



# Recreation & Wellness Programs

## *Resource Navigation Guide*

Oregon Office on Disability and Health



Oregon Office on Disability and Health

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Office on Disability and Health



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# Icon Legend

## Using Visual Icons to Navigate Our Guide

This guide includes various icons to visually indicate different types of information.



### Description

Short summary of program, activity, or service



### How to Find Resources

Directions to assist in finding local resources



### Tips

Tips from the community about resources listed



### Information to Get You Started

Introductory information on using resources listed



### Location of Resource

Location (state, region, county, city/town) of resource listed



### Phone Number

Phone number associated with resource listed



### Website Link

Website link associated with resource listed



### Email

Email address associated with resource listed



### Spanish Language

Services provided in Spanish language available

# Links and QR Codes

## Accessing Resources

This guide includes both links and QR codes to refer readers to resources.

### Links

Throughout the guide, links are identifiable through the use of underlined text in **green**.

How to use links:

- 1 Hover over underlined text
- 2 Left click on mouse
- 3 Navigate to the new window that pops up
- 4 Browse the resources available!

#### Example of Links



[Oregon Office on  
Disability and  
Health](#)

### QR Codes

QR codes allow users to access websites through scanning a box with a smartphone or tablet

How to use QR Codes:

- 1 Open your phone camera. Depending on your phone type, you may need to download a QR reader app
- 2 Hold your device over a QR code so that it's clearly visible within your smartphone's screen
- 3 Two things can happen when you correctly hold your smartphone over a QR code:
  - Phone automatically scans code
  - Some readers scan once a picture is taken
- 4 Browse the resources available!

#### Example of QR Code



[Oregon Office on  
Disability and  
Health](#)



# Information in this guide

Many of the resources are recommended by community members across the state. OODH has not checked accessibility of many of these resources. It is important to confirm that resources in this guide meet your accessibility needs.

## Why we wrote this guide

We created this guide to provide information about recreation and wellness resources that are accessible and inclusive for people with intellectual and developmental disabilities (I/DD) and other disabilities in Oregon communities. The purpose is to ease the process of navigating resources. Many people may find the information useful. We think people with disabilities, their supports, and case managers will use this guide.

This guide focuses on ways to navigate resources. It is not a full list of recreation and wellness programs and services.



The guide highlights specific programs and services when practical, but resources available at specific local agencies are always changing. The contact information or websites to navigate these services also change often.



For updated program and contact information, users of this guide may need to conduct an internet search or consult with local resources.



## The Linkage Project

[The Linkage Project](#) at the Oregon Office on Disability and Health created this guide. The Linkage Project connects adults with I/DD with unmet needs to preventive health care and health promotion in their community.

The Linkage Project staff have learned a lot about resource navigation as they have helped link adults with I/DD to preventive health services. They also learned about resources from surveys of people with disabilities and their families, case managers across Oregon, and other partners.

# For additional help navigating in your community:



[Brokerages across Oregon](#)



[Community Developmental Disability Programs](#)



[Centers for Independent Living](#)



[211 Info](#)



2-1-1



Spanish language



[Autism Society of Oregon](#)



[Oregon Family-to-Family Health Information Center](#)



[Oregon Consortium of Family Networks](#)



Spanish language



[Find your local Arc chapter](#)



[Oregon Office of Tribal Affairs](#)

# Parks & Recreation Departments

## Description:

Parks and Recreation departments oversee public parks and recreation resources:

- Public park facilities
- Sports and recreation programs
- Adaptive and Inclusive Recreation (AIR) services - Some Parks and Recreation departments have AIR programs, designed for children and adults with disabilities

## How to find resources:

Check with your local parks and recreation department for more information about accessibility and inclusion.

## Tips:

- Ask to speak with the person responsible for the accessibility and inclusion of programs or the facility.
- The Parks and Recreation Department can provide information about Adaptive and Inclusive Recreation services designed for people with disabilities, if available.
- They can also provide information about the accessibility and inclusivity of all of the programs, services, and facilities.
- Questions to consider:
  - It is likely not enough to ask if a program or facility is accessible. Ask about specific accessibility or accommodation needs.
  - Ask whether program staff have experience working with people with disabilities. Inclusion skills of program staff may vary over time with staff turnover.





