# Recreation Resource Guide for the Gulf South Region

### **SUMMER CAMPS**

Adaptive Sports and Inclusive Recreation Accessible Recreation Facilities

Greater New Orleans Area



#### Welcome!

The Recreation Therapy program at Children's Hospital New Orleans has developed a summer camp, adaptive sports, and accessible recreation resource guide for children with disabilities in the Louisiana area. This guide includes relevant contact information to get you started in your pursuit of recreation activities.

Please keep in mind that the camps, sports, and recreational programs and facilities included in this guide are only a listing of the opportunities currently available and that the inclusion of a camp or program does not imply that we approve or recommend it. Always verify with the American Camping Association (<a href="http://www.acacamps.org/">http://www.acacamps.org/</a>) and personally visit the camps and programs you are considering before deciding if it is right for your child. Also, it is recommended that you try your local fitness center, high school athletic department, or YMCA for opportunities to participate, as they may be able to make the necessary accommodations.

Finally, as camps, adaptive sports, and accessible recreation programs are constantly opening and closing, some of these listings may change over time. If you would like to share any additional camps or leisure opportunities for children, please contact the Child Life Department at Children's Hospital so that we can update the guide. We have made every effort to include every program available, but it is possible that some may have been overlooked. If you cannot find a program in Louisiana, contact national organizations and they may be able to help you get involved.

Thank you and enjoy!

Child Life Department Children's Hospital 200 Henry Clay Avenue New Orleans, LA 70118 (504) 896-9350

### **Table of Contents**

Guidelines for Selecting a Summer Camp	4
Greater New Orleans Area Camps	5
Louisiana Camps	9
Nationwide Camps	13
Therapeutic Horseback Riding Centers in Louisiana, Mississippi, and Alabama	20
Greater New Orleans Area Adaptive Sports/Inclusive Recreation	23
Louisiana Adaptive Sports/Inclusive Recreation	26
University Adaptive Sports Programs	29
Nationwide Adaptive Sports/Inclusive Recreation	35
Assessing Your Community	40
Greater New Orleans Area Recreation Facilities	43
Arcade	
Bowling	
Concerts	
Fairs and Festivals.	
French Quarter	
Indoor Playgrounds	
Libraries	
Movie Theaters	
Museums	50
Music	
Parks	53
Performing Arts	
Restaurants	
General Restaurant Guide	55
New Orleans and Metro Area Restaurant Accessibility Guide	55
Shopping	
Sporting Events	
Swamp Tours	
Transportation	
Driver Rehabilitation Services	63

#### **Guidelines for Selecting a Summer Camp**

#### General questions:

- Is my child ready for a sleep-away camp or would a day camp be better?
- What do I want and what does my child want from a camp experience?
- Is the camp a match for my child's personality, interest, and maturity levels?

#### Questions about the camp:

- How long has the camp been in operation?
- What are the camp's screening and hiring practice regarding counselors?
- Can the camp put me in touch with other parents whose children have attended?
- What is the background and experience of the camp director?
- What is the counselor to camper ratio?
- Does the camp have a camping philosophy?
- Does the camp inform the children who to go to if there is a problem?
- How do they handle discipline and behavior problems?
- How do they handle homesickness, phone calls, mail, etc?
- Is the camp American Camping Association (ACA) accredited?
- If my child attended this camp in the past, has the staff changed this year?
- Are activities developmentally appropriate (cognitively, emotionally, and physically) for my child?

#### Questions about accessibility and medication:

- Are the campgrounds fully accessible to my child?
- How do they handle medical emergencies?
- Can they handle all of my child's needs, including storing and administering medications, equipment, mealtime, bedtime, field trips, bathroom, hygiene, and other accessibility precautions?
- What is their physician/nurse coverage?
- What information and training can I offer to help them know and care for my child?

The preceding information and questions were taken from: "Summer Fun 1998"

By Families Helping Families of Greater New Orleans
4323 Division Street Suite 110

Metairie, LA 70002
(504) 888-9111

#### **Greater New Orleans Area Camps**

#### **Audubon Zoo Summer Camp**

6500 Magazine Street New Orleans, LA 70118 (504) 861-5103

www.auduboninstitute.org/families/camps/zoo-summer-camp

Campers can attend one to eight one-week-long sessions and children are grouped by age. Campers explore nature and animal science topics through a weekly schedule of arts and crafts, daily visits through the zoo, hands-on activities, animal encounters, behind-the-scenes tours and much more. Audubon Zoo is not equipped to accommodate children with extreme special needs. Please make us aware of any special needs your child may have so that we can assess if our program is appropriate for the child.

Ages: Pre-K4 - 4<sup>th</sup> grade

\$175/week for Audubon Nature Institute Members

\$225/week for non-members

#### GENERAL SUMMER CAMP

#### **Audubon Zoo Explorers**

6500 Magazine Street New Orleans, LA 70118 (504) 861-5103

www.auduboninstitute.org/families/camps/zooexplorersession2

Zoo explorers camp is for the older child who has an interest in animals and the life sciences. Campers investigate science themes through art, animal encounters, behind the scenes tours and off-site field trips. One week of each session has an overnight component.

Ages: 5<sup>th</sup>-7<sup>th</sup> grade

\$200/week for Audubon Nature Institute Members

\$250/week for non-members

#### **GENERAL SUMMER CAMP**

#### Boys' and Girls' Club of Southeast Louisiana Summer Camp

650 Poydras Street Suite 2225 New Orleans, LA 70130 (504) 309-7952

http://www.bgcsela.org/

Boys and Girls' Clubs offer many activities including game rooms, athletics, and arts and crafts. Programs are designed around the principals of "positive youth development" and to promote a sense of belonging. Camp is 8 weeks long.

Ages 6-15

\$250 for 1<sup>st</sup> child/\$225 for 2<sup>nd</sup> child/\$200 for 3<sup>rd</sup> child & more

#### GENERAL SUMMER CAMP

#### **Camp Friendship**

Contact: Cindy Barrios

Paradise Manor Community Club

529 Sauve Road

River Ridge, LA 70123

http://www.sbagno.org/camp\_friendship.htm

Camp Friendship is sponsored by Spina Bifida of Greater New Orleans. Our camp services children from the Greater New Orleans area (including the Mississippi Gulf Coast and the entire state of Louisiana.) Baby Day is Tuesday of camp, where families of children under 3 can come to see what camp will be like and to meet other young families. All children have a teenage counselor to assist them each day. Some children may have their personal care attendants with them at camp. Generally these are children with extensive medical needs such as having a tracheostomy and needing to be on a ventilator. Special programming is organized for teenagers and each Wednesday there is a field trip. Each year there is a new theme and typical camp activities are offered: swimming, arts and crafts, sports, entertainers, and programs (zoo mobile, puppet shows, music, etc.) There is no charge for children to attend camp and some transportation is available for children in the immediate area. Camp is always held the last full week of July.

Ages: 3yrs old – High school graduates

No cost

#### CAMP FOR CHILDREN WITH SPINA BIFIDA

#### **Camp Tiger Summer Camp for Children with Special Care Needs**

(985-788-1001)

http://www.lsuhsc.edu/no/organizations/camptiger/

Camp Tiger was founded in 1985 by first-year students from the LSU School of Medicine in New Orleans. Its mission is to give disadvantaged and challenged children an enjoyable summer camp experience. This weeklong day camp lets campers be "just one of the kids" and provides them with freedom to play, socialize, and express themselves as healthy, vibrant children. Participation in Camp Tiger is open to all qualified children on a first-come, first-served basis and is completely free of charge. All campers will receive personalized attention. Campers come from all walks of life: city, suburbs, and a variety of socio-economic backgrounds. Children with disabilities, including Autism, Down syndrome, severe mental retardation, epilepsy, HIV, and Cerebral Palsy.

Ages: 6-15 No Cost

#### CAMP FOR CHILDREN WITH A VARIETY OF DISABILITIES

#### **Jefferson Parish Rainbow and Butterfly Summer Camps**

Contact: Peggie Massaro 6921 Saints Drive Metairie, LA 70003 (504) 736-6999 ext. 114 pmassaro@jeffparish.net

www.jeffparish.net

Parks and Recreation offers recreational activities to children with developmental disabilities. The goals are to improve or maintain physical, cognitive, emotional, and social functions and promote healthy, independent leisure lifestyles.

Rainbow Camp - ages: 5-14/Butterfly Camp - ages: 15-21 Rainbow Camp - \$350/session; Butterfly Camp - \$300/session

#### CAMP FOR CHILDREN WITH A VARIETY OF DISABILITIES

#### **Kingsley House Summer Camp**

Contact: Kelly Griffin, Program Supervisor

1600 Constance Street New Orleans, LA 70130 (504) 523-6221 ext. 261

http://www.kingsleyhouse.org/programs/default.html

Kingsley House offers a full day summer camp for more than 170 children ages 5-12. Our full day camp activities include indoor and outdoor sports and recreation, drama, arts and crafts, swimming, individual and group counseling, academic enrichment (with a special focus on math and reading), computer literacy, drug and violence prevention education, and weekly field trips to fun and exciting locations throughout the area. Kingsley House continues to provide daily after school tutoring, mentoring, drug and violence prevention, group counseling, recreation and socialization activities to children ages 5 to 12 throughout the school year. We have established linkages to both the Recovery School District and Orleans Parish schools to provide these essential and much needed activities to school aged children and youth. We also offer our After School program on-site at Ben Franklin Elementary to more than 100 students. Kingsley House is also enabling teens from the surrounding Lower Garden District/Irish Channel area to receive academic tutoring and have full access to the gym and computer center from 5 p.m. until 7 p.m. each night.

Kingsley House facilities are wheelchair accessible/ Kingsley House is not equipped to accommodate children with extreme special needs

Ages 5-12

Cost not specified

#### **GENERAL SUMMER CAMP**

#### **Lighthouse for the Blind Summer Camps**

Contact: Calvin Lee 123 State Street New Orleans, LA 70118 (504) 899-4501 www.lhb.org

**S.T.A.R.S**. is a unique 6-week summer camp program to provide an outlet for fun and creative play. Camp activities include swimming, arts and crafts, cooking, technology training, fun with music, and much more. Campers are paired with sighted student volunteers who are specially trained to assist them in all activities. Any blind or visually impaired child between the ages of 6 and 13 is welcome to join. The S.T.A.R.S. program also offers recreational activities on the first Saturday of each month during the regular school term. S.T.A.R.S.

activities include: bowling, horseback riding, sculpture classes, nature trips, special movie showings, and holiday crafts. **CHOICE** camp's goal is to assist teens in healthy life choices as they transition to adulthood through career

exploration, skill development, self-awareness, team-building, social skills, technology training, and goal-planning. Any blind or visually impaired child between the ages of 14 and 20 is welcome to join. The CHOICE program also offers career-development activities on the third Saturday of each month.

S.T.A.R.S. ages 6-13/CHOICE ages 14-20

No cost

#### CAMP FOR CHILDREN WITH VISUAL IMPAIRMENTS

#### **Louisiana Academy of Performing Arts Summer Camps**

River Ridge School of Music 1501 Hickory Ave. Harahan, LA 70123 (504) 738-3050 (888) 68-LAAPA http://laapa.com/

Our Summer Camps provide all campers (beginner, intermediate, and advanced) with the opportunity to explore up to five of our instrumental, theory, and vocal programs. Campers (with little or no musical background) are able to receive initial training and see what program(s) interest them. Our camps can also provide experienced students with a week of concentrated study to accelerate proficiency and to generate motivation to learn new and improved methods of study, giving new life to the student's instrument or vocal study. 25 students are admitted per week. Accommodations are provided for children with disabilities (including Attention deficit disorder (ADD), Autism, developmental disabilities, and Downs syndrome).

Ages 5-17

\$250.00 per week/\$15.00 Registration Fee

#### GENERAL SUMMER CAMP

#### **New Orleans Department of Recreation Summer Camp**

800 Race Street New Orleans, LA 70130 (504) 658-3000

www.cityofno.com

The curriculum for the summer camps are varied with offerings in fun academics, sport skills, creative arts, conflict resolution & anger management, computer skills, recycling, canoeing, and other outdoor education. Field trips are part of the camp experience, allowing children to visit places such as the New Orleans Museum of Art, Six Flags, the House of Blues, Coca-Cola, IMAX, Aquarium, Zoo, Children's Museum, Essence Outreach, Louisiana Nature Center, Bayou Sauvage, City Hall, Civil Court, movie theaters, bowling alleys, and skating rinks. This summer camp is not equipped to accommodate children with extreme special needs Ages 6-14

Price varies by location

#### GENERAL SUMMER CAMP

#### Speech 'n' Motion Camp

Contact: Kimberly Pizzo Crane Rehab Center 101 River Road Suite 112 Jefferson, LA 70121 (504) 828-7696

Speech-N-Motion is an enrichment program designed to create a fun environment in which children will be motivated to interact and socialize with others. Pediatric occupational and speech therapists facilitate social interaction through sensory-motor play, role playing, and language-based activities. Social communication skills are embedded in play, art, music, and games. Siblings and peers are welcome.

Crane also offers two 8-week sessions of Write from the Start, a multi-sensory handwriting program. The curriculum includes using music, art, games, and manipulatives to build foundational hand skills. All classes are fun and provide functional opportunities for writing practice. Camp accommodates children with a variety of disabilities, including Autism, Spina Bifida, Cerebral Palsy, Asperger's, fine and gross motor delays, and sensory disorders

Ages 3-10 / \$65/day (Speech-N-Motion) \$200/Session (Write from the Start)

#### CAMP FOR CHILDREN WITH A VARIETY OF DISABILITIES

#### **Louisiana Camps**

#### **Camp Bon Coeur**

P.O. Box 53765 Lafayette, LA 70505 (337) 233-8437

www.heartcamp.com

Camp Bon Coeur is a two-week co-ed residential camp for children with heart disease, heart transplants, pacemakers, or who have had open heart surgery. The children participate in arts and crafts, canoeing, drama, horseback riding, sports, swimming, and team building exercises. 50 campers are accepted each session. Ages 7-16

\$1500/12-day session (ages 7-11); \$1500/12-day session (ages 12-16); Scholarships are available.

