking about past experiences which you would like to do again, for example, maybe one time you enjoyed watching drag racing or tennis, or playing mini-golf?

exploring different activities by watching videos, visiting places people do them, or attending events?

going to arts and music festivals, shows or classes?

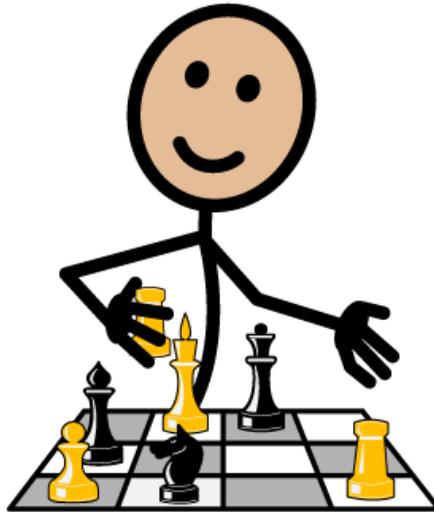
attending a 'come and try' day which offers accessible sporting equipment?

learning about activities from your culture?

What kinds of sports and recreation might you like to explore?

Write your ideas in your planning manual.





Do you need help to find places where you can join in different sports, recreation and leisure?

Do you need help to find places where you can join in different sports, recreation and leisure?

You might need help to find places where you can try out the things you are interested in. This could be your local chess club, footy team, art class, or meditation group. Whatever activities you would like to do, you can join in with the right support.

Do you and your supporters need help to:

find the contact details and schedules of sports or hobby groups?

research activities run by your local council?

explore volunteer roles in groups or teams?

locate disability specific recreation groups which match your interests?

learn how to use the internet to find activities in your area?

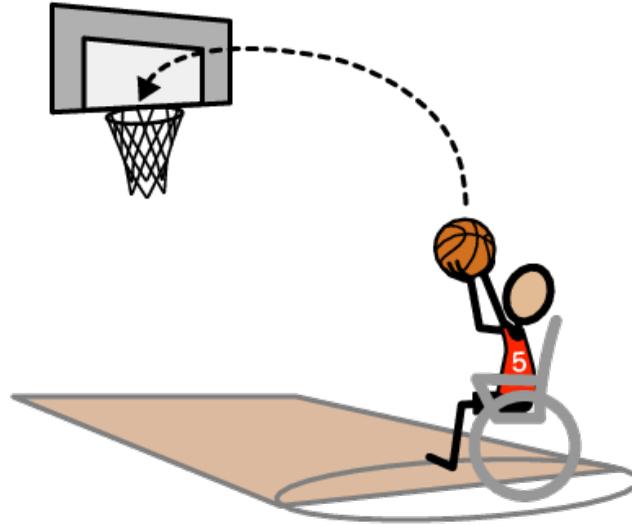
find out where to get the best information about activities in your community - such as noticeboards, the local library or local organisations?

identify accessible venues?



What other help might you need to find out about sports, recreation and leisure?

Write your ideas in your planning manual.



Do you need help to find and trial modified equipment so you can join in your chosen sport, recreation or leisure activity?

Do you need help to find and trial modified equipment so you can join in your chosen sport, recreation or leisure activity?

You might need specialist or modified equipment to take part in the activity of your choice. There are many options and also places which can modify equipment to suit your needs.

Would you like to help to find and trial modified equipment, for example:

switches or other adaptations so you can read books, or use equipment?

bats, hockey sticks, racquets or balls adjusted for your strength or sensory needs, for example a ball which you can hear?

a fishing rod with an automatic reel?

a wheelchair which enables you to play basketball or go to the beach?

equipment to help you to swim or exercise in water?

adaptations to musical instruments or technology so you can play music?