# Parks & Recreation Departments

## Adaptive and Inclusive Recreation Resources

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### Information to get you started:

This list is the Parks and Recreation departments in Oregon that have Adaptive and Inclusive Recreation programs.

#### Portland-Metro

#### Willamette Valley & North Coast



  
  
[Portland Parks and Recreation Inclusion Services](#)  
503-823-2883



  
  
[Adaptive Rec Services at Hilyard Community Center \(Eugene\)](#)  
541-682-5311




  
  
[Tualatin Hills Parks and Recreation](#)  
503-629-6330

#### Central Oregon



  
  
[Bend Parks and Recreation District](#)  
541-682-5311



  
  
[Hillsboro Parks and Recreation](#)  
503-681-6120



  
  
[Redmond Area Park and Recreation District](#)  
541-548-7275

#### Southwestern Oregon



  
  
[North Clackamas Adaptive and Inclusive Recreation](#)  
503-318-9169



  
  
[City of Ashland Adaptive and Inclusive Recreation](#)  
541-488-5340

# Fitness Centers, Aquatic Centers, Bowling Centers, and YMCAs

## Description:

There are several types of local resources for fitness and movement. Many local communities have fitness centers, aquatic centers, bowling centers, or YMCAs.

## Tips:

- Many bowling centers and aquatics centers have programs and adaptive equipment supporting individuals with disabilities. Bowling can often be adapted with bowling ramps and bumper guide rails.
- Fitness centers and YMCAs can be more or less accessible and inclusive for people with various disabilities. Some YMCA locations have adaptive programs. Contact your local facility to determine if they have adaptive programs, knowledgeable staff, and facilities that are accessible.
- Some local fitness centers and YMCAs offer scholarships. Some Coordinated Care Organizations (CCOs) offer their members free or reduced fitness center memberships.
- Some Medicare plans offer free membership for Silver & Fit and Silver Sneakers for Medicare beneficiaries aged 65 and over. These programs can include free access to fitness centers or YMCAs.
  - Silver & Fit health plan [directory](#).
  - Silver Sneakers [eligibility search](#)
- Questions to consider:
  - It is likely not enough to ask if a program or facility is accessible. Ask about specific accessibility or accommodation needs.
  - Ask whether program staff have experience working with people with disabilities. Inclusion skills of program staff may vary over time with staff turnover.



# Fitness Centers, Aquatic Centers, Bowling Centers, and YMCAs

## Community Activities and Fitness Resources



Information to get you started:

### YMCAs

A number of Oregon communities have YMCAs. The national YMCA website has a directory of programs in the state.



Search for Oregon on the website



[Find Your Y](#)

This is a list of a few YMCAs across Oregon that were nominated by community members as inclusive for people with I/DD.



[Baker County YMCA](#)



Reduced-price scholarship & I/DD friendly staff



Baker City



[Rogue Valley YMCA](#)



Reduced-price scholarship & I/DD friendly staff



Medford



[Tillamook County Family YMCA](#)



Reduced-price scholarship & I/DD friendly staff



Tillamook

# Fitness Centers, Aquatic Centers, Bowling Centers, and YMCAs

## Community Activities and Fitness Resources, continued

### Ko-Kwell Wellness Center - Kilkich Fitness Room



**Provides tribal community access to a fitness room**



Coos Bay



[Ko-Kwell Wellness Center](#)

### KROC Center



**Community Center** with a gym and a pool that hosts activities that promote physical wellness and overall well-being



Salem



[Salvation Army KROC Center](#)

### Planet Fitness - Klamath Falls



**Recreational fitness center** that promotes judgement-free zones for all people. Klamath Falls location was nominated by community members as being inclusive



Klamath Falls



[Planet Fitness](#)

# Outdoor Recreation and Travel

## Description:

Outdoor recreation refers to recreation or activities done outside, often in nature. Examples of outdoor recreation are hiking, camping, visiting beaches, skiing, and paddle sports like kayaking. Resources in this category include organizations that provide guided adaptive outdoor recreation trips, hiking groups, organizations that provide beach wheelchairs and track chairs, and outdoor recreation websites and travel guides.