#### CAMP FOR CHILDREN WITH HEART IMPAIRMENTS

#### **Camp Challenge**

292 L. Beauford Drive Anacoco, LA 71403 (504) 347-2267

www.campchallenge.org

Camp Challenge is a grass roots non-profit organization dedicated to giving ill children and their siblings a summer camp experience. Camp is open to all children and their siblings who reside in Louisiana and have a form of cancer or chronic hematological disorders.

Ages 6-18

No cost

#### ONCOLOGY/HEMATOLOGY CAMP

#### **Camp Quality LA**

638 Ervin Cotton Road Eros, LA 71238 (318) 247-3155

#### http://la.campqualityusa.org

At our summer camps we have developed an important type of "therapy" . . . we like to call it Smile Therapy! With a laugh in their hearts and smiles on their faces, Camp Q. Kids find themselves capable of more than they may have dreamed possible. Because of our unique staffing ratio of one companion for each child, we are able to take any young child who can tolerate a week away from family or hospital. Many five year olds, and even some younger, attend. In addition, once the campers reach the age of eighteen, many elect to return as companions. There is no cost for children to attend any of Camp Quality's activities.

Volunteer doctors and/or nurses are at camp 24 hours a day. Each camper brings a medical form from his/her physician advising the medical staff of any restrictions or precautions. Medicine is dispensed by medical personnel only for campers and companions. Siblings of cancer patients can attend on a space available basis. Ages 4-18

No Cost

#### ONCOLOGY/HEMATOLOGY CAMP

#### **Camp Summer Tribe**

Fontainebleau State Park Mandeville, LA (504) 566-9310 Ext. 4

FriendsHelpingKids@gmail.com

www.blogger.com/profile/11016378235509446892

Camp Summer Tribe is a seven-day residential camp for children with cerebral palsy and other similar conditions. Held in Fontainebleau State Park in Mandeville, this camp annually serves about fifty Louisiana campers, ages six to twenty years old. The camp provides the campers a traditional summer camp experience and the parents of these campers a chance for a much needed vacation or time for the other children in the family. Application deadline is April 1 each year and the medical examination form must be returned no later than May 1.

Ages 6-20

#### CAMP FOR CHILDREN WITH CEREBRAL PALSY

#### **Camp Victory**

Contact: Lori Koonce 292 L. Beauford Drive Anacoco, LA 71403

(888) 342-2383 ext. 6079 or (225) 216-3980 ext. 6079

www.diabetes.org/adacampvictory

Camp Victory, a program of the American Diabetes Association and the Lions of Louisiana, is located at the Louisiana Lions Camp near Leesville. It sits on 170 acres of rolling pines on the edge of Lake Vernon. Activities are geared to the camper's age and include swimming, archery, canoeing, paddleboats, nature lore, skits, dances and volleyball. Priority is given to first time campers and Louisiana residents. This Camp is offered to all campers for free.

Ages 6-10 and 11-14 (separate sessions)

No Cost

#### CAMP FOR CHILDREN WITH DIABETES

#### **Camp Wawbansee (Girl Scouts)**

Contact: Briana Luers

Highway 309 Arcadia, LA 71001 1-800-960-2093

http://www.girlscoutspinestogulf.org/

Camp Wawbansee is an ideal area for learning about the outdoors and world around us. Activities include: aquatics, archery, arts and crafts, canoeing, fishing, music, nature/environmental studies, instructional and recreational swimming. Camp Indian Creek is offered for three week-long sessions beginning in June and Camp Wawbansee is offered beginning in July, with the first two weeks shortened for beginning campers. This camp is not equipped to accommodate children with extreme special needs

Ages 5-17

\$150-295/week (financial aid is available)

#### **GENERAL SUMMER CAMP**

#### Fit as a Firefighter Summer Camp for Children Who Are Overweight

St. Tammany Fire District No. 1 Fire Training Academy, Camp Villere Slidell, LA

(985) 649-8529

#### http://www.stfpd1.org/fit.php

Camp is held at the National Guard and firefighter training facility. Low-impact fitness activities are instructed by firefighters, Coast Guard, Blackhawk helicopter operators, and policemen. Daily nutrition and fitness, CPR/First Aid camper training, karate, team sports, self-esteem and stress management, rock-climbing, fire safety and more are offered in this program for overweight children, ages 7-12, who meet camp health and weight evaluations. Camp is held one week in July from 8-4 Monday-Friday. Only 80 applicants are selected per session and space fills quickly! Special events are held throughout the year (dog walks, Christmas parade) to follow-up and maintain good habits. Campers need physician referrals.

Ages 7-12

No cost

#### CAMP FOR CHILDREN WHO ARE OVERWEIGHT

#### **Louisiana Academy of Performing Arts Summer Camps**

Covington School of Music Mandeville School of Music

857 N. Collins Blvd. Ste. A 316 Girod St.

Covington, LA 70433 Mandeville, LA 70448

(985) 590-4545 (985) 674-2992

http://laapa.com/

Our Summer Camps provide all campers (beginning, intermediate, and advanced) with the opportunity to explore up to five of our instrumental, theory, and vocal programs. Campers (with little or no musical background) are able to receive initial training and see what program(s) interest them. Our camps can also provide experienced students with a week of concentrated study to accelerate proficiency and to generate motivation to learn new and improved methods of study, giving new life to the student's instrument or vocal study. 25 students are admitted per week.

Ages 5-17 \$250/week

**GENERAL SUMMER CAMP**, but accommodations are provided for children with disabilities (including Attention deficit disorder (ADD), Autism, developmental disabilities, and Down syndrome).

#### **Louisiana Lions Camp**

292 L. Beauford Drive Anacoco, LA 71403 1-800-348-6567

#### www.lionscamp.org

LA Lions provide camps at varying times for children with different disabilities—sessions vary by age. Children participate in activities like archery, arts and crafts, baseball, softball, basketball, canoeing, golf, nature/environment studies, tennis, and swimming. For children with diabetes, Cystic Fibrosis, asthma and respiratory ailments, cancer, Cerebral Palsy, hearing impairments, Mental Retardation, mobility limitation, Multiple Sclerosis, Muscular Dystrophy, and visual impairments

Ages 6-19

No cost

#### CAMP FOR CHILDREN WITH A VARIETY OF DISABILITIES

#### **Medcamps of Louisiana**

Camp Alabama Sibley, LA (318) 329-8405

#### www.medcamps.com

Every week during the summer a different camp is held and each camp is designed specifically for a particular type of disability, which includes appropriate health professionals, specially-trained staff, and tailored activities. The focus is on what campers can do and all campers are encouraged to reach their full potential. In the safe environment surrounded by other children with similar challenges, these special campers discover that they are not alone and gain a genuine sense of belonging, accomplishment, and self-worth. For children with a variety of physical and mental disabilities, including Spina Bifida, Cerebral Palsy, asthma, Sickle Cell Anemia, autism, epilepsy, juvenile arthritis, visual impairments, hearing impairments, speech impairments, and developmental disabilities

Ages 6-16 No Cost

#### CAMP FOR CHILDREN WITH A VARIETY OF DISABILITIES

Sunshine: MDA Bunkie, LA 585-424-6560

www.mdausa.org

Children participate in a variety of activities such as fishing, boating, swimming, arts and crafts, horseback riding, and canoeing. The camp has a nurse and a physician on site.

Ages 7-18 No Cost

#### CAMP FOR CHILDREN WITH NEURO-MUSCULAR DISEASES

#### **Nationwide Camps**

#### **Blaze Camp**

Contact: Tim Wall

Roosevelt Warm Springs Institute for Rehabilitation

Warm Springs, GA (770) 980-8980

http://www.blazesports.org/athletes\_and\_families/summerCamps.html

Blaze Camp is a fun and interactive overnight summer sports camp for youth with physical disabilities. Blaze Camp provides opportunities for campers to develop their skills in a variety of exciting sports including track and field, wheelchair basketball, goal ball, quad rugby, tennis, tandem cycling, as well as traditional camp activities such as swimming, arts and crafts, social activities, and canoeing. Campers are taught and supervised by well-qualified staff and volunteers including recreation therapists, disability sports professionals, and elite athletes with disabilities at a 1:5 staff/camper ratio. Youth with spinal cord injuries, spina bifida, cerebral palsy, traumatic brain injuries, muscular dystrophy, amputations, visual impairments, as well as other physical disabilities.

Ages 8-18

Cost varies per camp:

Prep Camp: for "first time" campers. \$150 for members, \$225 for non-members, \$25 membership fee Sports Camp: high-level competition (not for new athletes) \$250 for members, \$350 for non-members Sports Camp: an introduction to sports. \$250 for members, \$350 for non-members

#### CAMP FOR CHILDREN WITH A VARIETY OF DISABILITIES

#### **Camp Abilities Texas**

(585) 395-5361

http://www.campabilitiesbrockport.org/index.html

Camp Abilities offers a one-week, comprehensive, developmental sports camp for children between the ages of 9 to 19 who are visually impaired, blind, or deaf blind. The camp provides a 1:1 instructional situation for each child.

#### CAMP FOR CHILDREN WITH VISUAL IMPAIRMENTS

#### **Camp Aldersgate**

2000 Aldersgate Road Little Rock, AR 72205 (501) 225-1444

http://www.campaldersgate.net/default.aspx

Camp Aldersgate summer medical camps serve children with disabilities, developmental delays and a diverse range of medical conditions including autism, cardiac conditions, muscular dystrophy, spina bifida, cerebral palsy, arthritis, cancer, epilepsy, asthma, kidney disorders, and diabetes. Camp Aldersgate provides the site, the staff, the program design and funding. A typical week of camp includes an adapted ropes challenge course, archery, arts and crafts, fishing, horseback riding, canoeing/boating, swimming, and for the older campers, an introduction to SCUBA diving. Throughout the year, Camp Aldersgate hosts weekend camps for children with disabilities.

#### CAMP FOR CHILDREN WITH A VARIETY OF DISABILITIES

#### **Camp ASCCA**

5278 ASCCA Drive Jackson Gap, AL 36861 (256) 825-9226

#### www.campascca.org

ASCCA's goal is to serve those who can derive maximum benefit from the resident camp experience and provide healthier, happier, longer, and more productive life for children and adults with disabilities. Camp ASCCA will also accent "reverse mainstream" by including non-disabled person with people with disabilities. Camp sessions vary by age. Camp is for children with Muscular Dystrophy, Sertoma, epilepsy, physical disabilities, mental disabilities, asthma, hemophilia, and Sickle Cell Anemia.

Ages 6-22

\$675/week

#### CAMP FOR CHILDREN WITH A VARIETY OF DISABILITIES

#### **Camp Boggy Creek**

30500 Brantley Branch Road Eustis, FL 32736 (352) 483-4200 or (866) GO-BOGGY

http://www.BoggyCreek.org

We are a year round camp for seriously ill children and offer weeklong summer sessions for the children and family retreat weekends for the whole family. There is no charge to the children or families who come to Boggy Creek. Camp Boggy Creek is a proud member of The Association of Hole In The Wall Camps. To learn more about them visit <a href="https://www.holeinthewallcamps.org">www.holeinthewallcamps.org</a>

Ages 7-16

No Cost

#### CAMP FOR CHILDREN WITH A CHRONIC ILLNESS

#### **Camp Hardgrove**

1441 Clifton Road Atlanta, GA 30322 (404) 712-5504

http://www.braininjurygeorgia.org/camp.htm

Camp Hardgrove is celebrating its nineteenth year as an overnight program for persons with brain injury. Adults and caregivers are served in this terrific program. Camp Hardgrove is the most complete and cost-effective recreational program in the Southeast for the special needs of people affected by brain injury. Camp sessions are called "life-changing" by campers and re-introduce life skills and socialization to survivors of brain injury. Ages not specified

\$100 for members of Brain Injury Association of Georgia; \$150 for non-members

#### CAMP FOR CHILDREN WITH BRAIN INJURY

#### **Camp Hickory Wood**

Camp Widjiwagan 3088 Smith Springs Road Antioch, TN 37013 (800) 882-0611

#### http://health.state.tn.us/TBI/index.htm#camp

Each year the TBI Program in collaboration with Easter Seals Tennessee Inc. sponsors weekend and weeklong camps for adult and youth survivors of brain injury. These camps focus on providing a unique social and recreational opportunity to persons with brain injury. All cabins are air conditioned and include accessible shower facilities. Camp activities include arts and crafts, swimming, hiking, games, boating, and a dance. To request an application, call Easter Seals Camp at (615) 444-2829. There are also weekend camps for kids and adults.

Ages 7 and up

\$50 application fee per weekend camp. \$100 for week long camps.

Scholarships are available through the state TBI program.

#### CAMP FOR CHILDREN WITH BRAIN INJURY

#### **Camp John Marc**

Bosque County, TX (214) 360-0056

#### http://www.campjohnmarc.org/index.html

Camp John Marc partners with community and health professionals and organizations to provide high quality camping experiences year round to campers who have a chronic illness or physical disability. Camp John Marc utilizes community and medical volunteers to provide program support and quality medical care and treatment in the camp setting. The governing board of Camp John Marc believes in the campers' right to discovery and adventure in nature's world, and in their chance to see, touch, play, and feel better.

Summer Season: Asthma, Childhood Cancer, Heart Disease, Hemophilia, Juvenile Arthritis, Kidney Disease, Muscular Dystrophy, Sickle Cell Anemia, Burn Survivors, Spina Bifida.

