



## Charting the Life Course

### What Are You Doing This Summer?

Susan Bird, M.S.  
Rachel Hiles, B.A.

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## Life Course Framework

**Life is a journey.**  
*Our lives are not static, they change every day.*

**It's all about vision.**  
*Anything is possible, with the right vision.*

**Everything is connected.**  
*What you do today affects your life in the future.*

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"For people with disabilities, participating in recreation can have a lasting impact that significantly improves their quality of life." (NCHPAD)

## WHAT'S THE BIG DEAL ABOUT inclusive recreation?

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## Benefits of inclusion

- Increases self-determination
- Builds social capital
- Leads to quality of life



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## Life Course questions



- Are you looking for typical summer experiences for me to explore?
- How are you supporting me to stay busy during the summer when school's out?
- How are you helping to continue learning even though school is not in session?
- What supports will I need to participate in inclusive activities?



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## The major question

What kinds of summer experiences did you have with your family as a kid?



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## Anything is possible

With the right amount of planning and creativity!



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## Typical Summer Experiences

- Summer Fun
- Learning
- Work & Volunteering



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## family fun



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## America the Beautiful

### The National Parks and Federal Recreational Lands Pass (Access Pass)

- Bureau of Land Management <http://www.blm.gov>
- Bureau of Reclamation <http://www.usbr.gov>
- Fish and Wildlife Service <http://www.fws.gov>
- USDA Forest Service <http://www.fs.fed.us>
- National Park Service <http://www.nps.gov>

<http://store.usgs.gov/pass>




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## Head Outdoors



<http://mdc.mo.gov/>



<http://mostateparks.com>




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## Adaptive Recreation

- Biking
- Boating
- Golf
- Swimming
- Water skiing
- Fishing
- What do you want to do?




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### Camp

Explore camps in your area based on your family's needs and preferences



**417 MAGAZINE**

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### summer learning



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### 10 Ways to Keep Learning during the Summer

- 10. Summer school
- 9. Summer art classes
- 8. Summer writing camps

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**10 Ways to Keep Learning during the Summer**

- 7. Local YMCA and Community Centers
- 6. Summer Transportation Institute
- 5. Vacation Bible School
- 4. STEM camps (Science, Technology, Engineering and Mathematics)

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**10 Ways to Keep Learning during the Summer**

- 3. Three words: Summer Reading Program
- 2. Get to know your furry friends with Missouri's Conservation and Nature Centers
- 1. Getting out in the world and exploring!

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**working & serving**




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## Summer jobs



Popular summer jobs

- Grocery Store
- Golf course
- Conservation parks



State Parks Youth Corps: Think Outside




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## Make a difference

Summer is a great time to volunteer and instill the value of service in children and youth

- United Way Volunteer Centers
- Volunteermatch.org

[st louis volunteer.com](http://stlouisvolunteer.com)

Volunteer Opportunities for Youth in the St. Louis Area



Vista Summer of Service program

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## What does it take?




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## What does it take?

- Value Driven
- Collaboration and Communication
- Patience and time

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## Helpful resources

- Recreation Council of Greater St. Louis  
[recreationcouncil.org](http://recreationcouncil.org)
- Recreation Council of Greater Kansas City  
[rcgkc.org](http://rcgkc.org)
- Inclusion Staff at your local parks & recreation departments and community centers
- **What to Know Before You Go: The Big Questions to Ask Before Arriving at Your "Accessible" Recreation Destination**  
[ [National Center on Health, Physical Activity, & Disability](#) ]
- **Inclusive Recreation: A Passport to Real Life!**  
[ [Kathie Snow & Mark Ohrenberg - disabilityisnatural.com](#) ]

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## Survey

Please take the time to fill out your evaluation of this webinar and tell us what you thought!

[surveymonkey.com/s/f2fsummer](http://surveymonkey.com/s/f2fsummer)

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## Special Thanks

- MODHSS Special Healthcare Needs
- Missouri Developmental Disabilities Council
- DMH Regional Offices and Family Support Coordinators



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## For more information

Contact the  
**Missouri Family to Family Resource Center**  
800-444-0821  
[mofamilytofamily.org](http://mofamilytofamily.org)



**UMKC-Institute for Human Development**  
[www.ihd.umkc.edu](http://www.ihd.umkc.edu)



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