THERAPEUTIC RECREATION PROGRAM

TRP Purpose and Goals
The TRP's purpose is to enable persons with disabilities to participate in recreation opportunities of their choice. The Goals of the Therapeutic Recreation Program serving persons with disabilities are:

- To enhance the leisure skills of persons appropriate to their developmental needs and functional abilities
- To acquire and improve fundamental skills (social, activities of daily living, communication) through leisure experiences that will increase their independence in the community and build positive self-esteem
- To increase their awareness of community resources pertaining to leisure involvement and disability related needs
- To encourage participation in social activities in separate and inclusive programs in the community
- To encourage intra- and inter-agency cooperation to enhance leisure services for community residents with disabilities

TRP Mission
The mission of the TRP is to provide opportunities for youth and adults with disabilities to acquire skills that enable them to participate in leisure experiences of their choice and enhance their abilities to function within a community setting. The TRP staff also provides advocacy and support for individuals with disabilities to participate in general recreation activities, as well as specialized therapeutic activities that include opportunities in outdoor adventures, arts & culture, social enrichment, community integration/leisure education, and sports, fitness & aquatics.

Specialized therapeutic activities fall into the following core program areas:

1. Arts and Culture
   - Programs involve participants in skillful crafts and in the visual performing and literary arts.
   - Arts and Culture programs are participatory, providing hands-on opportunities for participants to develop their talents, self-expression and build self-esteem.
   - Arts and Culture programs also teach appreciation of diverse cultures.
   - Activity examples: Mixed Emotions Dance Troupe, Leisure Lifestyles, Creative Movement

2. Sports, Fitness and Aquatics
   - Programs teach a progression of physical skills and help participants achieve and maintain fitness.
   - Programs in the area encourage a sense of teamwork and fair play, promote a healthy active lifestyle, and promote self-esteem.
   - Activity examples: Aqua Rehab, Yoga, Kickboxing, Paralympic Sport Club Activities, Fort Carson PT program for injured service members

3. Social Enrichment
   - Programs create opportunities for participants to interact with one another in a positive, constructive environment.
   - Social enrichment programs provide a meaningful and fun experience.
   - Programs create opportunities for constructive summer day camp experiences.
   - Activity examples: Youth Summer Day Camps, Out on the Town Dances

4. Community Integration/Leisure Education
   - Programs provide opportunities for participants to develop awareness and skills as they relate to leisure and recreation.
   - Programs maximize participants' skills and enhance their abilities to function within a community setting.
   - Activity examples: COS Club, Volunteer Activities, Community Trips

5. Outdoor Adventures
   - Programs encourage an awareness, appreciation, knowledge and skill development in various outdoor adventure activities.
   - Activity examples: Adapted Water Skiing, Rafting, Downhill and Cross Country Skiing, Dog sledding
**The Therapeutic Recreation Program (TRP)**

**Purpose and Goals**

The TRP is designed to enable persons with disabilities to participate in recreation opportunities of their choice. The goals of the Therapeutic Recreation Program serving persons with disabilities are:

- To enhance their leisure skills in programs appropriate to their developmental needs and functional abilities.
- To acquire and improve fundamental skills (social, activities of daily living, communication) through leisure experiences that will increase their independence in the community and build positive self-esteem.
- To increase their awareness of community resources pertaining to leisure involvement and disability-related needs.
- To encourage participation in social activities in separate and inclusive programs in the community.
- To encourage intra- and inter-agency cooperation to enhance leisure services for community residents with disabilities.