Off Season: Childhood Cancer, Deaf/Blind, Gastrointestinal Disorders, Craniofacial Disorders, H.I.V., Upper Limb Differences, Sickle Cell, Spina Bifida, Transplant Patients, Bereavement Program.

Cost not specified

#### CAMP FOR CHILDREN WITH CHRONIC ILLNESSES AND/OR DISABILITIES

#### Camp Okawehna

Cedar Crest Campground Lyles, TN (615) 327-3061

#### www.dciinc.org/camp/camp.htm

The camp focuses on critically ill children who need to have fun and be in the company of other children with the same disease. During the week at Camp Okawehna, everything is provided from accommodations, food, non-stop fun-filled activities, and on-site medical facilities. Camp is for children with kidney disease and children who have had a kidney transplant or are on hemodialysis or peritoneal dialysis.

Ages 6-18

\$65/camper

#### CAMP FOR CHILDREN WITH KIDNEY DISEASE

#### **Camp Shining Stars**

Burton, TX (713) 952-5499 or (800) 961-5683

www.nkfset.org

Camp Shining Stars is one of only six camps of its type in the U.S. that serves the needs of children with kidney disease. The camp offers a week-long escape from the watchful care of their parents to enjoy the wonders of canoeing, horseback riding, fishing, arts and crafts, and many other exciting activities.

#### CAMP FOR CHILDREN WITH KIDNEY DISEASE

#### **Camp Summit**

921 Copper Canyon Road Argyle, TX 76226 (972) 484-8900

www.campsummittx.org

Our goal is to help children and adults with disabilities reach their own personal peak by providing recreational, therapeutic, and social activities in an authentically natural camp setting. Activities include swimming, horseback riding, performing arts, a ropes challenge course, wilderness and nature studies, arts and crafts, fishing, sports and games, camping, and group activities. All activities are adapted to each individual camper's ability. Campers from communities throughout Texas as well as out of state. We offer ten one-week summer sessions from May to August and weekend sessions in the fall and spring. Camp is for children with physical and developmental disabilities (Cerebral Palsy, Spina Bifida, paralysis, Down syndrome, Autism, mental retardation, etc.) or multiple disabilities ranging from mild to severe

Ages 6 and up

Cost based on income (breakdown available on website)

#### CAMP FOR CHILDREN WITH A VARIETY OF DISABILITIES

#### Children's Association for Maximum Potential (C.A.M.P.)

P.O. Box 27086 San Antonio, TX 78227 (210) 671-5411

www.campcamp.org

C.A.M.P. enables children with disabilities to thrive in a recreational environment where safety and nurturing are primary. C.A.M.P., because of its comprehensive staff of doctors and nurses, can provide a summer camp experience along with proper medical care for nearly all children.

Ages 5-21

Cost based on income (breakdown available on website)

#### CAMP FOR CHILDREN WITH A VARIETY OF DISABILITIES

#### **Camp Thunderbird**

909 E. Welch Road Apopka, FL 32712 (407) 218-4300

http://www.questinc.org/camp.htm

Since 1969, Quest's Camp Thunderbird has been dedicated to providing a real summer camp experience for people with developmental disabilities. Campers of all ages have had the time of their lives participating in the activities such as camping, fishing, swimming, canoeing, arts & crafts, sports & games, evening socials, nature study and more!

In addition to making new friends and unforgettable memories, campers learn new skills and take on challenges that help build self-confidence. Camp Thunderbird's six and twelve-day overnight sessions also give parents and guardians a break from 24-hour care (day camp is also now available). With certified lifeguards, nutritional meals, on-site infirmary, 24-hour nursing supervision and a 3:1 camper to staff ratio, Camp Thunderbird provides an atmosphere of good health and well-being.

All Ages

\$600-625/6-day session and \$1150-1200/12-day session

#### CAMP FOR CHILDREN WITH A VARIETY OF DISABILITIES

#### **Dream Oaks Camp**

16110 Dream Oaks Place Bradenton, FL 34212 (941) 746-5659

http://www.foundationfordreams.org/index.html

Dream Oaks Camp provides programs for children with physical and developmental disabilities and chronic serious illnesses by offering camping experiences on weekends, at day camp and at resident camp. All activities are planned and implemented to meet the abilities of each camper. Programs are designed to be fun, educational, safe and wholesome.

By providing these programs to campers, we are giving parents, guardians, and caregivers the opportunity for a respite from the immediate responsibility of daily care for a child with a disability. They have the opportunity to spend time with a spouse, with other children or with friends. They can relax, free from some of life's daily stresses and perhaps recreate, shop or even vacation. Dream Oaks Camp is located a few short miles from the Florida Gulf coast and a few hours from the theme parks of Orlando. Parents and family members can relax knowing that their child is receiving competent care and attention. Camp is for children with all disabilities, including Autism and related disorders, physical disabilities, developmental disabilities, ADD and/or ADHD and related disabilities

Ages 7-17

Weekend \$200; Day Camp \$400; Residential \$650

#### CAMP FOR CHILDREN WITH A VARIETY OF DISABILITIES

#### **Dream Street**

3863 Morrison Road Utica, MS 39175 601-885-6042

#### www.dreamstreetms.org

Dream Street campers come from Mississippi, Louisiana, Arkansas and West Tennessee. Dream Street is a 5-day overnight camp where children participate in a variety of activities such as fishing, swimming, horseback riding, canoeing, arts and crafts, music, cookouts, carnivals, and nature studies. The camp has a 1:1 camper to counselor ratio and is staffed by college-age students, physical therapists, doctors, and nurses. Camp is for children with physical disabilities and orthopedic impairments, including cerebral palsy, spina bifida, limb deficiencies, spinal cord injury, mental retardation, communicative disorders and other developmental disabilities

Ages 8-14

No cost

#### CAMP FOR CHILDREN WITH A VARIETY OF DISABILITIES

#### **Hand Camp**

Camp Crystal Lake Starke, FL (352) 273-7382

#### www.handstolove.org

One weekend a year, Hands to Love families from all across the country gather at Camp Crystal Lake in Starke, FL for a weekend of adventure, camaraderie and relaxation. Hand Camp provides children a safe haven in which to try new activities (archery, arts and crafts, swimming, rock climbing, canoeing, etc as well as parental sessions with speakers/sessions about adaptations), meet others who have similar upper limb differences, and just have fun being kids. Hand Camp also allows parents to network with each other, share ideas and experiences, ask questions, be pampered, and relax.

All ages

Cost unspecified

#### CAMP FOR CHILDREN WITH CONFENITAL HAND DIFFERENCES

#### Kamp Kaleidoscope

P.O. Box 511 Newton, MS 39345 (601) 733-0090

#### http://www.kampkaleidoscope.org/index.php

Kamp Kaleidoscope is an inclusive summer camp program. The camp is attended by children diagnosed with ASD and their neuro-typical peers providing a fun and educational summer experience. Ages are 7 to 17 years of age, and serving 70 kids each summer. The program boast opportunities in swimming, horseback riding, arts & crafts with a sensory focus, music therapy, sports, rock wall climbing, fishing, watermelon parties, fireworks and much more. The staff includes full time members who are autism specialists, behavior management specialists, physicians, nurses, occupational therapist, equestrian enthusiasts, psychologists, music therapists, educators, speech pathologists, and outdoor specialists.

A great deal of walking, including trails and hills, this should be considered when applying. Children must be able to participate in the daily activities and programs at camp. Camp is for children with a valid diagnosis of a Pervasive Developmental Disorder, Autism Spectrum Disorder, Asperger Syndrome, Rhett's Syndrome, or Landau Kleffner

Ages 7-17 / \$600/camper

#### CAMP FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS

#### **Miracle Camp**

9840 Beulah Road Pensacola, FL 32526 (850) 944-1677

http://www.sacred-heart.org/miraclecamp/

Miracle Camp provides camps and programs that lift the spirits of children and adults with chronic or life-threatening illnesses. Thanks to this special place, people of all ages may experience a "getaway from the every day." Our campers enjoy a variety of indoor and outdoor activities -- from hiking and fishing, to singing, arts and crafts, softball, swimming in our pool, taking in the beautiful scenery around the pond, and more. All ages

Cost unspecified

#### CAMP FOR CHILDREN WITH A CHRONIC ILLNESS

#### **Rotary Youth Camp**

Gretna, FL (850) 656-7921

http://www.nfryc.org/

Rotary Youth Camp is intended for any child, age 9 through 16, with a physical limitation which would make it difficult or impossible to participate at other camps. The camp enables campers to grow in self-confidence and to experience success in physical activities and human relationships. The camp program spans a wide variety of daily activities designed to spark the interest of every camper. Swimming, a camp dance and arts & crafts are the hallmarks of our activity schedule. Typically there is also an overlying theme to the camp, which usually ends in a variety of competitive team games among the campers at the end of camp.

Ages 7-13 and 14+

No cost

#### CAMP FOR CHILDREN WITH PHYSICAL DISABILITIES

#### Therapeutic Horseback Riding Centers in LA, MS, and AL

#### **3M Acres Therapeutic Rox**

Larry McCaleb 18125 OLD BAKER RD ZACHARY, LA 70791 (225) 937-1993 3macres@gmail.com

### Alabama Institute for Deaf and Blind Foundation

Tim Greene 29401 AL HWY 21 S TALLADEGA, AL 35160 (256) 761-3364 mgheques@aidb.state.al.us www.mgharena.com

#### **Crossroads Riding Center**

Linda Brocato 600 Clairborne St. Pineville, LA 71360 (318) 445-2348 jmbjr@bhbarch.com

#### Dreams Therapeutic Riding, Inc.

Leigh Meyer
PO Box 1029
Chatom, AL 36518
(251) 847-6343
Meyers@millry.net
www.rhapsodyinbluestables.com

#### **Equines Assisting Special Individuals**

Kimberly Hall 242 Summerville Rd Jasper, AL 35504 (205) 387-7486 easi.ride@yahoo.com www.easi.webs.com

### Freedom Reins @ SW MS Therapeutic Riding Center

Becky Green
PO Box 4047
Brookhaven, MS 39603
(601) 835-3306
beckysg@bellsouth.net
www.freedomreins-swmstrc.org

#### Gaits to Success Inc.

Carolyn Rhodes PO Box 150 Kiln, MS 39556 (228) 255-5368 rhodesmc@juno.com www.gaitstosuccess.org

#### GaitWay Therapeutic Horsemanship

Shelly Barry 6555 Pikes Lane Baton Rouge, LA 70808 (225) 766-1614 sbarry@gaitway.org www.gaitway.org

### **Great Results Equine Assisted Therapies** (GREAT)

Caroline Hendrix 351 Jordan St Shreveport, LA 71101 (318) 938-9166 <u>chendrix@thearccaddobossier.org</u> www.greatriders.org

### **Greater New Orleans Therapeutic Riding, Inc.**

Anita Hefler PO Box 23284 New Orleans, LA 70183 (985) 651-5239 horseyhartzell@hotmail.com www.gnotrc.com

### **Happy Trails Therapeutic Horsemanship Center**

Gloria Lewis 17050 Hwy 16 Franklinton, LA 70438 (985) 839-9736 happytrails17050@aol.com

#### **Heart's Desire Therapeutic Riding Center**

Karen Cates PO Box 466 Senatobia, MS 38668 (901) 489-4470 heartsdesiretrc.bellsouth.net www.heartsdesiretrc.org

#### Horse Assisted Therapy Services of N Louisiana

Leslie Vowels 4120 Fletcher Lane Ruston, LA 71270 (318) 243-1211 hatsofnla@yahoo.com www.horseassistedtherapy.org

#### **Horses Giving Hope**

Allison Anderson PO Box 611 Tallulah, LA 71284 (228) 697-2119 horsegivinghope@yahoo.com www.horsegivinghope.com

#### **Lazy H Riding Center**

Shirlene Hoffman 14716 E CR 4 HARTFORD, AL 36344 (334) 886-3002 ed.hoffman@flextronics.com

### **Mississippi State Extension Service 4-H TEAM**

Mary Riley
PO BOX 9641
MISSISSIPPI STATE, MS 39762
(662) 325-1695
mriley@ext.msstate.edu
msucares.com/4h\_youth/4hteam/index.html

### Montgomery Area Nontraditional Equestrians

Anne Alan Duncan 3699 Wallahatchie Rd Pike Road, AL 36092 (334) 213-0909 duncaaa@yahoo.com www.maneweb.org

#### New Heights Therapy Center, Inc.

Sue Chevcallier PO Box 1283 Folsom, LA 70437 (985) 796-3677 suescheu@bellsouth.net www.newheightstherapy.org

### RideABILITY Therapeutic Riding Center

Christy Henderson PO Box 5061 Brandon, MS 39047 (601) 750-6735 chend@comcast.net www.rideabilityms.com

#### **RIDES Riding Improve Devel Esteem Strength Spirit**

Patty Malone Hudgins 540 Gurlie Malone Rd Caledonia, MS 39740 (662) 356-4458 patty@rides4him.org www.rides4him.org

### S.O.A.R. Steeds of Acceptance and Renewal of SWLA

Heather Gohmert-Dionne 401 17TH ST LAKE CHARLES, LA 70601 (337) 474-2560 heather@serviceglass.net Special Equestrians, Inc Kathleen M. Claybrook 1215 Woodward Dr Indian Springs, AL 35124 (205) 987-9462 ride@specialequest.org www.specialequest.org Storybook Farm, Inc.
Dena Dougherty
300 CUSSETA RD
OPELIKA, AL 36801
(334) 444-5966
hope@story-book-farm.org
story-book-farm.org

## **Adaptive Sports/Inclusive Recreation Greater New Orleans Area**

#### **Bourgeois Fishing Charters**

2783 Privateer Blvd. Barataria, LA 70036 (504) 341-5614

www.neworleansfishing.com

Bourgeois Fishing Charters offer a wheelchair accessible covered dock and food and drinks.