## How to find resources:

The resource list on the next pages will get you started. You can find additional resources on accessible sites by searching the internet with the words “accessible” or “ADA” and the state or community where you are looking. For example, search “accessible hiking Oregon” or “accessible beach wheelchairs Oregon”.

## Tips:

- Many people with disabilities say that a main barrier to outdoor recreation is lack of usable information on accessibility. See websites like Access Recreation and the Accessible Outdoor Recreation Travel Guide, which provide first-hand accounts of people with disabilities.
- Outdoor recreation supports that are needed vary from person to person. Sometimes people may only need a partner or group to participate with, or to move at a slower pace. Others need wheelchair accessibility or adaptive equipment.
- Consider joining an accessible outing with a group like Disabled Hikers.
- Organizations like Adventures Without Limits and Oregon Adaptive Sports can adapt activities and equipment for the user.
- Horseback riding can be recreational or therapeutic. Do an internet search for “equine therapy” to locate riding centers that may offer accessible horseback riding programs as well as equine therapy. You can also call any riding center with questions about specific accessibility needs.
- [Autism Society of Oregon “Take a Breather” program](#) offers up to \$100 per autistic adult per year to support a “breather” of the person’s choice like vacation transportation, tickets to a movie or event, or athletics equipment



# Outdoor Recreation and Travel

## Adaptive and Inclusive Outdoor Recreation and Travel Resources

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### Information to get you started:

Here are a few ways to access outdoor recreation and travel across Oregon. Many of these recommendations are from the community. Accessibility has not been confirmed by OODH.

#### David's Chair



**Loan track chairs** for beach and outdoors



Multiple locations across Oregon



[David's Chair](#)

#### Beach Wheelchair Rental Locations



**Wheelchair rentals** for beach use



Multiple locations along Oregon coast



[Oregon Live Article](#)

#### Disabled Hikers



**Provides inclusive trail guides and group hikes** for disability community



Western USA & Oregon cities



[Disabled Hikers](#)

# Outdoor Recreation and Travel

## *Adaptive and Inclusive Outdoor Recreation and Travel Resources, continued*

Here are a few ways to access outdoor recreation and travel across Oregon. Many of these recommendations are from the community. Accessibility has not been confirmed by OODH.

### AIM-4-Access



**Disability awareness and accessibility** through interdependence, offering **personalized inclusive recreational therapy and travel support**



Several Oregon locations



[AIM-4-Access](#)

### Unlikely Hikers



**Creates safer, supportive outdoor experiences** for underrepresented outdoorspersons



Portland & other Oregon cities



[Unlikely Hikers](#)

### Oregon Spinal Cord Injury Connection



Offers a wide range of holistic support for people with spinal cord injuries. Provides wheelchair hiking and community meet-ups



Portland-Metro Area



[Oregon Spinal Cord Injury Connection](#)

# Outdoor Recreation and Travel

## *Adaptive and Inclusive Outdoor Recreation and Travel Resources, continued*

Here are a few ways to access outdoor recreation and travel across Oregon. Many of these recommendations are from the community. Accessibility has not been confirmed by OODH.

### Oregon Adaptive Sports



**Offers year-round outdoor recreation programs for individuals with disabilities**



Central Oregon



[Oregon Adaptive Sports](#)

### Access Recreation



**Provides information on hiking trail accessibility with reviews of 36 parks and trails on AccessTrails.**



Portland-Vancouver Area



[Access Recreation](#) & [AccessTrails](#)

### Adventures Without Limits



**Organizes and leads outdoor adventure programs to provide access for all people including people with disabilities**



Multiple locations across Oregon



[Adventures Without Limits](#)

# Outdoor Recreation and Travel

## *Adaptive and Inclusive Outdoor Recreation and Travel Resources, continued*

Here are a few ways to access outdoor recreation and travel across Oregon. Many of these recommendations are from the community. Accessibility has not been confirmed by OODH.

