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19. Recreation and Leisure

This chapter lists those services and organizations that offer recreational opportunities for people with TBI. These services can be very important for a few reasons: 1) recreation offers training in skills that are important in many areas of living (e.g., cooperation, teamwork, etc.) that the person with TBI may have 'misplaced' due to the injury; and 2) recreation offers a way to learn to socialize with others, a skill that is also sometimes misplaced.

It is rather important to find the right recreation/leisure outlet for you or your particular client/family member. There are many factors involved in the 'right' program: the person's interests, abilities, and skills; the people who are in the program (do they have TBI? [although they don't necessarily have to have a TBI for the program to be of benefit], are they at a similar level?); the staff (have they the patience to deal with possible disruption, dissatisfaction, or lethargy?); and most importantly, does the person like it.

One additional place to investigate is the local Parks and Recreation Department (in the front of the White Pages in the city listings). When you consider that these programs are local, they look very attractive and may be at the top of the list to explore.

Accessible Fitness

408/986-1419 or 408/561-9317

2936 Scott Boulevard

Santa Clara, CA 95054

Website: <www.accessiblefitness.com>

- Offers people with disabilities an opportunity to obtain the benefits associated with exercise as well as a free consultation with an adapted certified trainer, workshops, group therapy, and education.

Bay Area Association of Disabled Sailors (BAADS)

P.O. Box 77212

San Francisco, CA 94107-7212

Website: <www.baads.org>

- Offers people with disabilities and their families the opportunity to go sailing, learn to sail, or volunteer to help bring sailing to others.
- \$24/year membership includes boat use, club events, including free drop-in classes and a bi-monthly newsletter.

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Bay Area Outreach and Recreation Program (BORP)

510/849-4663

FAX: 510/849-4616

830 Bancroft Way, Suite 205

Berkeley, CA 94710

Website: <www.borp.org>

- Sports and recreation activities for individuals with disabilities of all ages.
- Recreation referrals and consultations.
- Serves the San Francisco bay area.

Bessie Kay Adult Day Health Center

916/245-1796

105-B Hartnell Ave.

Redding, CA 96002

- Every other month they have a party for those with TBI with transportation provided.

Betty Wright Swim Center Classes

650/494-1480

3864 Middlefield Road

Palo Alto, CA 94306

Brainstorm

RCH, Inc. (Formerly Recreation Center for the Handicapped)

415/665-4100

207 Skyline Blvd.

San Francisco, CA 94132

- Offering aquatics, drama, outings, and a computer lab.

City of Gilroy Community Services Therapeutic Recreation Program

408/846-0460

7351 Rosanna Street

Gilroy, CA 95020

- Social activities and opportunities for the development of socialization skills for people with disabilities.

19. Recreation and Leisure

City Of San Jose Office Of Therapeutic Services

408/251-4449

137 North White Road

San Jose, CA 95127

Website: < www.ci.san-jose.ca.us/prns>

- This office sponsors a number of programs for people with disabilities, including some for those with TBI.
- They have such activities as support groups and recreation for people with any disability.
- They also have summer camps for children with disabilities.

City of Sunnyvale Therapeutic Recreation Program

408/730-7359

505 West Olive Avenue, Suite 115

Sunnyvale, CA 95127

- Program offers various sports and exercise classes as well as special events and other resources to people with disabilities.

Community Association For Rehabilitation

650/494-0550

525 East Charleston Road

Palo Alto, CA 94306

- One must have a doctor's prescription to use the pool.

Community Gatepath

650/697-8924

1764 Marco Polo Way

Burlingame, CA 94010

Website: <communitygatepath.org>

- Offer speech therapy as well as classes in basic living skills, computers, cognitive skills, memory, leisure, recreation, and social issues.

Creativity Unlimited Diquisto Center

408/559-1847

FAX: 408/559-1842

2715 Union Ave. (at Curtner Ave.)

San Jose, CA 95124

- Fine art program for persons with disabilities.