**Mission**

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2. **Sports, Fitness and Aquatics**
   - Programs teach a progression of physical skills and help participants achieve and maintain fitness.
   - Programs in this area encourage a sense of teamwork and fair play, promote a healthy active lifestyle, and promote self-esteem.
   - Activity examples: Aqua Rehab, Yoga, Kickboxing, Paralympic Sport Club Activities, Fort Carson PT program for injured service members

3. **Social Enrichment**
   - Programs create opportunities for participants to interact with one another in a positive, constructive environment.
   - Social enrichment programs provide a meaningful and fun experience.
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4. **Community Integration/Leisure Education**
   - Programs provide opportunities for participants to develop awareness and skills as they relate to leisure and recreation.
   - Programs maximize participants’ skills and enhance their abilities to function within a community setting.
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5. **Outdoor Adventures**
   - Programs encourage an awareness, appreciation, knowledge and skill development in various outdoor adventure activities.
   - Activity examples: Adapted Water Skiing, Rafting, Downhill and Cross Country Skiing, Dog sledding
Paralympic Sport Programs

Paralympian-Sport Skills are community-based sports programs developed to involve youth and adults with physical and visual disabilities in sports and physical activity, regardless of skill or interest level.

Therapeutic Recreation Program Policies

It is the goal of the Therapeutic Recreation Program to provide a quality recreation experience for all persons, regardless of ability. In order to provide you with the best possible experience, we have developed the following policies:

1. Appropriate social behavior is observed during all programs.
2. The staff and volunteers will do their best to ensure each participant succeeds in the programs. If a participant's behavior is detrimental to the group or staff, the program director will withdraw the participant immediately. Please call the TR office if you have any questions.
3. Please note the trip arrival and departure times. Trips will wait a maximum of 15 minutes before departing. Upon arrival, any participant must be picked up within 15 minutes. If you know you will be late, call the cell phone at 719-651-7704. Please be on time.
4. Note that each program activity has a list of maximum and minimum participants. If a Paralympic event or Paralympic Sport Club activity has been matched, a wait list will be initiated and those individuals will be contacted when there is an opening. When participants have been reached, the class will be canceled.
5. Be sure you and your child are as healthy and as safe as possible. If you are unable to participate in a scheduled program, please call as soon as possible so we can contact participants on the wait list. Your consideration is appreciated.

Inclusion

The TRP offers Inclusion Services to people of all ages who wish to participate in an inclusive recreation program. Services are provided by the Inclusion Services Division. Inclusion Services coordinators will work with participant and staff. Staff will recommend and help implement accommodations designed to provide the most successful recreation experience for all participants. If you are interested in using this service, notify staff and check the “accommodation box” on the registration form. The coordinator will contact you.

Americans with Disabilities Act (ADA)

The City of Colorado Springs complies with the ADA and will make reasonable accommodations to enable people with disabilities to participate in and enjoy recreation programs.

Auxiliary Aids and Services:

If you require an auxiliary aid or service for participation (e.g., sign language interpreter, Braille format, adaptive equipment), please notify the TR office at least seven working days prior to start date.

Wheelchair Accessible Bus:

Please note that a wheelchair accessible bus that can accommodate up to four wheelchairs is utilized for all trips offered through the TRP. If you require an auxiliary aid or service (e.g., sighted guide, Braille format, sign language interpreter), please notify the TRP office at least seven working days prior to start date.

For Information about INTERSHIP and VOLUNTEER OPPORTUNITIES, please visit the TRP website at www.springsgov.com/tr and follow the TRP on Facebook. Information is also available at the TRP office or call the TRP at 719-651-7704.

Paralympic Sport Programs

Paralympian-Sport Skills are community-based sports programs developed to involve youth and adults with physical and visual disabilities in sports and physical activity, regardless of skill or interest level.

Differences between Special Olympics and Paralympics

The Paralympian Games and Special Olympics are both sanctioned by the International Paralympic Committee. There are significant differences separating the competitions.

• Special Olympics is open only to people with intellectual and physical and visual disabilities, such as acquired brain injury, spinal cord injury, blindness, cerebral palsy, etc. Intellectual disability events have recently been added to Paralympian-Sport Skills.
• Special Olympics primarily serves those with cognitive and intellectual disabilities, such as mental retardation, Down syndrome and autism.

