

# Therapeutic Recreation Program Proposal

Presentation to the Mayor's Committee for People with Disabilities

March 13, 2023



# Sensory Equipment

- ▶ Sensory rooms are a space for you to relax, unwind and meet the different needs of all individuals of all ages.
- ▶ A space for individuals with developmental/intellectual disabilities, anxiety, PTSD, and other processing needs.
- ▶ Would be available at city-wide Special Events, Camp Challenge, and other Therapeutic supported areas.

## Benefits

- ▶ Increases development skills such as speaking, listening, social skills, and other fine motor skills
- ▶ Stimulates creativity
- ▶ Regulates behaviors

## Budget Breakdown

- ▶ \$8 - \$10,000 dollars for mobile equipment and/or sensory 'pop up' tents/equipment



# iCan Shine

- ▶ “iCan Shine provides quality learning opportunities in recreational activities for individuals with disabilities. By creating an environment where each person is empowered to maximize their individual abilities, everyone can shine!”

## iCanBike Program

- ▶ 5 Day camp to teach participants on how to ride a bike
  - ▶ *“Success rate of rides independently riding a two-wheel bicycle by the end of our iCan Bike program is approximately 80% and all riders progress and gain skills during this week”*
- ▶ Improves physical fitness, mental health and overall quality of life
- ▶ Inclusion opportunities

## Budget Breakdown

- ▶ \$9,950
  - ▶ Includes: Floor supervisor, Bike Technician, all necessary camp equipment, transportation costs, per diems for staff and liability insurance for host facility.
  - ▶ Optional \$600 to include T-Shirts for riders and volunteers.



# Certified Autism Center

- ▶ “With **1 in 6** people having a sensory disorder and the diagnosis rates of autism and other cognitive disorders steadily increasing make sure your team is prepared to connect with your entire community and better engage and communicate with autistic individuals and those with other sensory disorders.”

## Certification content

- ▶ Online training and certification for entry level employees, aquatics professionals, and others
- ▶ Comprehensive report with suggestions, changes, or modifications to better serve individuals who has autism as well as sensory guides for activities and facilities

## Budget Breakdown

- ▶ Estimated \$15,000 in total
- ▶ Includes a variety of training and sensory guide support for existing programs



# IBCCES Sensory Guide™

Splash Pad

Queen Creek, AZ

ISD#0629

TOUCH



TASTE



SOUND



SMELL



SIGHT



Sensory Level (1 = low sensory stimulation, 10 = high sensory stimulation)

6

2

6

3

3

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## Participant Guidelines

- Users may be splashed or sprayed with water from jets, streams, and dump buckets
- Option to play freely
- Street shoes prohibited
- Low impact on this sense
- Potential for water to splash in mouth
- Potential for volume to rise as other visitors play on shared equipment
- Sound of splashing water
- Low impact on this sense
- Potential for smell of chlorinated water
- Natural lighting
- Equipment is brightly colored
- Water may splash in eyes

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## Activity Summary

Cool down in this engaging splash play area, which is surrounded by secure fencing. Proper attire required.

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