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Disabled Sports USA Of Northern California

916/722-6447

6060 Sunrise Vista Drive, Suite. 2540

Citrus Heights, CA 95610

Website: <www.dsusafw.org>

- Multiple recreational activities.
- They publish a newsletter called "Ventures"

Easter Seals Bay Area

408/295-0228

FAX: 408/275-9858

730 Empey Way

San Jose, CA 95128

- Offer various recreation and aquatic programs for individuals with disabilities.

Environmental Traveling Companions (ETC)

415/474-7662

Fort Mason Center, Bldg. C

San Francisco, CA 94123

Website: <www.ectrips.org>

- Offer outdoor programs: whitewater rafting, cross country skiing, and sea kayaking.
- They mostly work with groups (>10 people), although they also have days set aside for individuals.
- They publish a newsletter.

Head Injury Recreation And Leisure Network (H.I.R.L.N.)

408/885-4430: Hotline

408/251-4449: Dan Greeley, Therapeutic Specialist

408/885-4435: Scott Shields, RTR, CTRS, Recreation Therapist (SCVMC)

751 South Bascom Avenue

San Jose, CA 95128

- Nine special events cosponsored by the City of San Jose and Santa Clara Valley Medical Center (SCVMC).
- Social recreation for TBI survivors and their family members.
- Community reintegration and exploring of options for recreation and leisure.

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The Janet Pomeroy Center

(Formerly Recreation Center for the Handicapped)

415/665-4100

207 Skyline Blvd.

San Francisco, CA 94132

Website: <www.janetpomeroy.org>

- Therapeutic swimming pool, gymnasium, computer lab, stage, playground, community garden, and a day camp.
- The center also offers vocational services for individuals with TBI.

Josephine Kernes Memorial Pool

831/372-1240

15 Portola Avenue

Monterey, CA 93940

Website: <www.kernespool.com>

- Warm water pool for individuals with disabilities.
- Classes and one-on-one instruction offered.

Red Morton Center

Redwood City Parks, Recreation & Community Services

650/780-7311

1120 Roosevelt Avenue

Redwood City, CA 94063

Website: <www.redwoodcity.org/parks/cc/red_morton.html>

- They offer trips, fitness classes, dance classes, art classes and other activities.

Redwood City Parks, Recreation & Community Services Accessible Recreation Activities & Programs (ARAP)

650/780-7313

1455 Madison Ave

Redwood City, CA 94061-1499

- They offer trips, hikes, fitness classes, movies, and lunches to their members. They also publish the quarterly ARAP Update, which details their activities.

19. Recreation and Leisure

Silicon Valley Independent Living Center

408/985-1243

FAX: 408/985-0671

TDD: 408/985-9243

2306 Zanker Road

San Jose, CA 95131

Website: <www.svilc.org>

- Bi-weekly group recreational/social activities and events and information regarding accessible community resources.
- Activities include: arts and crafts fairs, barbecues, lunch and dinner outings, museum tours, rafting, sea kayaking, seasonal events, shopping excursions to the mall, trips to plays, musicals, operas, travel destinations and sporting events.

Southwest YMCA

408/370-1877

408/608-6817: Physability Program

13500 Quito Road

Saratoga, CA 95070

Website: <www.scvymca.org/southwest/>

- Physability Program provides the opportunity for everyone to participate in community recreation and continue rehabilitative exercise. Physability instructors develop a personalized exercise program (including aerobic, strength training, and flexibility).

West Valley Rehabilitation Center

408/356-2191

16412 Los Gatos Blvd.

Los Gatos, CA 95032

- Aquatic therapy.

Wilderness Inquiry

612/676-9400

TTY: 612/676-9475

FAX: 612/676-9401

808 14th Avenue SE

Minneapolis, MN 55414-1516

- Non-profit that focuses on getting people to personally experience the natural world (hiking, horse packing, rafting, dogsledding, kayaking).
- Includes individuals with disabilities.