#### **Champions of Greater New Orleans**

Contact: Dee Ducote, President at champions of gno@juno.com

PO Box 1114 Metairie, LA 70004 (504) 390-1995

Champions of Greaters New Orleans is a Louisiana non-profit group serving children, teens, and young adults with differing abilities and their families. Champions provides social, recreational, and educational activities. Our members have fun while forging new friendships and developing social and life skills. We have meetings, field trips, an annual family camping trip, a yearly dance, and a support system and fellowship for parents. Siblings are welcome to participate in all activities.

#### **Crescent City Lights Youth Theater**

http://www.summerstages.org/

Contact: Julie Condy at <a href="mailto:s2sinc@bellsouth.net">s2sinc@bellsouth.net</a>

Founded in 1993 as the Summer Stages Children's Theater, Crescent City Lights gives performing opportunities to the young people of the Greater New Orleans area all year long through our partnership with the City of New Orleans Recreation Department (NORD). Accommodations are made for performers with disabilities on a case-by-case basis.

Performing at the NORD Ty Tracy Theater in Gallier Hall, 545 St. Charles Avenue, New Orleans, LA (enter through Lafayette Street entrance). The stage is not wheelchair accessible for performers, but the theater is accessible for the audience.

#### **Jefferson Parish Department of Parks & Recreation**

http://jeffparish.net/index.cfm?DocID=1217

Jefferson Parish Department of Parks & Recreation ('JPRD') offers a wide variety of traditional and non-traditional recreational activities for adults, teens and children, including people with disabilities. If you are a person with a disability and would like more information and/or special accommodations for our programs or facilities, please feel free to contact us at 504-731-4600 or by e-mail at JPRecreation@JeffParish.net.

#### Jo Jo's Hope Therapeutic Swimming at Elmwood Fitness Center

http://www.elmwoodfitness.com/club/scripts/library/view\_document.asp?GRP=13308&NS=KIDS&APP=80&DN=KIDS\_AQUATICS

A charitable swimming and aquatic activity program in which teaching methods and student activities are adapted to meet the needs of individuals who, because of a mental or physical impairment, cannot readily achieve success in a regular swim program. The classes are held on Sunday afternoons, and the program is by appointment only. Suitable for all ages. Applicants must fill out a registration form and medical release.

Contact Christina Offutt, Manager of Aquatics for more information, prices and to schedule lessons, 504-733-1600.

#### **New Orleans Recreation Department**

http://www.cityofno.com/Portals/Portal32/portal.aspx

NORD provides the public with a wide variety of recreational events, venues, and parks.

Call us at 658-3000 or visit the NORD Administrative Office at:

800 Race St

New Orleans, LA 70130

#### New Orleans ROLLIN RINOS Wheelchair Athletic Association

Dale Vancourt

504-669-0790

rolndv@yahoo.com

The ROLLIN' RINOS have been conducting wheelchair basketball game events since 1992. Wheelchair basketball training is held on Thursdays at 7 PM at Delgado Community College at the City Park campus. For information about the ROLLIN' HORNETS wheelchair basketball game schedule, please contact Dale Vancourt, <a href="rollow-gahoo.com">rollow-gahoo.com</a>

#### **New Orleans Track Club**

P.O. Box 52003 New Orleans, LA 70152-2003 (504) 467-8626

www.runNOTC.org

Wheelchair division is open at most (not all) of our races; however, this does not include handcycles—wheelchairs must be push rim.

#### S.M.C.L. Foundation

Contact: Julius Lee (504) 450-4014

Jleepva2408@msn.com

 $\underline{http://www.npnnola.com/associations/organizations/sub/143/smcl-foundation-associates-inc/programs/}$ 

S.M.C.L. Foundation is a non-profit organization which currently sponsors an annual Health and disability Awareness Fair with wheelchair games and activities. This fair is held each December at a local university. Wheelchair games typically offered are basketball, softball, chess, table tennis, billiards, boccia, obstacle course and flag football. For information regarding the current

wheelchair basketball team see the New Orleans ROLLIN RINOs wheelchair athletic association information above.

This foundation has long term goals to offer more than 60 ongoing activities and classes each week for children and adults who have some type of disabling condition that cover four major program areas: aquatics, fitness, youth and adult competitive athletics, and general recreation, including adventure programming. The Foundation is currently raising funds to purchase land and build a facility which will be home to be some of the world's most prestigious wheelchair sports events, including Wheelchair Tennis Championship, Wheelchair Rugby Tournament, Big Easy Classic Wheelchair Basketball Tournament, New Orleans Invitational Wheelchair Softball Tournaments (National Wheelchair Softball Association Affiliation), and Wheelchair Flag Football Tournaments.

#### **Southern Repertory Theatre**

http://www.southernrep.com/

Contact: Marisa Morton, Management Associate at marisamorton@gmail.com

365 Canal St. 3rd. Level

504-522-6545

Southern Repertory Theatre loves the opportunity to share our work with children. Both productions and a curriculum of theatre classes are offered through our education branch, Academy SRT. SRT does our best to accommodate all audience members, including those in wheelchairs.

#### The Miracle League of Greater New Orleans

504-894-5415

Email: glorio@chnola.org

Every child deserves a chance to play baseball. The Miracle League of Greater New Orleans is a baseball league for children with special needs. Spring and Fall seasons are open to children 6-20 years old. The Whitney Bank Miracle League Field is located on the "Fly" behind Audubon Zoo.

#### **United Cerebral Palsy of Greater New Orleans Hurricanes**

2200 Veterans Memorial Boulevard, Suite 103

Kenner, LA 70062

(504) 461-4266

http://www.ucpgno.org

Sports and leisure activities are essential elements of well rounded lives. This philosophy is important for people with disabilities of all ages. UCP's Developmental Sports Program (also known as the UCP Hurricanes) provides opportunities for people with disabilities to socialize, relax, and enjoy the benefits of recreation.

The Hurricanes participate in activities such as: swimming, bowling, bocce, track and field, power lifting, wheelchair baseball, cycling, chess, billiards, air hockey, dances, social events, and more!

#### Adaptive Sports/Inclusive Recreation Louisiana

#### **Gumbo Games**

http://www.doe.state.la.us/LDE/eia/491.html

Contact Pam Carey at 1-800-259-7200

GUMBO (Games Uniting Mind and Body) is interscholastic track and field competition designed for school-aged students who have physical or visual disabilities. The events are not unlike those at any other track meet: races, shot put, discus, etc. What makes GUMBO different is the fact that all of the athletes have a form of mobility or visual impairment and most compete with leg braces, wheelchairs, or with assistance from a sighted person. The athletes competing in GUMBO are not mentally disabled. Their eligibility for the competition comes from having a physical disability or visual impairment, and they compete with athletes who have similar or like impairments. Any Louisiana resident, age 5 through 18, who has a physical or visual disability is eligible for competition. Students 19-22 are allowed to compete if they are enrolled full-time in a public school special education program. Examples of disability are spinal cord injuries, cerebral palsy, multiple sclerosis, muscular dystrophy, spina bifida, other orthopedic disabilities, and most visual impairments. GUMBO is for all children with physical or visual impairments, not just for those receiving special educational services. NO COST

#### The ARC of Baton Rouge

www.arcbatonrouge.org

(225) 355-4461

The ARC of Baton Rouge offers Splash into Summer, an inclusive swim program, and Hoops for Fun, an inclusive adult basketball league.

### The Recreation & Park Commission for the Parish of East Baton Rouge Therapeutic Recreation (BREC)

http://www.brec.org/index.cfm?md=pagebuilder&tmp=home&cpid=374

BREC is striving to make our programs inclusive, which means they are open to all citizens of East Baton Rouge Parish, including those with disabilities. If you need assistance or accommodations, please call 225-926-4659 prior to attending our programs so we can attempt to make the necessary accommodations.

Therapeutic Recreation is the use of recreation services and leisure experiences to help people with disabilities become a part of their community through recreational opportunities. It offers both recreation participation and leisure education.

BREC is partnering with agencies in the community such as Baton Rouge Soccer Association, Blaze Sports LA, Families Helping Families of Greater Baton Rouge, Louisiana Special Olympics and The Arc Baton Rouge to provide recreational opportunities to people with and without disabilities.

Activities include Sunshine Socials for adults with disabilities, Sunshine Social Seminars/Dances, Sunshine Social Movie Nights, Sunshine Social Karaoke Night, BREC/ARC Inclusive Leagues for children with and without disabilities, Families Helping Families/BREC Seminars/Socializations, BREC's Farr Park Horse Activity Center Therapeutic Riding Program, BREC Camp Sunshine Day Camp (for children 6-12, teens 13-16), and Thanksgiving, Christmas, and New Years Holiday Day Camps. The ARC of Baton Rouge can provide personal

care attendants for campers at the Inclusive Summer Day Camp, which is for children with and without disabilities.

Information on BREC's inclusive leagues (flag football, TOPSoccer, basketball, T-ball, Coach's Pitch, softball, and kickball) and program dates can be found at the website.

#### **Louisiana State Chapter of the National Wild Turkey Federation**

http://lawildturkey.com/

Contact: Shelley Chamberlain (northern and statewide events) at <u>Tacchino131@aol.com</u> (318) 617-9672

For events in southern LA, contact wheelindonna@yahoo.com.

The National Wild Turkey Federation hosts hunting and outdoor events across Louisiana, including duck hunts, deer hunts, and fishing. There is modified equipment available for people with a variety of disabilities, including quadriplegia, Autism, emotional and cognitive disorders. There is no cost to attend the events and accommodations and food are provided upon arrival (participants must provide transportation, however assistance may be available.) Participants must also provide their own personal assistants to care for ADLs.

#### Shreveport Public Assembly & Recreation Therapeutic Recreation (SPAR)

http://www.ci.shreveport.la.us/dept/spar/Therapeutics/Therapeutics.htm

The purpose of SPAR is to increase leisure awareness, leisure skills, leisure participation, cognitive stimulation, self-esteem and community awareness. Therapeutic programs are geared for the mentally/physically challenged individuals ages 6 and up.

#### Mandeville Soccer Club TOPSoccer

http://www.mscsoccer.org/about/programs-offered/top-soccer/

Contact: Coach Craig Kohler (985) 778-0566

TOPSoccer (The Outreach Program for Soccer) is a community-based training and team placement program for young athletes with special needs, organized by youth soccer association volunteers. The program is designed to bring the opportunity of learning and playing soccer to any boy or girl, ages 4-20, who has a mental and/or physical special need. Our goal is to enable the thousands of young athletes with special needs to become valued and successful members of the US YOUTH SOCCER family. This program is provided to the parents of special needs children at no cost to the family.

#### YMCA Total Tennis Wheelchair Tennis Program

The Lamar Tennis Center offers a free of charge wheelchair tennis program every Saturday between 10 am and 12 pm. This program gives the opportunity to get started if you never played tennis before, or gives you the chance to improve if you played in the past. It is a free of charge program that is open for all ages and levels. This program includes mobility exercises, drills, stroke production, technique, and playing situations. We have some sports wheelchairs available for new players to help them get started. If you have any questions, please contact Carlos Roldan at croldan@ymcabatonrouge.org, check out our website at

www.louisianatennislessons.com, or call (225) 612-2420. For individuals with mental disabilities, contact <a href="mailto:jwahlborg@ymcabatonrouge.org">jwahlborg@ymcabatonrouge.org</a>. We are located in the Campus of the Paula G. Manship YMCA, 8100 YMCA Plaza Boulevard.

#### Blue Bayou Water Park

18142 Perkins Road Baton Rouge, LA 70810 225-753-3333

www.bluebayou.com

Blue Bayou is an extensive accessible aquatic theme park with water slides and a kiddie pool with animal floats, water cannons, giant soft-plastic islands, and toddler-sized furniture.

**❖** 70.92 miles

#### **University Adaptive Sports Programs**

Section 504 of the Rehabilitation Act guarantees certain rights to people with disabilities. According to these rights a University must provide a sport or extracurricular activity or recommend a place that can provide the program to the individual who is interested in it. For more information about Section 504 of the Rehabilitation Act, refer to www.section508.gov

The following sections are developed programs within Universities: (\* is for female teams)

#### **Basketball**

\*University of Alabama

\*University of Arizona

University of Texas at Arlington

University of Edinboro

\*University of Illinois

University of Oklahoma

Southwest Minnesota State University

University of Southern Mississippi

\*University Wisconsin-Whitewater

Write State University

#### **Golf**

University of Southern Mississippi

#### **Power Soccer**

University of Southern Mississippi

#### **Tennis**

University of Arizona
Grand Valley State University.
Milton State University
University of Texas at Arlington
University of Southern Mississippi

#### **Track and Road Racing**

University of Arizona University of Illinois

#### Weight Training and Conditioning

University of Arizona

#### **Competitive Programs**

**Tennis:** 

University of Arizona
Grand Valley State University
Milton State University
University of Texas at Arlington

**Quad Rugby:** 

University of Arizona

Goal Ball:

University Of Arizona

#### **Facts about the Universities:**

#### University of Alabama-

Contact Brent Hardin, Director of Wheelchair Athletics Wheelchair Athletics #1, 901 Paul W Bryant Drive Tuscaloosa, AL 35487 (205) 348-5109

E-mail: <a href="mailto:bhardin@ua.edu">bhardin@ua.edu</a>
Website: <a href="mailto:www.uads.ua.edu">www.uads.ua.edu</a>

Alabama offers both a female and male wheelchair basketball team, as well as a sport camps during the summer. In 2010 the female team won the National Championship. The male's team attended the National Intercollegiate Wheelchair Basketball Tournament (N.I.W.B.T) for the first time ever in 2010. Both the male and female teams are well known and fairly competitive teams. For more information about the University of Alabama's wheelchair basketball please contact the department or visit the website.

