

(Enter your Park District, City or Village Name) Residents with Disabilities are Invited to Use the Programs and Services of NSSRA



(Enter your Park District, City or Village Name) is a partner in the Northern Suburban Special Recreation Association (NSSRA). Our residents with disabilities can take advantage of a wide variety of programs and services offered through NSSRA. Listed below are some of the programs and services available to adults and children with disabilities in our area. NSSRA also provides ***In-Home Programming*** for residents unable to leave their home, ***Leisure Skill Development, Birthday Party assistance, Sign Language Interpreters and Assistants, 1/2 Hour Private Leisure Consultations, provision of Professional Speakers***, and more. **The NSSRA Winter 2006 program session runs from Monday, January 9 - Saturday, March 11 for 9 weeks.** (Gator Athletics/Special Olympics and other program dates may vary.)

Please visit NSSRA on website at: WWW.NSSRA.ORG

➤ ***Inclusion Programs:***

Some people with disabilities choose to participate in park district or recreation department programs with people without disabilities. NSSRA provides training, support staff and assistance to partner park districts and local recreation departments so Inclusive Recreation can be enjoyed by all. NSSRA support can be in the form of extra staff, sign language interpreters, adapting rules and policies, behavior management support, disability awareness training, accessibility and accommodations, or other services necessary to include people with disabilities in community recreation.

➤ ***Cooperative Programs:***

NSSRA offers Cooperative Programs with its partner park districts, cities and villages or with other community agencies. Often Cooperative Programs provide skill-based programs, vacation and holiday programming, camps, school day off events, and more. NSSRA provides assistance, based upon participation numbers and needs. Day Camps are offered cooperatively with special education and other agencies for children with developmental and other disabilities, as well as camps for children who are deaf and hard of hearing. Other Cooperative Programs include **Adaptive Sports, Movement and Dance, BlazeSports®**

➤ ***Traditional NSSRA Programs:***

NSSRA offers more than 150 traditional programs and events locally each season. The Association utilizes Therapeutic Recreation professional staff members and other staff with specialized training and certifications, along with part-time leaders and volunteers. Staff members work closely with participants, families, schools and others, to ensure quality programming and successful recreation experiences are also utilized.

For preschool-age children with disabilities: NSSRA offers parent-tot swim, karate, ice-skating and more.

Youth and teens with disabilities can register for sports, cooking, swimming and other activities.

Adults with disabilities can participate in Friday and Saturday night social clubs, back-to-back Saturday programs, and a variety of other programs and special events.

Aquacise, Total Exercise and other programs are ideal for individuals with a physical disability or visual impairment. **NSSRA Gator Athletic Programs**, which **provide training for and participation in Special Olympics competitions** for individuals eight years and up with cognitive disabilities, are offered throughout the year. **Accessible door-to-door** and standard transportation from pick up points is offered for certain programs.

For details about NSSRA programs and services, to volunteer, to make a donation, become a sponsor, or to receive other information, contact NSSRA: by phone: 847 509-9400, by fax: 847 509-1177 or in person at 3105 MacArthur Boulevard in Northbrook. You can also email NSSRA at info@nssra.org.