



INVOLVE THE INDIVIDUAL YOU SUPPORT

- ✓ Engage a *person-centered planning* focus, ensuring their voice is heard
- ✓ Help them to identify their purpose, their gifts, what they like or what they can share
- ✓ Think outside the box! There are many ways to experience recreation in the community

IDENTIFY INTEREST – TYPE & LOCATION OF PROGRAM

- ✓ Start with exploring interests with the person you support
- ✓ Think about physical accessibility and universal access
- ✓ What type of program structure would work best for this person, this activity?

IDENTIFY YOUR STAFF CONTACT

- ✓ Call ahead of time, ask if there is an inclusion (or adaptive program) staff
- ✓ If no identified staff seek out a management or higher position
- ✓ Once engaged look for the leaders and build a good rapport with them

LEARN ABOUT THEIR STAFF SUPPORTS & EXPERIENCE

- ✓ Inquire about the program design and ratios
- ✓ Understand the background/experience of: Inclusion Staff, Instructors, Coaches, Counselors
- ✓ What inclusion practices are in place?

BE AN ACTIVE PART OF THE INTAKE PROCESS (& BEYOND)

- ✓ Disclosure is generally best (& on a need to know basis)
- ✓ Focus on strengths – the individual you support should go ahead and brag or you can in their behalf
- ✓ Use good communication practices

UNDERSTAND THAT ALL PLAYERS ON THE TEAM ARE VALUABLE

- ✓ Start the relationship valuing their input
- ✓ Identify who else should be on the team
- ✓ Be available and responsive

STRENGTHEN THEIR PROGRAMS - TOGETHER

- ✓ What are their expectations? Be clear on your expectations
- ✓ Like what you see? Share!
- ✓ Dealing with challenges? How can you help?

PROVIDE EFFECTIVE SUPPORT

- ✓ Help prepare the person you support, ask for class expectations/schedule ahead of time
- ✓ Take a *“least restrictive – most independent”* approach (Aide & Fade)
- ✓ Facilitate social interaction – ensure before and after class time

DEALING WITH ROADBLOCKS

- ✓ Know what to do when a program provider says *“We’re not an inclusive program”*
- ✓ When expectations don’t align – how can we work together to reach our goals?
- ✓ What to do if you can’t find any suitable programs

PATIENCE BALANCED WITH ADVOCATING

- ✓ Work toward creating/instilling a *“Let’s Get To Success”* approach
- ✓ If appropriate or would be beneficial, recommend inclusion training
- ✓ Count each step in the right direction as a WIN toward advocating for more inclusive communities