• The N.I.W.B.T is a national tournament for all college wheelchair basketball organizations. Every year it is held at universities and people travel from all over the country to attend.

#### University of Arizona-

Contact Derek Brown, Head Coach Athletic Department 1224 E Lowell St. Tucson, Arizona 85721 (520) 621-3268

Email: <u>ddbrown@u.arizona.edu</u> uadrc@email.arizona.edu

Website: www.drc.arizona.edu/athletics/

The University of Arizona has a large adaptive sports program offering adaptive programs in Basketball, Tennis, Rugby, Track and Road Racing, Weight Training and Goal Ball. They also offer a program called JAWS (Juniors Active in Wheelchair Sports) for the youth (5-18 years) in Tucson, AZ.

#### University of Texas of Arlington-

Contact Doug Garner, Head Coach Athletic Department 701 S West St Arlington, TX 76010 (817) 272-2011

Email: dgarner@uta.edu

Website: www.utamovinmavs.com

Adaptive sports are open to both the university students and the community. The Moving Mavs are a Wheelchair Basketball and Tennis team for the University of Texas. The University also offers summer camps for youth (8-20 years) and military veterans.

#### University of Edinboro-

Contact Jim Glatch, Head Coach Athletic Department 219 Meadville Street Edinboro, PA 16444-0001 (814) 732-2000 (814) 732-1875

E-mail: jglatch@edinboro.edu Website: www.edinboro.edu

Fighting Scots Wheelchair Basketball team is a well known program that is available for both university students and community members. For more information about Edinboro please contact Jim Glatch.

#### University of Illinois-

Contact Mike Frogley Adaptive Athletics 1207 S. Oak Street Champaign, IL 61820-5711 (217) 333-1970

Email: frogley@uiuc.edu disability@uiuc.edu Website: http://illinois.edu/

The University of Illinois was the first university in the country to offer adapted sports programming for students with disabilities. Beginning in 1948, the University has produced numerous national champions and Paralympic medal winners over the course of its over 60 year history. It was a group of student-athletes from the University of Illinois that got together and formed the National Wheelchair Basketball Association and the University of Illinois continues to be a leader in sport for individuals with a disability today. In addition to is college sports program, the University offers summer wheelchair basketball and track and road racing camps that allow the University to extend its influence into the junior community, helping young people with disabilities maximize their potential.

#### University of Oklahoma-

Contact Garry Armstrong, Head Coach Recreational Services 1401 Asp Avenue Norman, OK 73019-0390 (405) 325-3053

Email: gmoney@ou.edu

Website: http://www.ou.edu/web.html

UO has an adaptive sports program that currently sponsors a competitive wheelchair basketball team that travels across the country competing against other universities and community teams. If you are interested in participating or getting more information please contact the Recreational Services of the University of Oklahoma.

#### **Southwest Minnesota State University-**

Contact Lew Shaver, Head Coach Junior Wheelchair Sports 1501 State St. Marshall, MN 56258 (507)-537-7508

Email: lew.shaver@smsu.edu Website: http://www.smsu.edu/

Southwest Minnesota State University offers a wheelchair basketball camp for youth (5-18 years) every summer. In 2010 the University hosted the 33rd annual National Intercollegiate Wheelchair Basketball Tournament. For more information about Southwest Minnesota State University please contact the head coach or the university athletic center.

#### University of Southern Mississippi-

Contact Heather White, Director of Adaptive Sports RecSports 118 College Drive Hattiesburg, MS 39406-0001 (601) 266-5405 (601) 297-1336

Email: sportclubs@usm.edu Website: www.usm.edu

The University of Southern Mississippi has a great adaptive sports program. The sports they offer vary from year to year depending on what the participants want to play. The most well known sports offered are wheelchair basketball and tennis but they have also offered golf, power soccer, fishing, and bowling in the past. For more information about the adaptive sports program at USM please contact Heather White or the RecSports department.

#### University Wisconsin-Whitewater-

Contact Gary Harms, Director of Recreation Sports Recreation Sports 800 West Main Street Whitewater, WI 53190-1790 (262) 472-1544 (262) 472-1234

Email: harmsg@uww.edu Website: www.uww.edu

Whitewater also offers both male and female wheelchair basketball teams. Whitewater is very well known due to their wheelchair basketball. Their male team won their eighth National Championship title in 2009. For more information on Whitewater please contact the department of Recreation Sports.

#### Write State University-

Contact Drew Corbett, Head Coach Adapted Recreation 3640 Colonel Glenn Highway Dayton, Ohio – 45435 (937) 775-5505

Email: andrew.corbett@wright.edu.

Website: www.wright.edu

Write State is located in Dayton, Ohio and offers a junior wheelchair basketball team as well as an intramural team. The teams consist of both University students and Alumni. Write State also has an adapted swim team, adapted track and field team, and an adapted kayak workshop. For more information please contact Drew Corbett.

You can find more information on Wheelchair Basketball at www.nwba.org

All universities can and will offer adaptive sport programs when people are interested. For more information about programs in your area look online, in news papers and at local hospitals or health clubs. When searching university websites for these activities they are usually found under "Club Sports". All university websites have information about their adaptive sports.

#### **Paralympic Games**

The Paralympic Games are a major multi-sport event for athletes with physical disabilities. There are Adult Summer and Winter Games and separate Youth Olympic Games. The Paralympic Games are directly following their counterpart Olympic Games. The Next Paralympic Games will be in London starting on August 29 through September 9, 2012. The governing body of the Paralympic Games is the International Paralympic Committee (IPC). The International Olympic Committee (IOC) oversees the able body Olympic Games. The International Paralympic Committee (IPC) has established six disability categories. (Listed Below) Athletes with one of these physical disabilities are able to compete in the Paralympics though not every sport can allow for every disability category. These categories apply to both Summer and Winter Paralympics. The Paralympics Games are sometimes confused with the Special Olympics World Games, which are only for people with intellectual disabilities. In the past years there has been several Paralympic athletes who have participated in the Olympic Games and successfully won medals.

#### **Disability Categories:**

- 1. Amputee: Athletes with a partial or total loss of at least one limb.
- 2. Cerebral Palsy: Athletes with non-progressive brain damage, for example Cerebral Palsy, traumatic brain injury, stroke or similar disabilities affecting muscle control, balance or coordination.
- 3. Intellectual Disability: Athletes with a significant impairment in intellectual functioning and associated limitations in adaptive behavior.
- 4. Wheelchair: Athletes with Spinal cord injuries and other disabilities which require them to compete in a wheelchair.
- 5. Visually Impaired: Athletes with vision impairment ranging from partial vision, sufficient to be judged legally blind, to total blindness.
- 6. Les Autres: Athletes with a physical disability that does not fall strictly under one of the other five categories, such as dwarfism, multiple sclerosis or congenital deformities of the limbs such as that caused by thalidomide. (the name for this category is the French for "the others".

#### Classifications:

Within the six disability categories the athletes still need to be divided according to their level of impairment. The classification systems differ from sport to sport, and are intended to open up sports to as many athletes as possible, who can participate in fair competitions against athletes with similar levels of ability.

For information about the International Paralympic Committee (IPC), go to <a href="https://www.paralympic.org">www.paralympic.org</a>

# Adaptive Sports/Inclusive Recreation <a href="Nationwide">Nationwide</a>

#### **Able Flight**

91 Oak Leaf Lane Chapel Hill, NC 27516 (919) 942-4699

#### http://www.ableflight.org/

Able Flight's mission is to offer people with disabilities a unique way to challenge themselves through flight training, and by doing so, to gain greater self-confidence and self-reliance. Able Flight was created by pilots who believe that the life-changing experience of learning to fly is best shared, and designed the Able Flight Scholarships to enable people with disabilities to pursue that experience.

#### The Adaptive Golf Foundation of America, Inc.

1878 University Parkway Sarasota, FL 34243 (941) -359-8555

http://www.agfofamerica.org/

Previously known as Florida Adaptive Golf, AGF has conducted weekly adaptive golf clinics in Sarasota, Florida all year long since 1998. The mission is to improve the quality of life for individuals with physical and/or cognitive disabilities by providing specialized adaptive golf and life skills programs to enhance their physical, mental, social, and emotional well-being. Disability groups include amputee, Spinal Cord, Brain Injury, Stroke, PTSD, MS, Parkinsons, Blind, Spina Bifida, and many others.

#### The Children's Golf Foundation, Inc.

7301 N. Haverhill Rd. West Palm Beach, FL 33407 (561) 842-0066

http://www.childrensgolf.org/

The Michael B. Finnegan Golf Teaching and Learning Center is a state of the art teaching and learning center specifically designed to meet the needs of teaching children with disabilities. The Double Eagle Club is for children who do not have the cognitive and or physical abilities to actually play the game of golf. They benefit by improving their range of motion, learning socialization skills and building their self esteem. They learn safety aspects and have fun by enjoying an environment that they typically do not get to experience.

The Hole In One Club is a more advanced class which has learning the game of golf as its main focus. These children play the game, as well as swing clubs, and are taught all the important aspect of playing the game at a conventional golf course.

There is also a certification course that has seven modules. This class focuses on the functionality of playing the game. It stresses safety, good sportsmanship and playing in a timely manner among other aspects.

#### **Disabled Sports USA summer and winter programs**

http://dsusa.org/programs-main.html

DS/USA offers nationwide sports rehabilitation programs to anyone with a permanent disability. Activities include winter skiing, water sports, summer and winter competitions, fitness and special sports events. Participants include those with visual impairments, amputations, spinal cord injury, dwarfism, multiple sclerosis, head injury, cerebral palsy, and other neuromuscular and orthopedic conditions.

For chapter listing: http://www.dsusa.org/chapter.html

#### **Extreme Chairing**

(951) 267-2288

http://extremechairing.com/

Extreme Chairing is is a non-profit 501(c)3 organization that raises money and awareness for spinal cord injury research. Extreme Chairing also uses its funds to help people with high level injuries and limited mobility get involved in adventure sports. This site and organization is created for all people who enjoy watching or participating in action adventure sports. This organization is here to teach both able-bodied and people with disabilities that life does not have to stop due to a severe injury, or living life with a disability. Many people in the world know about able-bodied action sports such as, skateboarding, snow boarding, BASE jumping, mountain climbing, different types of racing, and many others. Few know about the sports that are done by action sport athletes with disabilities, including chairing, sit ski, 4 cross, body surfing, power wheelchair racing, and others, which are starting to gain more attention all over the world.

#### **BlazeSports Georgia**

http://www.blazesports.org/

Designed as a model suitable for national replication, this community-based sports and recreation program for youth and adults with physical disability was introduced through local recreation providers across Georgia. The program has met with early success and includes community-based instructional programs; weekend sports training clinics for athletes and coaches; state and regional competitions; junior teams in wheelchair basketball, swimming, and track & field; summer camps; and an annual conference.

BlazeSports also offers a Paralympic Development Camp designed to strengthen athletic skills and build a winning attitude for athletes 23 and under with a physical disability or visual impairment with a minimum of one year of competition experience.

#### **Gulf-Coast Conference Wheelchair Basketball Teams and Contacts**

Mobile, Al Phillip Eddins 251-786-1182 Jackson, Ms James Clayton 601-371-1486 Baton Rouge, la Rich Swanson 225-765-7904 New Orleans, La Dale Vancourt 504-669-0790 Shreveport, La Yolanda Bomcum 318-401-1545 Houston, Tx Alan 281-736-5671 Austin, Tx Larry Turner 512-461-1306 San Antonio, Tx Willie Jackson 210-843-6336

#### **Institute For Disability Studies/Technology Learning Center**

730 East Beach Boulevard Long Beach, Mississippi 39560 228-214-3400

Email: <u>Sara.Jackson@usm.edu</u> http://www.usm.edu/tlc/

The Toy Library and Technology Learning Center is a community based, university-directed, non-profit organization dedicated to enhancing education, independence and quality of life for persons with disabilities. TLC serves children and adults with disabilities, their families, teachers, and other special education professionals through specialized training and loan of assistive technology and recreation. Equipment may be borrowed free of charge and includes adapted fishing equipment, all terrain wheelchairs, beach wheelchairs, tennis wheelchairs, and adapted golf equipment. The Center is part of the University of Southern Mississippi.

#### **Lakeshore Foundation**

4000 Ridgeway Drive Birmingham, AL 35209 (205) 313-7400

http://www.lakeshore.org/

Lakeshore Foundation is a non-profit organization that provides sports, fitness and recreation to people with physical disabilities and chronic health conditions. The organization provides programs and services to both adults and children. Competitive sports programs are offered and include wheelchair basketball, wheelchair rugby, swimming, marksmanship, wheelchair tennis and track & field. Recreational opportunities include hunting, fishing, paddling, sled hockey, shooting sports, handcycling and water skiing are just a sample of the indoor and outdoor opportunities available. We offer a number of weekend activities for families that don't live as close to Lakeshore. Participation in these special activities does not require membership at Lakeshore Foundation.

#### **Magnolia Unlimited Sports**

http://magnoliaunlimitedsports.com/ 3400 Goodman Road Horn Lake, MS 38637 (901)483-0016

Magnolia Unlimited Sports is a non-profit organization that helps physically challenged children 21 and under within the greater Mid-South realize their dream of participating in sporting and recreational activities. Magnolia Unlimited Sports is a member of US Swimming and Wheelchair USA.

