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## **Tips on Finding a Recreation Program Just Right for YOU!**

Each one of us is unique! Therefore, the Recreation Council encourages individuals of all abilities, when choosing a leisure/recreation program or activity, to gather as much information about that program or activity as possible. Keep in mind your specific support needs and interests, too. It is helpful before contacting program staff, that you make a list of questions to ask. Be certain to give as much information about your own support needs, if applicable, in order that the program staff can address your needs in advance to make your experience a successful one.

Here are some questions you might consider asking in addition to your own set of individualized questions:

- What can this program offer me as a participant?
- What is the philosophy of your organization? How long has the organization been in existence?
- How long has the program/activity been offered?
- When is the program/activity offered? What happens if I miss a session?
- What is the cost of the program/activity? Are there scholarships available, if needed?
- Is transportation provided or is the facility on a bus route?
- How are special needs or accommodations handled? (i.e. personal care, challenging behaviors, interpreters, etc.)
- Is the program/activity site accessible?
- What is the ratio of program staff to participants?
- What credentials, certifications, etc., do program staff hold?
- Does the program/activity staff receive training on the needs of persons with disabilities?
- Do I need my own equipment in order to participate in the program/activity?
- What should I wear or bring with me to this program?
- How, when and where do I register for this program/activity? Can someone assist me with the registration process?
- Is your program accredited and/or monitored for safety and programmatic standards?
- If applicable, are references available? If not, ask other family members or participants if they are aware of the program and it's reputation?

