

Social & Recreational Resources

For Patients with Disabilities and their Families

Family Ties Resource Guide

Family Ties has an outstanding and comprehensive resource directory available online which tells of MANY recreational opportunities such as camps, horseback riding, etc. It also offers information and networking resources for parents and clinicians including parent to parent support, parent workshops, conferences, and useful links.

(781) 774-6736

www.massfamilyties.org/info/directory.php

ARC

The mission of The Arc of Massachusetts is to enhance the lives of individuals who have intellectual and developmental disabilities and their families. Each region has their own local ARC and each offers their own programming including lots of great supports for families, recreation programs, sibling programs, etc.

781-891-6270

www.arcmass.org

Opening Doors

A collaboration among families, community-based organizations, disability organizations, recreational centers, schools, clinics, and community health centers to better connect families to services earlier, improve access to Boston's recreational opportunities, and enable youth with disabilities and special needs to more readily pursue post-secondary education and job training.

(617) 287-4300

www.openingdoorsforyouth.org

Special Olympics

Special Olympics of Massachusetts, SOMA, offers a variety of Olympic type programs to enrich the lives of individuals with intellectual disabilities. Whether you prefer participating with peers from the community-at-large or only with Special Olympics athletes, SOMA has programs for eligible individuals starting at the age of two with continued opportunities for healthy participation that lasts a lifetime.

(978) 774-1501

www.specialolympicsma.org

Challenger Leagues

The Challenger Division was established in 1989 as a division of Little League Baseball to enable boys and girls with physical and mental challenges, ages 5-18 or the completion of high school, to enjoy baseball. You can reach out to your local recreation department or Little League Group to see if they offer a Challenger program.

(570) 326-1921

www.littleleague.org

TOPSoccer

US Youth Soccer TOPSoccer (The Outreach Program for Soccer) is a community-based training and team placement program for young athletes with disabilities who are 4-19 years old. It is organized by youth soccer association volunteers. Find a program near your town!

(978) 466-8812

www.mayouthsoccer.org/pages/95_top_soccer.cfm

Local recreation department weekend programs

Each city has a recreation department. Some of these have special programs for children with special needs. This can be in the afternoon or many have Saturday programs where children can go for a few hours and parents can get respite. Families should check with their local recreation department to see what is offered.

Advocates in Motion-Massachusetts Down Syndrome Congress (AIM – MDSC)

This is a Sunday afternoon social/recreation program for teens and young adults with DS.

(800) 664-MDSC

www.mdsc.org

Camp Allen

Private, non-profit program located in Bedford, NH that offers residential and day camp experiences to individuals with physical and/or developmental disabilities.

(603) 622-8471

www.campallennh.org

Outdoor Explorations

Outdoor Explorations is a non-profit organization that makes the outdoors a welcoming place to people with disabilities. It provides an opportunity for shared activities between disabled and non-disabled people. One day and multi-day activities include backpacking, sailing, rafting, rock climbing, kayaking, and community service.

(781) 395-4999

www.outdoorexpl.org

Challenge Unlimited at Ironstone Farm

Therapeutic horseback riding program for people with physical, emotional, and cognitive challenges. Opportunities to both ride and care for horses encourages increased self-confidence and physical condition.

(978) 475-4056

www.challengeunlimited.org

Friends for Tomorrow

Therapeutic horseback riding programs located in Lincoln and Sudbury. Offers customized programs tailored to individual needs that provide new sensory experiences and encourage increased self-esteem and motivation.

(781) 259-8909

www.friendsfortomorrow.org

Grotonwood

Operates Christian camp programs in Groton, MA and Oceanwood, ME that offer activities including horseback riding, leadership development and fellowship.

(978) 448-5763

www.grotonwood.org