



Recreation Inclusion

1. Welcome to the Recreation Inclusion workshop. Given by your Camp Lejeune-New River Exceptional Family Member Program.
2. Our objectives are to:
 - a. Define Inclusion.
 - b. Identify what Inclusion may look like.
 - c. Who benefits from Inclusion?
 - d. Legal responsibilities.
 - e. Local Recreation Inclusion resources.
3. Inclusion is conveying an attitude of acceptance, value, and welcome regardless of ability level. Inclusion offers the same choices and opportunities and Inclusion is a barrier-free environment.
4. Inclusion may include:
 - a. Wider aisles so individuals with physical disabilities can move around easily.



- b. Picture schedules so children with language delays can follow the daily routine.
 - c. Adaptive crayons and scissors that are made for children with fine motor delays.
 - d. Technology to aid those who have vision or hearing impairments.
 - e. Special furniture for people with physical disabilities.
5. Everyone benefits from Inclusion. That includes:
- a. The individuals with a disability.
 - b. Exceptional Family Members that have processing disorders or attention deficit disorder.
 - c. Individuals with hearing or visual impairment.
 - d. Temporary conditions due to injury or illness.
 - e. Typical or non-disabled population.
 - f. Differing learning styles.
 - g. The elderly.
 - h. Wounded Warriors.
6. We all benefit from Inclusion.



7. There are legal responsibilities to include those with disabilities. As per the Rehabilitation Act of 1973: it prohibits discrimination on the basis of disability in programs conducted by Federal agencies.

a. Section 504 forbids organization and employers from excluding or denying individuals with disabilities an equal opportunity to receive program benefits and services. It states that reasonable accommodations will be made: including adaptive equipment for recreation, special study area or educational/behavioral supports and even a reader or interpreter for someone who is blind or hearing impaired. Some common requirements under section 504 include:

- i. Accommodations for employees with disabilities.
- ii. Program accessibility.
- iii. Effective communication with people who have hearing or vision disabilities.



8. Additionally, section 508 lays out requirements for electronic and Information Technology accessibility to the public and employees with disabilities. This means that web-based functions can be operated in a variety of ways and does not rely on one sense; like hearing, vision or ability. It can also include accessible website text and documents, pictures on a website to be labeled with a tag and labeled for a screen reader and videos to be closed captioned.
9. So, what is adaptive equipment? According to the United States Assistive Technology Act of 1998, assistive technology (also called adaptive technology) refers to any “product, device, or equipment, whether acquired commercially, modified or customized, that is used to maintain, increase, or improve the functional capabilities of individuals with disabilities.”
10. Many locations and programs here aboard Camp Lejeune-New River have such adaptive technology.



Paddling clips are wrist clips used in kayaking. A person with limited grip strength can easily paddle without having to hold the paddle in their hands. This equipment can be found at outdoor adventures, Gottschalk Marina. There is also an adaptive bowling ball that has a retracted handle that can be useful for a person with limited grip strength and range of motion. This equipment can be found at the Bonnyman Bowling Center.

11. The example of this lift is used for smaller facilities in areas that may not be large enough for elevators and have multiple floors. This is also found at the Bonnyman Bowling Center.
12. Pool chair lifts provides a safe transfer into a pool for a person that uses a wheelchair or has other mobility challenges. This equipment can be found at several of the installations indoor and outdoor pools. The beach wheelchair is specifically designed with larger wheels to



roll easily across sand without sinking. This equipment can be found at Onslow Beach.

13. The Paramobile is a motorized wheelchair that allows someone with a spinal cord injury to stand up and participate in activities and sports. MCCS has two Paramobiles available for use. One is located at the EFMP Camp Lejeune office and the other is at the Wallace Creek Fitness Center. You can contact either facility and reserve the Paramobile.

14. Assistive hearing devices is used to amplify sound for those with hearing impairment. This device can be found at the base theatre.

15. There are many resources on our installation and other installations for recreation inclusion. Check out:

- a. Child and Youth Programs
- b. Libraries
- c. Youth Sports
- d. Aquatics



- e. Community Centers
 - f. Theatres and entertainment
 - g. Outdoor adventures
16. Let's take a look at how we can find some of those.
 17. So from the MCCS Camp Lejeune-New River website you can find a host of recreation activities. Let's first take a look at our fitness centers.
 18. There are many aboard Camp Lejeune and New River with opportunities for group fitness classes. If you have a specific need please reach out to them and see how they are able to accommodate. They are definitely more than willing to help.
 19. Let's also look at the community centers. The Tarawa Terrace Community Center has many opportunities for youth and adult activities. You can check out their calendar of events. You can also click on "more information" for a detailed description for what the activity or event includes. If you have any specific needs,



please reach out to them and let them know how they can best accommodate you.

20. Next let's look at our sports opportunities. There are opportunities for both youth and adults on base. Let's take a look at youth sports. Depending on the season there are many opportunities for youth and adults to participate. Reach out to them and let them know about your child's specific needs. They are also great at providing referrals for local programs that would be a good fit for your child as well.

21. There are multiple community resources available as well, such as:

- a. County or city Parks and Recreation Departments.
- b. Community sports leagues.
- c. Dance, martial arts and gymnastics classes.
- d. Libraries.
- e. Museums.
- f. Aquatics.



- g. Summer camps.
 - h. School sports, clubs and extracurricular activities.
22. Here is a list of Community Inclusion Opportunities. Most are for Onslow County but you can also see some that are outside of Onslow County. If you do not live within Onslow County please research opportunities are within your community. All of these links will be provided in the handout as well as the event detail section so you can have access to them.
23. In our area there are also various need specific resources. There are different summer camp opportunities specifically for children with special needs. As well as a few unique surfing opportunities that has been very successful for those diagnosed with autism. TOP Soccer is a new outreach soccer program in Jacksonville designed to meet the needs of young athletes with cognitive or physical disabilities up to age 21 but they must enrolled in school. There is no cost to participate.



24. For more information on finding recreation inclusion opportunities in your area please reach out to your EFMP at Camp Lejeune or New River.
25. If you have any questions, please leave them in the comment section below.