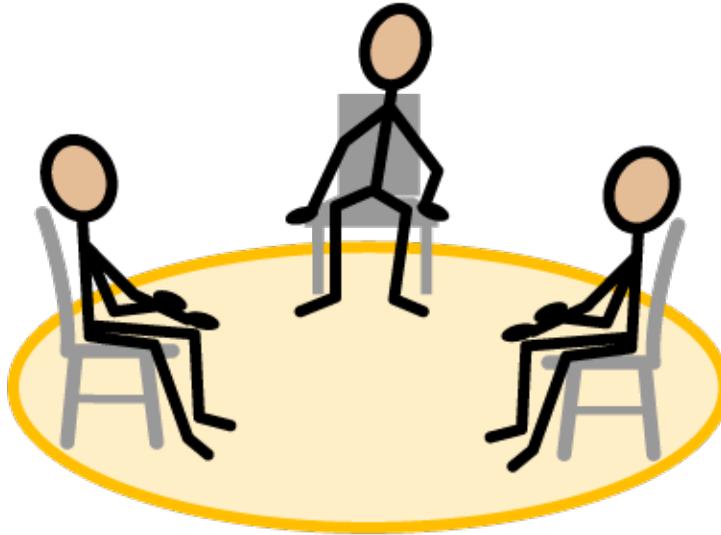
a hand operated or tandem bike?

adapted equipment for art, for example a motorised easel or mouth-stick brush holder?



What else might you need in order to be able to do the things you enjoy?

Write them in your planning manual.



Does your sports or recreation group need help to include you?

Does your sports or recreation group need help to include you?

You have the right to participate in recreation, the arts, sport and leisure in your community. Sometimes you and your community might need support to figure out how to best include you, and that's ok. Often people want to be welcoming but might be anxious about whether they will know the right things to do. With the right support, you can join in and be included.

Do you or your supporters need help to:

set things up so you can physically access the activity?

modify learning materials so you can understand them?

adjust the physical or social environment so that you don't have the need to behave in ways which might be seen as challenging?

help people to get to know you?

teach and support people to use your communication system?

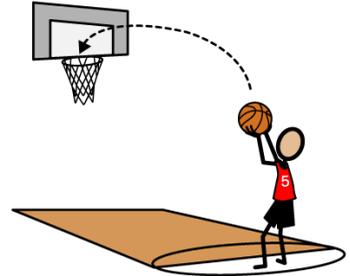
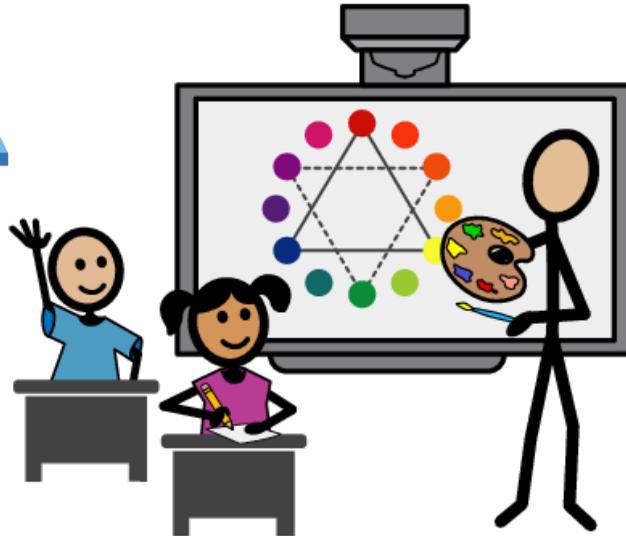
help people to see your strengths and what you have to offer?

provide education about any of your needs which the group might like or need to know more about, for example epilepsy, autism, or your disability or condition?



What other help might your sports or recreation group need to be able to include you?

Write your ideas in your planning manual.



Do you need help to do your chosen activity?

Do you need help to do your chosen activity?

Sometimes people think that once you have left school, you stop learning and developing. That's not true! People can learn new things all the way through life. Sometimes you and your supporters will be able to work out the best way for you to join in and learn, but other times it can be good to find a professional who can help you.

Would you like help to join in your chosen activity for example from:

an occupational therapist who can help you work out the best posture, equipment and environment for you to start oil painting or playing the drums?

a physiotherapist to help you with posture and movement so you can play wheelchair rugby or join in a yoga class?

a speech therapist to help you to put the words and rules of soccer or chess into your device or communication system?

a specialist teacher who can help with breaking tasks down into steps so you can learn them more easily?

coaching from a specialist in your area of interest?

What other help might you need to join in?

Write your ideas in your planning manual.