Magnolia Unlimited Sports offers athletes with spina bifida, cerebral palsy, amputations, spinal cord injury, muscular dystrophy, dwarfism, blindness, and many other conditions the opportunity to participate competitively and recreationally in track and field (javelin, shot put, discus, wheelchair racing), swimming, tennis, basketball, archery, golf, volleyball, ice hockey, handcycling, and many other sports.

## **Mississippi Adaptive Sports**

(662) 233-2287

http://www.msadaptivesports.com/

Mississippi Adaptive Sports provides sports training, loaner equipment if available, and competitive events. Their program offers individual and team sports for physically disabled athletes from ages 7 years through adulthood. Sports include track and field, wheelchair basketball, power lifting, table tennis, archery, athletics (track and field),baseball, bocce, handcycling, equestrian, football, goalball, Judo, rowing, sailing shooting, swimming, volleyball, wheelchair dance, wheelchair fencing, wheelchair rugby, wheelchair tennis, ice sledge hockey, and wheelchair curling.

## **Moody Miracle League**

2900 Daniel Drive Moody, AL 35004

http://www.moodymiracleleague.com/index.html

The Miracle League is a charitable organization that provides children with mental and/or physical challenges an opportunity to play baseball as a team member in an organized league. The Miracle League surface is made up of a custom-designed, cushioned synthetic turf that accommodates wheel chairs and other walking assistance devices. The stadium restrooms are completely accessible to people with disabilities. The dugouts are designed so wheelchairs can easily make their way to and from home plate. Even drinking fountains were designed with these children in mind!

#### The National Ability Center

(435)649-3991

http://69.2.249.50/programs.htm

It is the National Ability Center's philosophy to offer a broad range of sports programs and outdoor activities for individuals with both physical and developmental disabilities. With an emphasis on safety, education and, of course, fun, the Ability Center strives to identify and develop year-round recreational opportunities which might otherwise be inaccessible and unavailable to special populations. Through the use of adapted equipment, trained instructors, volunteers, and specialized techniques, the Ability Center helps to facilitate athletic endeavors and encourage physical activity.

#### **National Sports Center for the Disabled**

http://www.nscd.org/programs/comp\_overview.htm

The NSCD offers a variety of exciting summer adventures, including AbilityCAMPs, rafting, therapeutic horseback riding, mountain biking, canoeing, camping, and rock climbing. Programs are designed for individuals, families, and groups and are available for all levels of ability, from beginner to advanced.

AbilityCAMPS are a series of one-day introductory clinics that feature basic sports drills adapted to individuals, ages 6 to 18, who are looking to learn about a sport, develop a new skill, or just have fun!

The Ability League program was designed to encourage soccer participation and is offered in partnership with local soccer clubs, offering an opportunity for ambulatory athletes with physical challenges to play in an organized setting.

The NSCD offers winter activities including alpine skiing, snowboarding, cross country skiing, overnight hut trips, snowshoeing, moonlight adventures, and world-class ski racing. We design custom training for athletes who can not join us for a regularly scheduled training programs or camps. Contact NSCD's competition program directly for more information. Call Erik Petersen at 970.726.1548/303.316.1548 or e-mail at <a href="mailto:epetersen@nscd.org">epetersen@nscd.org</a>. Individuals with cerebral palsy, stroke, muscle disorders, traumatic brain injury, spina bifida, and leg amputations/prosthetics are welcome.

#### **Success Oriented Achievement Realized**

33990 Overseas Highway Big Pine Key, FL 33043

http://www.soarnc.org/

Success Oriented Achievement Realized features success-oriented, high adventure program for preteens, teens and adults with Learning Disabilities (LD) and Attention Deficit/Hyperactive Disorder (AD/HD). Emphasis is placed on developing self-confidence, social skills, problem-solving techniques, a willingness to attempt new challenges and the motivation which comes through successful goal orientation.

The Florida Standard is a tropical adventure in the Florida Keys and Dry Tortugas including swimming, snorkeling, kayaking, tubing, fishing and marine travel. The Florida SCUBA Certification Course begins with SCUBA instruction near Big Pine Key utilizing the spectacular Looe Key Marine Sanctuary. Christmas in the Florida Keys is a six day tropical adventure in the Florida Keys includes swimming, snorkeling, fishing, jet skiing, sea kayaking and sight seeing in historic Key West.

#### **Texas Adaptive Aquatics**

103 Page Ln Huffman, TX 77336 (281) 324-4653

http://www.taasports.org/index.asp

T.A.A. features an outstanding adaptive water skiing program that allows people with physical and/or mental disabilities the opportunity to discover the thrill and excitement of water skiing, sailing, and kayaking. T.A.A. founded in 1989 and incorporated in the State of Texas in 1990, is a non-profit sports training program for children and adults with disabilities.

TAA can water-ski anyone with a physical or mental disability, from high level quadriplegic to a one leg amputee. We have taught thousands of people with disabilities throughout the country to ski and have never found anyone we could not get skiing.

# **Accessing Your Community**

Before you or someone you know acquired a disability, you may not have paid attention to steps into a building, whether a public bathroom was wide enough for a wheelchair, or how far you had to walk once you were at your destination. Sometimes, a basic entrance into a place of business or entertainment can determine whether or not your participation is easy or hard. With a little bit of foresight and planning you can help yourself or someone you know ease back into community activities you love to do. Here are few tips from people who have met the challenge:

Call ahead and verify if the layout is accessible to your situation. Don't assume that just because a building meets accessibility standards that all areas of the building will meet your needs. Here are some basic questions to ask:

#### Is the building accessible?

- Are there any steps at the entrance or within the facility?
- Are the doors wide enough to accommodate a wheelchair?
- Are elevators available, and if there are only escalators, will they accommodate a wheelchair?

#### Where is the accessible entrance?

- If the main entrance is not accessible, is there an alternate entrance? You may have to enter through a back door or side entrance where a ramp may be located.
- Are there curb cuts close to the entrance?

#### Are special accommodations offered?

- Does the supermarket have a scooter available?
- Does the store have staff designated to provide assistance to reach high items or read fine print?
- Does the theater, church or synagogue offer a headset for the hearing impaired?
- Are public telephones at an accessible height do they have volume control?

#### Are there any special directions to consider?

• For example, the ramp may be very steep or you may be required to locate an attendant to open a locked door.

#### Can restrooms accommodate your wheelchair?

• Are there grab bars?

• Is it feasible to get a wheelchair in the restroom and turn it around?

#### Restaurants

- How high are the tables at a restaurant and can a wheelchair slide comfortably underneath?
- Are the tables movable? Consider that many fast food restaurants have their tables and chairs bolted down to the ground.
- If a restaurant is self–service, are the cups and silverware at an accessible height?

## Is there an extra charge involved?

• At some theaters or concerts, the accessible seating may be the most expensive seat because they are closest to the stage.

#### Parking availability and cost

- Parking may be an additional charge or you may need a special sticker.
- You may want to ask how many accessible parking spots are available. For instance, some buildings may only designate one parking space for the entire building.
- Ask about alternative parking if the handicapped spot is occupied?

#### Are reservations necessary?

It is a good idea to get the name of the person that you were speaking with for verification.

After you have decided what to do and how to go about it, it is important to listen to your body to determine how to plan the activity.

- Plan your most active hours for early in the day when you have the most energy.
- Know your limits. It may be helpful to plan for rest periods between activities to conserve your energy.
- Try to identify your good days from the bad days—in—advance—by watching for warning signs and symptoms.
- Consider the weather and how it affects your functioning. It's a good idea in the warm weather to confine your most rigorous activities to the cooler parts of the day. Try to avoid prolonged exposure to the sun.
- Learn to recognize what helps you relax as it will relieve stress, pain and aid muscle function during an activity.

It is important to understand your body and its unique needs when planning to get out. Don't set yourself up for disappointment by not taking the time to consider these tips. You want to make each of your outings to be as successful as possible. Remind yourself and your friends and family that it may take extra time to get around. The more often you get out, the sooner you will learn new ways of getting around and soon these questions and points will be second nature in your thinking.

Author: Lisa Rosen Education Program Manager Rehabilitation Institute of Chicago

## **Greater New Orleans Recreation Facilities**

## **❖** = Distance in miles from Children's Hospital

## Arcade

#### Chuck-E-Cheese's

#### www.chuckecheese.com

Chuck-E-Cheese's has video games, food, prizes, and a soft ball pit for the kids to play in—it's a great place for birthday parties.

All locations are wheelchair accessible.

Accessible: Yes

3701 General DeGaulle New Orleans, LA 70114 504-367-1214 ❖ 9.18 miles

7000 Veterans Blvd Metairie, LA 70003 504-454-5959 • 12.52 miles

## **Lasertag Adventure Quest**

www.lasertagnola.com

1200 S Clearview Parkway New Orleans, LA 70123

504-207-4444

Mon-Thurs 4pm-9pm

Fri 4pm-11 pm

Sat 10am-11pm

Sun 11am-9pm

Accessible: Yes

**♦** 8.07 miles

#### **Paintball Planet and Skate Park**

www.neworleanspaintball.com

1008 Jefferson Highway New Orleans, LA 70121

504-832-9991

Fri 5pm-12am

Sat 12pm-12am

**❖** 4.80 miles

# Audubon Nature Institute

www.auduboninstitute.org

New Orleans, LA 70178 (504) 861-2537

#### **Aquarium of the Americas**

#### **Audubon Zoo**

6500 Magazine Street
504-581-4629 or 1-800-774-7394
Tues-Sun 10am- 5pm
Accessible: Yes

• 0.61 miles

#### **Audubon Insectarium**

U.S. Custom House
423 Canal Street
504-581-4629 or 1-800-774-7394
Tues-Sun 10am-5pm
Accessible: Yes

❖ 5.94 miles

#### **Whitney Young Public Swimming Pool**

Tea Room Drive; Audubon Park
504-864-8139
Sun-Sat 9am-4pm
Pool opens in the middle of May and closes
early in October

• 0.61 miles

## **Bowling**

#### **AMF All Star Lanes**

www.amf.com
3640 Williams Boulevard
Kenner, LA 70065
504-443-5353
Mon – Sun 9am-5pm
M,W,Sun 9pm-12am
T,Th 9pm-12am; F,Sat 9pm-2am

Accessible: Yes \* 14.98 miles

## **Colonial Bowling Lanes**

www.colonialbowling.net

6601 Jefferson Highway
Harahan LA 70123
504-737-2400
Mon-Sat 8am-til the fun stops
Sun 10am-10pm
Accessible: Yes

**❖** 9.05 miles

## Mid-City Rock 'n Bowl

http://www.rockandbowl.com

3000 S. Carrollton Avenue New Orleans, LA 70118 504-861-1700

Mon-Fri 5pm-until the fun stops Sat 2pm-until the fun stops

- Bowling, Live Music, Deli Restaurant
- No steps, a ramp is available for everyone to get inside.
- An adaptive bowling ramp is available.

Accessible: Yes 3.87 miles

#### **New Orleans Bowling Association**

2714 Canal Street
New Orleans, LA 70119
For information call:
504-304-6106

5.27 miles

#### Concerts

To view updated concert ticket, listings, and locations view <a href="http://www.coasttocoasttickets.com/buy/new\_orleans\_la\_concert\_tickets.htm">http://www.coasttocoasttickets.com/buy/new\_orleans\_la\_concert\_tickets.htm</a> or call toll-free 1-866-353-5167

#### **Alario Center**

www.alariocenter.com
2000 Segnette Boulevard
Westwego, Louisiana 70094
504-349-5525
Accessible: Yes
\$\displays 17.77 \text{ miles}\$

#### **New Orleans Arena**

www.neworleansarena.com
1501 Girod Street
New Orleans, LA 70113
1800-756-7074 or 504-587-3663
Accessible: Yes

❖ 5.30 miles

## The Louisiana Superdome

www.superdome.com 1500 Poydras Street New Orleans, LA 70112 1-800-756-7074 or 504-587-3663 Accessible: Yes

**❖** 5.35 miles

### Fairs and Festivals

For information on fairs and festivals in the state of Louisiana please visit: <a href="https://www.laffnet.org">www.laffnet.org</a>

For information on fairs and festivals in the city of New Orleans please visit: www.neworleansonline.com/neworleans/festivals

## French Quarter

#### Café du Monde

1039 Decatur Street
New Orleans, LA 70116
504-581-2918
Open 24-hours
Accessible: Yes
❖ 6.53 miles

#### **Haunted History Tours**

#### **New Orleans Streetcar**

http://www.norta.com 504-248-3900 streetcars are wheelchair acc

Red streetcars are wheelchair accessible. For streetcar routes/schedules please see website or call listed phone number.

## **Historic New Orleans Walking Tours, Inc**

www.tourneworleans.com 2727 Prytania Street, Suite 8 New Orleans, LA 70130 (504) 947-2120

Available Tour Type/s: Walking Tours,
History Heritage Tours, Night Tours,
City/Neighborhood Tours, Cemetery Tours,
Multi-LanguageTours, French Quarter
Tours, Haunted Tours

❖ 3.50 miles

## New Orleans Steamboat Company/Natchez Steamboat

www.neworleanssteamboat.com

2 Canal Street, Suite 2500
New Orleans, LA 70130
(504) 586-8777 or (800) 233-2628

Available Tour Type/s: Riverboat Tours,
Romantic Tours, Night Tours

❖ 6.11 miles

# **Indoor Playgrounds**

#### **Bookoo Bounce**

#### www.bookoobounce.com

5604 Blessey Street Harahan, LA 70123 504-835-6424

Walk-in play is based upon availability when parties and other events are booked, but is usually available weekdays 10am-6pm, and occasionally on weekends. Please call to confirm walk-in play hours.

Accessible: No 
• 9.01 miles

#### **The Bounce Spectrum**

www.thebouncespectrum.com

4425 W Napoleon Avenue Metairie, LA 70001 504-889-5606

Open seven days a week. Open bounce play time varies weekly. Please check website or call to inquire about open bounce play time for a specific week.