Additionally, the Paralympian Games focus on sports performance, where world-class athletes have gone through a stringent qualification process so the best compete at the Games. Special Olympics does not make as clear a distinction between elite and recreational sport.

In response to the city budget cuts, the Therapeutic Recreation Community Partners (TRCP) was formed as a grassroots “friends” group by a group of parents, volunteers and concerned members of the Pikes Peak Region in 2010. The TRP mission is to foster partnerships to develop and implement strategies to support the services, programs and needs of the Colorado Springs Therapeutic Recreation Program. The TRP fund is an affiliate of the Pikes Peak Community Foundation, a 501c3 non-profit. If interested in learning how you can become involved in this grassroots organization, visit their website at www.trp.net.

Paralympian-Sport Clubs are community-based sports programs developed to involve youth and adults with physical and visual disabilities in sports and physical activity, regardless of skill or interest level.

The City of Colorado Springs Therapeutic Recreation Program is pleased to announce its partnership with the U.S. Paralympic Committee, to offer the first Paralympian-Sport Club in the Pikes Peak Region. The Colorado Springs Therapeutic Recreation Program provides club sport programs, Paralympian Experience Days, and a Paralympian-Sport Club to promote participation in and encourage the development of adaptive sports. Paralympian-Sport Clubs will help increase independence, self-esteem, physical development, and quality of life for adults and children with physical and cognitive disabilities, and through empowerment, help them to reach their full potential.

Volunteers are the lifeblood of our program and allow us to serve more people, increase safety ratios, and encourage a more inclusive community. Applications are due to a variety of areas serving participants with physical and or cognitive disabilities. Application materials are due to the Recreation Services Division office at least two weeks prior to the start date. Interested in volunteering?

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Therapeutic Recreation Program and the Military

The TRP has been providing therapeutic recreation opportunities for active duty military and veteran since 2008. Through programs provided by the TRP, military service members and veterans have utilized adaptive sport and recreation to aid their rehabilitation and mission of healing.

The City of Colorado Springs complies with the ADA and will make reasonable accommodations to enable people with disabilities to participate in and enjoy recreation programs.

Auxiliary Aids and Services:

If you require an auxiliary aid or service for participation (e.g., sign language interpreter, Braille format, adaptive equipment), please notify the TRP office at least seven working days prior to start date.

Wheelchair Accessible Bus:

Please note that a wheelchair accessible bus that can accommodate up to four wheelchairs is utilized for all trips offered through the Therapeutic Recreation Program. Information is also available at the TRP office or call the TRP at 719-651-7704. Information is also available at the TRP office or call the TRP at 719-651-7704.

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TRCP History
In the early 1970’s, the City of Colorado Springs Parks and Recreation Department began working with outdoor activities and family camps for persons with disabilities. In the early 1990’s, therapeutic programs began operating at White House Ranch (now Rock Ledge Ranch). In 1997, the full-service program expanded to include a number of disabilities and ages out of the Old Park Special Recreation Center. Since that time, the TRP has evolved into a community-based program utilizing a network of community centers, accessing community activities and programs. School districts, group homes, healthcare organizations, and Fort Carson Warrior Transition Battalion continue to expand these services to the TRP to help them mobilization and leisure needs.

There is a wide range of disabilities served within the program: autism, Cerebral Palsy, intellectual/ developmental disabilities, and physical and neurological diagnoses such as multiple sclerosis, stroke, spinal cord injury, traumatic brain injury, amputation, arthritis, and chronic pain. Ages served range from early intervention programs for 1-2 year olds, to elementary- and teen day camps, to young adult programs for individuals transitioning from school to the community, to seniors, to injured service members and veterans.