### Oregon Accessible Outdoor Recreation Travel Guide



Features **crowdsourced wheelchair accessibility information** about six diverse travel locations across Oregon



Six Oregon locations



[Oregon Accessible Recreation Travel Guide](#)

### Northwest Access Fund



Information about **outdoor recreation and sports-related equipment, clubs, and programs**



Oregon and Washington



[Northwest Access Fund](#)

### PATH International



Provides **directory** of member **equine centers**



Several Oregon locations



[PATH Programs](#)

# Outdoor Recreation and Travel

## *Adaptive and Inclusive Outdoor Recreation and Travel Resources, continued*

Here are a few ways to access outdoor recreation and travel across Oregon. Many of these recommendations are from the community. Accessibility has not been confirmed by OODH.

### Trips, Inc. Special Adventures



Inclusive **travel company** based in Oregon that offers all-inclusive supported **vacation** packages for adults with I/DD



Trip locations across the U.S.



[Trips, Inc.](#)

### Travel Oregon



Resources that provide information about **accessible travel options** for people with different accessibility needs



Oregon



[Travel Oregon Accessible Travel List](#)

### Crooked River Wetlands



Provides tranquil, open spaces and great accessible paths to enjoy



Prineville



[Crooked River Wetlands](#)



# Sports Activities

## Description:

There are many sports activities that people enjoy. Sports include individual sports, like bowling, running, and swimming. Sports also include team sports, like basketball and soccer.

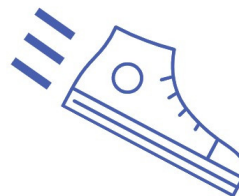
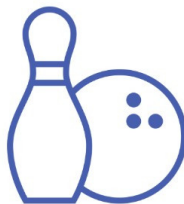
## How to find resources:

There are several ways to find out about sports opportunities for people with disabilities in communities.

- Special Olympics offers sports programs for athletes with intellectual disabilities. The Special Olympics Oregon website lists websites and contact information for [local programs by county or community](#).
- [The Northwest Access Fund: Sports & Recreation](#) website has a list of sports resources that focus on access for people with disabilities. The list provides information about sports-related equipment, clubs, and programs in Oregon and Washington.
- In many communities, there are sports programs offered through Parks & Recreation departments, YMCAs, and Community Centers. See the sections of this guide focused on those resources.

## Tips:

- Some programs, like Special Olympics or adaptive programs, are designed for people with disabilities.
- Other programs for the general population may be accessible and inclusive, so you can reach out to find out more. Ask about specific accessibility or accommodation needs, and ask whether program staff have experience working with people with disabilities.



# Sports Activities

Special Olympics - An Adaptive and Inclusive Sports Resource

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1 of 1



## Information to get you started:

### Special Olympics Oregon



Special Olympics serves athletes with intellectual disabilities.



Community program offerings are county-based and may vary over time, based on availability of volunteer coaches and facilities. You can search for [local programs by County or community](#).



The local program page will list contact information for the Local Program Coordinator. Contact them for more information on programs in your community.



Communities may have programs that are not listed on the Special Olympics Oregon website, and so you should reach out to the contact on the website, even if current programs are not advertised.



Special Olympics school-based programs are offered in many schools around the state. Ask if your school is involved.

Many Oregon communities have Special Olympics programs. Here are a few programs:



[Clatsop County](#)



[Hood River](#)



[Josephine County](#)

# Self-Advocacy organizations and social groups

## Description:

Self-advocacy organizations advocate for the equal rights of people with disabilities and inclusion. There are also a number of organizations that offer opportunities for social activities and community participation.