## The Monkey Room

www.monkeyroom.net

1501 Religious Street Suite C New Orleans, LA 70130

504-301-2695; Operating hours are 10am-6pm Wed-Mon Please check website or call to inquire about walk-in play times.

Accessible: No 
4.33 miles

## Libraries

# New Orleans www.nutrias.org

#### Alvar

#### Children's Resource Center

913 Napoleon Avenue New Orleans, LA 70115 504-596-2628 Mon-Fri 10am-7pm Sat 10am-5pm Accessible: Yes • 2.03 miles

## **Main Library**

219 Loyola Avenue
New Orleans, LA 70112
504-596-2560
Mon-Thurs 10am-6pm
Fri-Sat 10am-5pm
Accessible: Yes
5.45 miles

## **Hubbell TEMPORARY LOCATION:**

Algiers Courthouse Carriage House
225 Morgan Street
New Orleans, LA 70114
504-366-0657
Mon-Thurs 10am-7pm
Sat 10am-5pm

• 9.54 miles

#### **Mid-City Branch**

330 N Carrollton Avenue
New Orleans, LA 70119
504-596-2654
Mon-Thurs 10am-7pm
Sat 10am-5pm
Accessible: Yes
❖ 5.48 miles

#### **NIX Branch**

1401 S Carrollton Avenue New Orleans, LA 70118 504-596-2630 Mon-Thurs 10am-7pm Sat 10am-5pm ❖ 2.79 miles

# Jefferson Parish www.jefferson.lib.la.us

## **East Bank Regional**

4747 W Napoleon Avenue
Metairie, LA 70001
504-838-1190 or 504-838-111
Mon-Thurs 9am-9pm
Fri-Sat 9am-5pm
Sun 1pm-5pm
Accessible: Yes
♣ 10.58 miles

#### **Old Metairie**

2350 Metairie Road Metairie, LA 70001 504-838-4353 Mon-Wed 9am-8pm Thurs-Sat 9am-6pm Sun 1pm-5pm Accessible: Yes • 7.72 miles

#### Rosedale

4036 Jefferson Highway Jefferson, LA 70121 504-838-4350 Mon-Sat 10am-6pm Accessible: Yes ❖ 6.50 miles

## Movie Theaters

#### **Canal Place Cinema**

333 Canal Street
New Orleans, LA 70130
504-581-5400
Accessible: Yes
6.03 miles

#### **Imax Theatre**

## www.auduboninstitute.org

1 Canal Street
New Orleans, LA 70130
1-800-774-7394 or 504-581-4629
Tues-Sun 10am-5pm
Accessible: Yes

❖ 6.11 miles

#### Le Petit Theatre Du Vieux Carre

www.lepetittheatre.com
616 Saint Peter Street
New Orleans, LA 70116
504-522-2081
Box office Tues-Sat 11am-5pm
Live performances or movies
6.65 miles

#### Palace Theatre 20

www.amcentertainment.com

1200 Elmwood Park Boulevard New Orleans, LA 70123 1-888-AMC-4FUN or 504-733-2029

Accessible: Yes

\*people in wheelchairs and one guest can get in to the theater for free

**❖** 9.40 miles

#### Palace Theatre 20

www.amcentertainment.com
4486 Veterans Memorial Boulevard
Metairie, LA 70006
1-888-AMC-4FUN or 504-887-1257
\*people in wheelchairs and one guest can
get in to the theater for free
\$\displain 10.26 \text{ miles}\$

# Prytania Theatre (oldest theatre in New Orleans)

www.theprytania.com 5339 Prytania Street New Orleans, LA 70115 504-891-2787

Accessible: Yes (enter theatre via ramp on the side of the building. The ticket booth and snack area are not accessible. Theatre staff can assist as needed.)

Old movies @ noon on Wed, Sat & Sun Midnight movies on Thurs, Fri, & Sat Regular movies everyday

1.36 miles

### Museums

#### Blaine Kern's Mardi Gras World

www.mardigrasworld.com

1380 Port of New Orleans Place New Orleans, LA 70130 504-362-8211

Mon-Sun 9:30am-5pm

Tours are offered every 30 minutes, with last tour starting at 4:30pm.

Blaine Kern's Mardi Gras World offers floats, costumes, a gift shop, and a video theater.

Accessible: Yes 
• 5.53 miles

#### **Gallier House**

www.hgghh.com

1132 Royal Street New Orleans, LA 70116 504-525-5661 Mon & Fri 10, 11, 12, 1, 2 Sat 12, 1, 2, 3

Group tours scheduled

In 1857, esteemed New Orleans architect, James Gallier, Jr., put his considerable talent to work designing a residence of his own. GALLIER HOUSE is an outstanding example of accurate and comprehensive historic restoration of one of New Orleans'

loveliest and time-honored landmarks.

Accessible: NO

• 6.45 miles

#### **Hermann-Grima House**

www.hgghh.com

820 St. Louis Street New Orleans, LA 70112 504-525-5661 M,T,Th,F 10, 11, 12,1, 2 Sat 12, 1, 2, 3

Group tours scheduled

Built in 1831, HERMANN-GRIMA HOUSE is one of the most significant residences in New Orleans. This handsome Federal mansion with its courtyard garden boasts the only horse stable and functional 1830s outdoor kitchen in the French Ouarter.

Accessible: NO 
• 6.52 miles

#### **Jackson Barracks Military Museum**

www.la.ngb.army.mil/dmh/index.htm

6400 St. Claude Avenue New Orleans, LA 70117 504-278-8242

Mon-Fri 8am-4pm

The museum offers displays of military weapons, aircrafts, tanks, and memorabilia from the American Revolution to Desert Storm. There is no cost for admission.

**❖** 10.19 miles

#### **Kenner Museums**

www.rivertownkenner.com

415 Williams Boulevard Kenner, LA 70065 504-468-7231 Tues-Sat 9am-5pm

Rivertown in Kenner has eight museums all located in a three-block radius. The museums include: Toy Train, Mardi Gras, Saints Hall of Fame, Children's Museum, Space Station Kenner, Wild Life and Fisheries, Native American, and the Daily Living Science Center.

Accessible: Yes \$\ddot\* 12.94 miles

#### Louisiana Children's Museum

www.lcm.org

420 Julia Street New Orleans, LA 70130 504-523-1357

Regular: Tues-Sat 9:30am-4:30pm

Sun 12-4:30pm

Summer: Mon-Sat 9:30m-5pm

Sun 12pm-5pm

Find something new and fun to do each time you visit the Louisiana Children's Museum. Explore and experience 30,000 square feet of hands-on fun, engaging exhibits and exciting programs - all designed with curious kids (and grown-ups) in mind.

Accessible: Yes 4.98 miles

#### Madame John's Legacy

632 Dumaine Street New Orleans, LA 70116 504-568-6968

Tues-Sun 10am-4:30pm
Madame John's Legacy at 632 Dumaine
Street in the historic French Quarter is one
of the finest 18th century building
complexes in Louisiana. Of special interest
because it escaped the great fire of 1795,
which leveled much of New Orleans, the
house is actually a product of the preceding
fire of 1788.

#### **National D-Day Museum**

www.ddaymuseum.org 945 Magazine Street

New Orleans, LA 70130 504-528-1944

The museum relives the day the U.S., England, and Canada invaded the beaches of Normandy, featuring stories from those who experienced it. We offer short introductory Museum guides in Braille, French, Spanish

and German
Sun-Sat 9am-5pm
Accessible: Yes

❖ 4.81 miles

#### **New Orleans Museum of Art**

www.noma.org

1 Collins-Diboll Circle New Orleans 70124 504-488-2631 Wed 12pm-8pm

Thurs-Sun 10am-5pm

Located in City Park. The mission of the New Orleans Museum of Art is to inspire the love of art; to collect, preserve, exhibit and present excellence in the visual arts; to educate, challenge and engage a diverse public.

#### Louisiana State Museum

Contact: rshaw@crt.state.la.us http://lsm.crt.state.la.us/ 701 Chartres Street

New Orleans, LA 70116 504-568-6968

Tues-Sun 10am-4:30pm

Located in the French Quarter. New Orleans' most prominent heritage attraction, a complex of national landmarks housing thousands of artifacts and works of art reflecting Louisiana's legacy of historic events and cultural diversity.

#### **Old Us Mint**

www.lsm.crt.state.la.us 400 Esplanade Avenue New Orleans, LA 70116 504-568-3660

Tues-Sun 10am-4:30pm

Located in the French Quarter. The only building in America to have served both as a U.S. and Confederate Mint was built in 1835 during the presidency of Andrew Jackson, who had advocated for its establishment in order to help finance development of the nation's western frontier.

Accessible: Yes • 7.19 miles

## Music

## **Music Together**

www.musictogether.com

www.lcm.org

Sundays @ 1:45, 2:45, or 3:45

Contact: Elizabeth Nicol

504-452-3796

Music together is an internationally-recognized, early-childhood music program for infants through age five and the adults who love them. Held at the Louisiana Children's Museum.

**❖** 4.98 miles

### <u>Parks</u>

#### City Park

## www.neworleanscitypark.com

1 Palm Drive New Orleans, LA 70124 504-482-4888

The historic 1500-acre park is home to birding, an equestrian center, fishing, football, golf & driving range, run/walks, soccer, flag football, rugby, lacrosse, softball, tennis, track, botanical garden, forest and arboretum, live oaks, museum of art and sculpture garden, amusement park, storyland and a train garden.

**♦** 6.90 miles

#### **Audubon Park Golf Course**

http://www.auduboninstitute.org/6500 Magazine St.

New Orleans, LA 70118 (504) 212-5237

A favorite spot for recreation, picnics or enjoying a beautiful day. Audubon Park is open to the public and also features

Audubon Golf Club, a clubhouse that serves breakfast, brunch, and lunch to the general public (Tues-Sun 8am-4pm). This is a very popular place to exercise for walkers, runners, and cyclists.

Security services provided Accessible: Yes (Shelter #10 has accessible parking and an accessible route)

**❖** 0.61 miles

#### KaBOOM!

## http://playspacefinder.kaboom.org/

The KaBOOM! Playspace Finder, currently in beta, allows you to enter, search, and rate playspaces in your community. It is a free, searchable directory that helps parents, community members and kids locate playgrounds, skate parks, sports fields, and even ice rinks across America. It can also be used to alert local communities about recreational areas that need a little help.

Every child has the right to play, and fully accessible playgrounds provide the opportunity for children of all physical abilities to explore their abilities, learn from each other, and experience the joy of play.

## **Performing Arts**

#### **Contemporary Arts Center**

www.cacho.org

900 Camp Street

New Orleans, LA 70130

504-528-3805

Thurs-Sun 11am-4pm

Accessible: Yes

**❖** 7.19 miles

## **Crescent City Lights Youth Theater**

www.crescentcitylights.org

305 Baronne Street

New Orleans, LA 70112

504-598-3800

NORD Ty Tracy Theater

545 St Charles Ave.

New Orleans, LA 70130

Accessible: Audience-Yes/ Stage-NO

**❖** 5.24 miles

#### **House of Blues**

www.houseofblues.com

225 Decatur Street

New Orleans, LA 70130

504-310-4999

Box Office Hours 12pm-6pm

Accessible: Yes

Reserve seating 48 hours in advance. Discounted accessible parking available.

❖ 5.97 miles

## **Jefferson Performing Arts Society**

www.jpas.org

1118 Clearview Parkway

Metairie, LA 70001

504-885-2000

Box Office Hours Tues-Fri 9am-5pm

Sat 10am-3pm

**❖** 8.97 miles

#### Louisiana Philharmonic Orchestra

www.lpomusic.com

1010 Common Street Ste 2120 New Orleans, LA 70112 504-523-6530

Accessibility varies at each location.

**❖** 5.59 miles

#### **New Orleans Ballet Association**

www.nobadance.com

One Lee Circle

New Orleans, LA

504-522-0996

Box Office Hours: Mon-Thurs 8:30am-

4:30pm

Fri 8:30am-2:30pm

Incorporated in 1969, NOBA has been serving and helping to advance the dance field for more than 40 years with a mission to cultivate understanding, appreciation, and enjoyment of dance through performance, education, and community service. Please see website for upcoming performances.

## **New Orleans Opera Association**

www.neworleansopera.org

1010 Common Street #1820

New Orleans, LA 70112

504-529-2278 or 504-529-3000

Box Office Hours 9am-4:30pm

The mission of the New Orleans Opera Association is to provide the finest possible operatic performances within its means to the New Orleans Metropolitan Area, the State of Louisiana, and the River and Gulf

Regions.