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Paralympic Sport Programs

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Differences between Special Olympics and Paralympics

* Special Olympics primarily serves those with cognitive and intellectual disabilities, such as mental retardation, Down syndrome, autism, and mental health issues; Paralympic Games primarily focus on competition for athletes with physical and or visual disabilities, such as amputation/limb loss, spinal cord injuries, blindness, cerebral palsy, etc.
* Special Olympics provide athletic competition opportunities in their own sports; Paralympic Games provide Paralympic sport opportunities in their own sports.

Therapeutic Recreation Program Policies

1. Appropriate social behavior is stressed during all programs. The staff and volunteers will do their best to ensure each participant’s experience is positive, safe, and fun for all individuals. To provide you with the best possible experiences, we have developed the following guidelines:
   - 1. Voluntary participation is mandated for all participants. If you are uncomfortable with any aspect of the program, please notify the program staff or office at least two weeks prior to the start of the session.
   - 2. Please note specific trip arrival and departure times. All trips will leave at the advertised time, and those individuals who are not on time will be considered a no show. If the minimum numbers are not reached, the class will be canceled.
   - 3. Not all program activities are suitable for all individuals. Your preference and physical limitations may preclude you from participating in some or all program activities. If you are interested in participating in a program that may present challenges for you, you should contact the program staff, or office at least two weeks prior to the start of the program.
   - 4. Each volunteer will participate in a variety of activities serving participants with physical and or visual disabilities. All volunteers are required to complete an online application and pass a CBI check before volunteering in the program.

Paralympic Sport Clubs Colorado Springs

The City of Colorado Springs Therapeutic Recreation Program is pleased to announce its partnership with U.S. Paralympics, a division of the U.S. Olympic Committee, to offer the first Paralympic Sport Club in the Pikes Peak Region. The Colorado Springs Paralympic Sport Club, the Therapeutic Recreation Program and the Military Community Services, offers a variety of programs dedicated to serving military personnel, veterans, and their families. The club was established in 2008. As a Paralympic Sport Club, the Therapeutic Recreation Program provides club sport programs, Paralympic Experience Days, and Paralympic Sport Day clinics each year. Our vision is to provide sports opportunities that will help increase independence, self-esteem, physical development, and quality of life for adults and children with physical and or visual disabilities, and through participation, empower them to reach their full potential.

Americans with Disabilities Act (ADA)

The City of Colorado Springs complies with the ADA and will make reasonable accommodations to enable individuals with disabilities to participate in and enjoy recreation programs.

Auxiliary Aids and Services:

If you require an auxiliary aid or service for participation (e.g., sign language interpreter, Braille format, adaptive equipment), please notify the program staff or office at least two weeks prior to start date.

Wheelchair Accessible Bus:

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The Therapeutic Recreation Program (TRP) is part of the Parks, Recreation & Cultural Services Department and Recreation Services Division of the City of Colorado Springs.

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Specialized therapeutic activities fall into the following core program areas:

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   • Arts and Culture programs are participatory, providing hands-on opportunities for participants to develop their talents, self-expression and build self-esteem
   • Arts and Culture programs also teach appreciation of diverse cultures
   • Activity examples: Mixed Emotions Dance Troupe, Leslee Lifestyles, Creative Movement

2. Sports, Fitness and Aquatics
   • Programs teach a progression of physical skills and help participants achieve and maintain fitness
   • Programs in this area encourage a sense of teamwork and fair play, promote a healthy active lifestyle, and promote self-esteem
   • Activity examples: Aqua Rehab, Yoga, Kickboxing, Paralympic Sport Club Activities, Fort Carson PT program for injured service members

3. Social Enrichment
   • Programs create opportunities for participants to interact with one another in a positive, constructive environment
   • Social enrichment programs provide a meaningful and fun experience
   • Activity examples: Social Enrichment programs

4. Community Integration/Leisure Education
   • Programs provide opportunities for participants to develop awareness and skills as they relate to leisure and recreation
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   • Programs encourage an awareness, appreciation, knowledge and skill development in various outdoor adventure activities
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