## Tips:

- Local networks of people with disabilities and their families can offer recommendations for local groups.
- The Oregon Self Advocacy Coalition may be able to provide information about self-advocacy groups in local areas.
- Several communities in Oregon have Arc programs that offer self-advocacy or social programs.
  - Check with your local Arc to see what is available (see page 21 of guide)
    - [Find your local Arc chapter](#)
- Provider organizations that offer support services to individuals with I/DD may offer social and recreational activities, educational classes, wellness activities, outings and self-advocacy opportunities. Check with the Provider Organizations in your area to learn what is available.



# Self-Advocacy organizations and social groups

## Community Engagement and Self-Advocacy Resources



### Information to get you started:

National groups and organizations, like [Self Advocates Becoming Empowered](#), often accept people from any state. Here are a few advocacy and social organizations and groups across Oregon.

#### Oregon Self Advocacy Coalition (OSAC)



Organization fighting for the **rights of people with I/DD**



OSAC might be able to help you find local self-advocacy groups



Oregon, virtual and in-person meetings



[OSAC Membership](#)

#### Self-Advocates Taking Action (SATA)



**Self-advocacy group** focused on community access



Portland



[Self Advocates Taking Action](#)

#### SPARC



**Self-advocacy group** for people with disabilities



Corvallis



[SPARC](#)

# Self-Advocacy organizations and social groups

## Community Engagement and Self-Advocacy Resources, continued

### Upstream Access



**Cross-disability** organization that offers programs with emergency preparedness, wellness, and **social connection and community building**



Oregon



[Upstream Access](#)

### Autism Society of Oregon



Organization helping **access Autism resources statewide**. Hosts **Support Groups** for Autistic people and **inclusive community events**



Oregon, virtual and in-person groups



[Autism Society of Oregon & Groups](#)

### Hollywood Dreams Coos County



Provides **leisure and recreational activities** for people with developmental disabilities



Coos County



[Hollywood Dreams Facebook page](#)



541-404-6269

### Jacksonville Presbyterian Church



**Inclusive activities**, including monthly Breakfast and Board Games



Jacksonville



[Disabilities Ministries](#)





# Self-Advocacy organizations and social groups


## Community Engagement and Self-Advocacy Resources, continued

### The Arc Oregon



 The Arc of Oregon promotes and defends the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.

 The Arc provides opportunities in: Training and Education, Self Advocacy, Public Policy, Resources and a variety of Programs and Services offered in person and virtually. In-person programs vary depending on your location.

 The Arc provides a wide variety of classes, outings, trips, sports, wellness and social activities, which vary by location. They are provided at minimal cost and in some cases may have scholarships available.



Oregon



[The Arc Oregon](#)

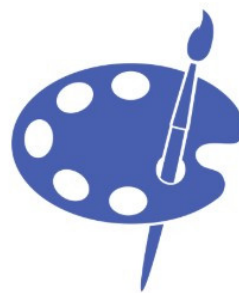
# Theatre, Music, Arts, and Culture

## Description:

Community groups that offer programs in theatre, music, fine arts, arts and crafts, and cultural resources.

## Tips:

- The Oregon Museum of Science and Technology (OMSI) offers a variety of [admission discounts](#), including [\\$5 tickets for individuals who receive EBT, SNAP, WIC, TANF or Medicaid/OHP](#) and free admission for professional aides accompanying a visitor with a disability. Contact [info@omsi.edu](mailto:info@omsi.edu) for more information.
- Ask your local Arc about arts programs that they offer.
- You may find programs for the general public in your community that are inclusive. Check with your Parks & Recreation Department, or your local Community or Senior Center about programs in the arts.
- Many libraries in Oregon have programs that provide free or discounted admission to museums, art galleries, and other cultural programs. These programs are often called Discovery passes, Adventure passes, or Cultural passes. Ask your local library about what they have to offer. Examples of these programs are:
  - [Multnomah County Library Discovery Pass](#)
  - [Libraries of Eastern Oregon Discover & Go Program](#)



# Theatre, Music, Arts, and Culture

## Theatre, Music, Arts, and Cultural Resources



### Information to get you started:

Here are a few organizations that offer theatre, music, art, and culture resources across Oregon.