Accessible: Yes **❖** 5.59 miles

# **Southern Repertory Theatre**

www.southernrep.com

365 Canal Street 3rd. Level

New Orleans, La 70130

504-522-6545

Productions and theatre classes offered for all ages through Academy SRT

Accessible: Yes

**❖** 6.01 miles

## Restaurants

- For information on restaurants nearest Children's Hospital, including ones that provide delivery, please refer to the Rehabilitation Center brochure or The Guide to Children's Hospital booklet in patient rooms.
  - For information on restaurants in the New Orleans area please visit: www.neworleansonline.com/neworleans/cuisine

For information on assessable restaurants in the New Orleans area please visit: http://www.advocacyla.org/zagat.php

## **Shopping**

#### **Clearview Mall**

www.clearviewmall.com

4436 Veterans Memorial Boulevard
Metairie LA, 70006
504-885-0202

Mon-Sat 10am-9pm; Sun 12pm-6pm
Accessible: Yes

• 10.19 miles

#### **Elmwood Shopping Center**

1200 S. Clearview Parkway
New Orleans, LA 70123
504-733-1212
Accessible: Yes
♣ 8.07 miles

#### **Jackson Brewery**

www.jacksonbrewery.com
600 Decatur Street
New Orleans, LA 70130
504-566-7245
Mon-Sat 10am-9pm
Sun 10am-7pm
Accessible: Yes
6.23 miles

#### **Lakeside Shopping Center**

www.lakesideshopping.com 3301 Veterans Memorial Boulevard Metairie, LA 70002 504-835-8000 Mon-Sat 10am-9pm; Sun 12pm-6pm Accessible: Yes ❖ 8.75 miles

#### **Oakwood Mall**

www.oakwoodcenter.com
197 Westbank Express Way
Gretna, LA 70056
504-361-1550
Mon-Sat 10am-9pm
Sun 12:00pm-6:00 pm
Accessible: Yes
\$ 8.29 miles

#### **Riverside Market**

5300 Tchoupitoulas Street New Orleans, LA 70115 Accessible: Yes Combination of grocery s

Combination of grocery store, restaurants, and retail stores
 0.90 miles

#### **Riverwalk Market Place**

www.riverwalkmarketplace.com
1 Poydras Street
New Orleans, LA 70130
504-522-1555
Mon-Sat 10am-7pm; Sun 12pm-6pm
Accessible: Yes
❖ 5.78 miles

## The Esplanade

1401 W Esplanade Avenue Kenner, LA 70065 504-465-2161 Mon-Sat 10am-9pm Sun 12pm-6pm Accessible: Yes ❖ 15.13 miles

#### The French Market

http://www.frenchmarket.org/
1008 North Peters Street
New Orleans, LA 70116
504-522-2621
Accessible: Yes
7.45 miles

## **The Shops at Canal Place**

www.theshopsatcanalplace.com
333 Canal Street
New Orleans, LA 70130
504-524-0760
Mon-Sat 10am-7pm; Sun 12pm-6pm
Accessible: Yes
♣ 6.03 miles

#### **Wal-Mart locations**

www.walmart.com
All locations are accessible.

1901 Tchoupitoulas Street New Orleans, LA 70130 504-522-4142 ❖ 3.75 miles

5110 Jefferson Highway Jefferson, LA 70123 504-733-4923 ❖ 7.66 miles 300 W Esplanade Avenue Kenner, LA 70065 504-464-1653 • 16.71 miles

## **Sporting Events**

#### **New Orleans Zephyrs Baseball**

www.zephyrsbaseball.com 600 Airline Highway Metairie, LA 70003 504-734-5155

The Zephyrs are an exciting minor league baseball team in the Pacific Coast League. The baseball season runs from April to early September. Zephyr field offers wheelchair accessible seating in each section, seating for companions, and four sections on a raised platform. The outfield party area and the outfield hill are both wheelchair accessible.

Accessible: Yes **❖** 5.70 miles

#### New Orleans Hornets Basketball

http://www.nba.com/hornets/ 1501 Girod Street New Orleans, LA 70113 For tickets and information call: **525-HOOP** ADA Facilitator: 504-587-3917 Accessible: Yes

**❖** 5.30 miles

#### **New Orleans Saints**

www.neworleanssaints.com

1500 Poydras Street New Orleans, LA 70112 For tickets call: 504-731-1700 ADA Facilitator: 504-587-3917

> Accessible: Yes **❖** 5.35 miles

## **Tulane University**

http://tulane.edu/ 6823 St. Charles Avenue New Orleans, LA 70118 For tickets call: 504-861-9283 Football, Volleyball, Men & Women's Basketball

Accessible: Yes ❖ 1.75 miles

#### **University of New Orleans**

http://www.unoprivateers.com 200 Lakeshore Drive New Orleans, LA 70148 For tickets call: 504-280-4263 Baseball, Men & Women's Basketball, Volleyball

Accessible: Yes ❖ 9.32 miles

## **Swamp Tours**

#### **Honey Island Swamp Tours**

www.honevislandswamp.com 41490 Crawford Landing Rd. Slidell, LA 70460 986-641-1769

Explore the interior of America's least altered, most beautiful cypress river swamps on a two-hour narrated adventure with wetlands ecologist Paul Wagner and his native guides.

Accessible: No **♦** 40.35 miles

## **Jean Lafitte Swamp Tours**

Contact: PBair@visitnola.com 6601 Leo Kerner Lafitte Parkway Marrero, LA 70072 1-800-445-4109 or 504-587-1719 www.jeanlafitteswamptour.com

This privately owned swamp land has a number of exotic plant and animal life that will blow the minds of all who visit. Reservations strongly suggested (call 10am-

> 2pm.) Accessible: Yes **❖** 13.41 miles

## **Transportation**

## **Medicaid Van**

Louisiana's Medicaid Program provides non-emergency transportation to Medicaid-covered (other than pharmacy) services for Medicaid-eligible persons. The non-Emergency Medical Transportation Program is supported by federal and state tax dollars and provides services only when a recipient does not have or cannot arrange transportation.

A recipient should call the area scheduling office which covers his/her parish of residence ONLY if otherwise unable to arrange for medical transportation. The call should be made as early as possible, but at least two days before the appointment. Transportation to out-of-state appointments can be arranged but requires prior authorization.

## **Dispatch Office Phone Numbers:**

*Alexandria* 800-446-3490

Baton Rouge 800-259-1944

*Lafayette/Lake Charles* 800-864-6034

*Monroe* 800-259-1835

New Orleans 800-836-9587

*Shreveport* 800-259-7235

## **New Orleans Regional Transit Authority**

#### Fixed Route Accessibility

The Regional Transit authority (RTA) provides public transit within Orleans Parish and the City of Kenner in Jefferson Parish. Buses that are accessible to clients with disabilities serve all regularly scheduled routes.

RTA fixed-route buses are accessible to persons with disabilities. Features such as kneeling capability lifts, wheelchair securement areas and priority seating areas, ensure equal access on fixed route buses.

In addition to the mechanical device, fixed routes provide the flexibility to travel at any time during RTA's regular hours of operation without first having to make a reservation. For persons with disabilities the fare is only 40 cents and transfers are free. Customers must pay with exact cash, ticket, or token.

For routes and schedules of the RTA fixed route please see: http://www.norta.com/routes/

or call: 504-248-3900

#### **Paratransit**

The New Orleans Regional Transportation Authority (NORTA's) Paratransit Service is a shared-ride, curb-to-curb program available for those who are functionally unable to independently use the RTA fixed-route system either all of the time, temporarily or under certain circumstances.

Paratransit ID cardholders can also ride any fixed route vehicle free of charge.

Individuals interested in using RTA Paratransit services need to complete and submit an eligibility form for certification; it also needs to be signed by your doctor or a licensed healthcare professional. The application is located at the following website:

http://www.norta.com/accessibility/ADAApplication.pdf

The RTA Paratransit Service operates from 5am to midnight, 365 days a year. The system operates within the urbanized area of Orleans Parish. Eligible RTA Paratransit patrons can make service reservations between the hours of 8am and 5pm, Mon-Fri and from 8am-4pm on weekends and holidays. The paratransit fare is \$2.00 (one-way); a personal care attendant ride for free when accompanying an individual certified by the RTA Certification Office as requiring a PCA.

*Important phone numbers:* 

NORTA Paratransit Customer Service: 504-827-7433
NORTA Certification Office: 504-827-8345
For more information please visit:
http://www.norta.com/services/paratransit.php

## <u>Jefferson Transit</u>

#### FIXED ROUTE ACCESSIBILITY

All Jefferson Transit buses are lift-equipped buses that comply with the requirements of the Americans with Disabilities Act (ADA). These buses also use the Talking Bus system to announce major bus stops and transfer points along each route.

Mobility impaired or persons with disabilities may be issued a card for half-price fares on regular transit. The base half fare is 75¢. The half fare to cross the river is \$1.00. Transfers, available from the bus operators, are 25¢. For more information about half-price fares please visit: http://www.jeffersontransit.org/HalfFare.htm

For routes and schedules of the RTA fixed route please see: <a href="http://www.jeffersontransit.org/busroutes.htm">http://www.jeffersontransit.org/busroutes.htm</a> or call: 504-818-1077

#### **MITS**

The Mobility Impaired Transportation System, known as MITS, is part of Jefferson Transit, the Jefferson Parish public bus service. MITS provides transportation for persons with disabilities who are unable to use fixed route Jefferson Transit service. The fixed route service has designated bus stops at regular 2.block intervals along specific routes, while MITS service is curb-to-curb and demand responsive.

Individuals are eligible for MITS service only is there is some part of the fixed route bus system that they cannot use or navigate because of a disability. Applicants for the MITS program must complete an application and mail it to the MITS office. The application is located at the following website: <a href="http://www.jeffersontransit.org/MITS/MITS">http://www.jeffersontransit.org/MITS/MITS</a> Application March2010.pdf

MITS service is available seven days a week between 6am and 9pm. In addition, taxi service and lift-equipped ADA accessible bus service is available before 6 AM and after 9 PM seven days a week for individuals traveling within 34 mile of a fixed route bus line. Eligible MITS patrons can make reservations daily between the hours of 8am and 5pm. The MITS fare is \$3.00 (one-way) for MITS riders and guests. Personal assistants ride for free.

Important phone numbers:
MITS Office 504-889-7155
MITS Scheduling 504-889-7156
Cancellations/Will-calls/etc. 504-889-7194
For more information please visit:
http://www.jeffersontransit.org/MITS.htm

or

http://www.jeffersontransit.org/MITS/FullRidersGuide 4webMarch2010.pdf

## **Greyhound**

Greyhound's goal is to provide a safe, pleasant and convenient travel experience. Drivers, customer service personnel and contractors are available to meet the needs of customers with disabilities. They provide assistance with boarding and de-boarding buses, luggage, transfers, stowage and retrieval of mobility devices. This service is provided during transfers, meal and rest stops and other times as reasonably requested. They can help whether you are traveling alone or with a personal care attendant, using various mobility devices, or being accompanied by a service animal.

Assistance is available to customers with disabilities when they travel within the Greyhound system. There are three simple steps that will help your trip run smoothly.

- 1. Contact the Greyhound Customers with Disabilities Travel Assistance Line at
  - 1-800-752-4841 at least 48 hours prior to your departure.
- 2. Provide the phone operator information about your specific travel needs and schedule.
- 3. Inform employees and contractors of your needs during your trip.

With 48-hour advance notification, Greyhound can meet the service needs of all customers with disabilities, including people who use wheelchairs. Phone operators will use the information about your travel needs and schedule to arrange assistance by company personnel or contractors at your point of departure, meal and rest stops, and your final destination. Other transportation carriers involved in your trip will receive this information as well.

New Orleans Greyhound Station Information: 1001 Loyola Avenue New Orleans, LA 70114 Main phone number: 504-525-6075 Baggage: 504-524-7571

Customer Service: 504-525-6075 Hours of Operation:

Monday-Sunday: 5:15am-10:30am; 11am-1pm; 2:30pm-8:30pm Holidays: 5:15am-10:30am; 11am-1pm; 2:30pm-8:30pm

## **Cab Service**

Below are cab companies currently servicing the New Orleans area. These cab companies currently do not have wheelchair accessible vans, but it is possible to put a fold-up wheelchair in the trunk of the cab car.

*Checker-Yellow* 504-943-2411

*Coleman Cab Co.* 504-586-0222

*United Cabs Co.* 504-522-9771

*White Fleet Cab Co.* 504-822-3800

Yellow-Checker Cabs 504-525-3311

## **Accessible Van Rentals**

Wheelchair Getaways is the leading wheelchair van rental company in the United States. They rent wheelchair and scooter accessible vans in almost every city in the US. 24-hour emergency assistance, a knowledgeable staff, and the adaptive features that make traveling safe and comfortable are available.

Daily rental rates vary from \$80 to \$145, depending on the location. Lower rates are available for long-term rentals.

The wheelchair vans are available also for customers considering the purchase of modified vehicles. They recommend "trying before buying". Wheelchair Getaways also maintains an inventory of used vans for sale. In addition, some locations offer scooter rentals, power wheelchair rentals and GPS rentals for your traveling needs.

Gulf-Coast Location Information 1-800-642-2042 Toll Free: 1-888-376-1500 Local: 1-425-712-7114

Email: info565@wheelchairgetaways.com

## **Driver Rehabilitation Services**

The following driver assessment and training vendors have been approved by Louisiana Rehabilitation Services to provide driver rehabilitation services. For more information about driver rehabilitation services and mobility equipment vendors please contact:

#### Louisiana Rehab Services

627 N. Fourth Street Baton Rouge, LA 70821 (225) 219-2225 1-800-737-2958

#### Driver Assessment and Training Vendors in Louisiana

- First Class Driving School, Inc. 365 Jessie Jones Drive Benton, LA 71006 (877) 600-0045
- East Jefferson Rehab Center
   3601 Houma Boulevard, Suite 410 A
   Metairie, LA 70006
   (504) 456-9895
  - ➤ Louisiana Tech University
    Driver Rehabilitation Program
    711 South Vienna Street
    Ruston, LA 71270
    (800) 310-4251

- NCR School of Driving 6302 West Park Avenue Houma, LA 70364 (985) 580-1009
- Our Lady of Lourdes Regional Medical Center
   Occupational Therapy Department 611 St. Landry Street Lafayette, LA 70502 (337) 289-2166
- Southwest Safety Training, Inc.
   4416 Johnston Street Suite 9-C
   Lafayette, LA 70503
   (337) 989-0120
- Touro Rehabilitation Center 1401 Fourcher Street, 1<sup>st</sup> floor New Orleans, LA 70115 (504) 897-8642
- > = Program offers driver rehabilitation services including: clinical evaluation, in-vehicle evaluation, vehicle modification prescription, final fitting, and driver education.
  - = Program only offers driver training