Charting the Life Course

What Are You Doing This Summer?

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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.

"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?
Benefits of inclusion

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

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?

The major question

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

With the right amount of planning and creativity!

Typical Summer Experiences

• Summer Fun
• Learning
• Work & Volunteering

family fun
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

Head Outdoors

Serving nature and you

http://mdc.mo.gov/

http://mostateparks.com

Adaptive Recreation

• Biking
• Boating
• Golf
• Swimming
• Water skiing
• Fishing
• What do you want to do?
Camp
Explore camps in your area based on your family’s needs and preferences

CoMo Kids
Columbia’s #1 Parent Resource for Family Fun

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summer learning

10 Ways to Keep Learning during the Summer

10. Summer school

9. Summer art classes

8. Summer writing camps
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)

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!

working & serving
Summer jobs

Popular summer jobs
• Grocery Store
• Golf course
• Conservation parks

State Parks Youth Corps: Think Outside

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

Vista Summer of Service program

What does it take?
What does it take?

• Value Driven
• Collaboration and Communication
• Patience and time

Helpful resources

• Recreation Council of Greater St. Louis
  recreationcouncil.org
• Recreation Council of Greater Kansas City
  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 ]

Survey

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

surveymonkey.com/s/f2fsummer
Special Thanks

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

For more information

Contact the Missouri Family to Family Resource Center
800-444-0821
mofamilytofamily.org

UMKC-Institute for Human Development
www.ihd.umkc.edu