

ASSISTIVE TECHNOLOGY RESOURCE GUIDE:

RECREATION AND LEISURE

What is available to support recreation/leisure?

Adapted equipment for P.E., switch activated toys, spinners, different sized game pieces, specialized music and art equipment can all support rec/leisure activities. Items in this category typically support art, music, physical education, and other extracurricular activities. These items can also have use in the academic classroom.

What types of students might benefit?

When we think recreation access for students we often think first of students who have a physical limit to participating in activities unaccommodated. Though supports can also be valuable with students who may need support in vision, cognition, sensory, and other areas. It is important to consider the individual student and their needs. When discussing these needs, think about what the student has had to sit out of and what caused that barrier.

How does it help?

Being able to participate in games and social activities is an important part of the school day. Increasing a student's independence with being able to engage with their peers is a wonderful, and sometimes the most fun way, to increase their access to FAPE.

Who can be a support on your team?

Physical Education Teacher, Physical Therapist, Occupational Therapist, IEP Team, Parent, Student

Recreation and Leisure Skills to Consider:

- Participate in games and play activities
- Participate in art activities
- Participate in sports and exercise activities
- Listen to music
- Read a book
- Watch TV/Movie
- Play with toys
- Participate in social media/online communities
- Use the computer/internet

Common Classroom Tools:

- Art materials
- Books and magazines
- Games
- Computer/tablet/word processor
- Document camera
- Music (e.g. musical instruments, digital player, CD player, etc.)
- Puzzles
- Sports and exercise equipment

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- Toys

Common Accommodations/Modifications/Strategies:

- Adjust workspace for easier access
- Adult/peer assistance
- Change complexity of task
- Model appropriate skills
- Modify games and activities
- Sensory supports
 - auditory
 - tactile
 - visual
- Use readily available materials to provide modifications
- Verbal and/or visual cues

Assistive Technology Solutions:

- Puzzles with knobs
- Switch adapted spinners
- Oversized dice
- Adapted utensil holders (i.e. crayons, paint brush, stamps)
- Raised line coloring sheets
- Adapted scissors
- Card holders
- Adaptive sports equipment
- Adapted games
- Adapted books
- Specialized format books
- Adapted music with symbols
- Adapted instruments
- Non-skid surface
- Switch accessible toys/devices
- Environmental control devices
- Power control units and battery adapters
- Alternate access/accessibility features
 - adapted pointers
 - alternative mice
 - alternative keyboards
 - switch access
 - screen readers
 - magnifiers

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Products mentioned below are examples of available items. Their listing in this guide is not an endorsement or suggestion for purchase. Consideration of the tool should be individualized to each student.

<https://www.southwestmedical.com/Independent-Living-Aids/Adaptive-Games/711c0>

<https://enablingdevices.com/product-category/adapted-toys-games/adapted-games/>

<https://www.flaghouse.com/Physical-Education/Adapted-PE/>