#### CymaSpace



**Making arts and cultural events more accessible and inclusive to the Deaf and Hard of Hearing** through technology, education, and outreach



Portland



[CymaSpace Website & Instagram](#)

#### PHAME



**Fine and performing arts academy** for people with developmental disabilities



Portland



[PHAME PDX](#)

#### Barnstormers Theatre



**Live community theatre** that welcomes participation of individuals with disabilities



Grants Pass



[Barnstormers Theatre Grants Pass](#)

# Theatre, Music, Arts, and Culture

## Theatre, Music, Arts, and Cultural Resources, continued

### ALSO Inclusive Community Arts Program



**Inclusive community arts program, studio, and gallery**



Troutdale



[ALSO](#)

### One Eleven Theatre Company



**Community theatre group with experience welcoming people with disabilities into their productions**



Grants Pass



[One Eleven Theatre Company.](#)

### Arts for All



**Organization with mission to ensure arts and culture are accessible for all**



Lane, Yamhill, Hood and Columbia counties




[Regional Arts and Culture Council, Arts for All](#)

# Health Promotion Programs

## Description:

Individual or group programs designed to promote various positive lifestyle and behavior changes, including being healthy, nutrition, movement, healthy emotions, and managing chronic disease.

## Tips:

- Provider organizations that offer support services to individuals with I/DD may offer health promotion classes or wellness activities. Check with the Provider Organizations in your area to learn what is available.
- Several communities in Oregon have Arc programs, which sometimes offer wellness classes and activities for people with I/DD.
  - Check with your local Arc to see what is available (see page 21 of guide)
    - [Find your local Arc chapter](#)
- **Oregon Wellness Network (OWN)** delivers programs across Oregon to help people manage chronic health conditions, prevent falls, and promote well-being. People can join OWN programs to help their control of diabetes, arthritis, high blood pressure, and heart disease.
  - Learn more about these programs on the [OWN website](#)
  - Find out about current programs and locations: [Find a Program](#)
  - OWN programs are not designed specifically for people with disabilities. Program accessibility can vary. Call OWN to ask about the program and the training and experience of the program leader.
  -  833-673-9355
- **Food Hero** is a social marketing campaign developed by OSU and SNAP to provide healthy recipes that are tasty, quick, easy and low-cost; as well as gardening tips and physical activity resources.
  - Find local [Food Hero office locations](#) across Oregon
  - For more SNAP education resources, contact your local [OSU Extension Service office](#).





# Health Promotion Programs

## Health Promotion Programs Resources



### Information to get you started:

Here are health promotion programs across Oregon.

#### Oregon Wellness Network



**Offers a variety of wellness programs** designed for the general population (with programs varying in accessibility)



Oregon, in-person and virtual



[Oregon Wellness Network](#)

#### Emergency Preparedness



**Online resource hub for emergency preparedness** for people with disabilities



Virtual



[Emergency Preparedness](#)

#### Living Well in the Community



**Group meetings** covering topics like goal setting and maintenance, wellness, and building support for people with disabilities



Various Oregon counties



[Living Well in the Community](#)

# Health Promotion Programs

## Health Promotion Programs Resources

The health promotion programs on this page are designed for people with I/DD.

### Taking Charge of My Health Care



Online toolkit for people with I/DD to learn about **health care and self-advocacy**



Virtual



[TCMHC Toolkit](#)

### Club Wellness



Program focused on **fitness, nutrition, and wellness** for people with I/DD



Oregon and other US locations



[Club Wellness](#)

### Look, Cook, and Eat



**Recipes and cooking videos** for health menu items for people with I/DD



Virtual



[Digital Look, Cook, and Eat recipes](#)

### SOOR Active: Special Olympics Virtual Wellness



Online fitness classes and group activities (Facebook & Zoom) that **benefit overall athlete health while encouraging social connection** within the SOOR community



Virtual



[SOOR Active Special Olympics Oregon](#)

# Feedback and Recommendations

**Do you have feedback about this guide?**

We want to hear from you about the guide!

Please complete this survey to give feedback about the guide, the accessibility of the guide, or ideas for other resources that should be included.

## [Feedback Survey](#)

