

# LIVING WITH PARALYSIS

## Adaptive Sports and Recreation for People with Paralysis



CHRISTOPHER & DANA  
REEVE FOUNDATION  
TODAY'S CARE. TOMORROW'S CURE.®

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**This guide has been prepared based on scientific and professional literature. It is presented for education and information; it should not be construed as medical diagnosis or treatment advice. Please consult a physician or appropriate healthcare provider for questions specific to your situation.**

**Credits:**

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## Adaptive Sports and Recreation for People with Paralysis

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## INTRODUCTION

***“Community integration, personal development, mental development, long term physical health. These are all things that come from sports participation. That’s why it is so important to create equitable access for everyone.”***

***Erik Robeznieks, Assistant Director of the University of Michigan Adaptive Sports and Fitness Program***



*Photo Courtesy of Erik Robeznieks*

### **What’s possible for people living with paralysis? A better question is, what isn’t?**

Skiers race down mountains on sit-skis. Scuba divers use webbed gloves to propel themselves through the ocean with their hands. Cyclists cruise along accessible park trails, while bowlers can use a sip and puff system and ramp to rack up strikes on a Friday night.

Adaptive sports and recreational activities help people lead lives defined not by what they can’t do, but by what they can.

Playing sports boosts overall physical health, reducing the risks of cardiovascular disease, high blood sugar and weight gain, and improves mood and self-esteem. Joining a team, or embracing new recreational activities, can also provide critical social connections that bring joy to life.

The options are endless. Picture a day kayaking with your children, a weekend camping trip with friends, or the welcome solitude of a swim at the local pool. From wheelchair fencing to adaptive gardening, the sky’s the limit. Follow your curiosity, find a new passion, and forge a path toward a happy, healthy life.

## HOW TO BEGIN

Take time to consider your goals. Are you eager to activate your competitive spirit? Missing the camaraderie of being on a team or hoping to build new social connections? Interested in challenging yourself mentally or physically by trying something new? Hoping to increase strength and overall health?

Maybe your motivation is as simple as just having fun. Whatever drives you, be willing to explore a wide range of activities. Not everything will click, and you might surprise yourself by loving something entirely unexpected.

Thanks to the wonders of the Internet, research has never been easier. Find instant inspiration by searching social media and scrolling through thousands of posts from people with disabilities from all around the world who are playing sports and living life to the fullest. Use the hashtag (#) symbol to search anything that you're curious about—from #adaptivesports to #wheelchairtennis and #accessiblecamping—and realize all that is possible.

## GETTING IN THE GAME: WHERE TO LOOK

There are many ways to search for specific opportunities to get active in your community, whether you're looking to seriously compete or meet new friends.

**Move United**, a nonprofit organization founded in 1956, promotes participation in adaptive sports and recreation through a national network of more than 200 community groups. A search engine on the organization's website can help map what programs are available in your area. Subscribe to its free magazine, published three times a year, and weekly podcast "Redefining Disability" to receive regular information about adaptive sports and athletes.

Individuals interested in competing at elite or recreational levels can find local coaches, events, and clubs through the **U.S. Olympic and Paralympic Committee**; comprehensive information about all

Paralympic sports is also available along with sport-specific searches to identify local clubs across the country.

Large rehabilitation hospitals may also have resources for community members: Kennedy Krieger Institute in Maryland offers an array of adaptive sports options for children and adults, such as sitting volleyball, wheelchair lacrosse and weight training; Spaulding Rehabilitation Hospital in Boston oversees in-person and virtual programs throughout the region, including pickleball, sled hockey, swimming, and yoga; and Shirley Ryan AbilityLab in Chicago organizes golf games, handcycling and adaptive climbing sessions with local community groups. Children's hospitals may also offer free adaptive sports summer day camps or overnight programs for children with disabilities. At the Children's Hospital of Pittsburgh, Camp INSPIRE is designed for children and teens with tracheostomies, ventilators, and BiPAP machines who have complex medical conditions. At the Hospital for Special Care in Connecticut, campers with physical disabilities have the choice of a traditional multi-sport and recreation camp experience or one that focuses more intensively on sport skills development.

Increasingly, colleges and universities are establishing adaptive sports programs that create opportunities for students with disabilities to compete or play intramural sports. Many of these programs are open to community members with disabilities and to students without disabilities. The University of Michigan Adaptive Sports & Fitness Program offers competitive wheelchair tennis and basketball, and an adaptive track and field team; weekly drop-in recreational games and strength conditioning sessions draw students with disabilities and without. At Auburn University, there are wheelchair basketball and tennis teams; the weight room contains accessible strength and cardiovascular equipment; and five hand cycles are available for recreational use. And, at Portland State University, all abilities are welcomed to the climbing wall, inclusive fitness center, and drop-in clinics featuring adaptive sports such as sit-volleyball. Contact the colleges near you to see what programs they offer.

People with an interest in a specific sport can seek out the national governing body to find local opportunities to play. For example, if you're interested in a game of precision like boccia, USA Boccia provides a list of clubs and contact information on its website. Or, if the speed





and chase of wheelchair rugby is tempting, visit the **U.S Wheelchair Rugby Association** to find a map of community teams across the country.

Local governments often provide a variety of adaptive programs for residents with disabilities. The **Denver, Colorado Department of Parks & Recreation** offers adaptive martial arts, bowling and golf. In Florida, **Hillsborough County Parks**

**& Recreation** runs wheelchair basketball, swimming and archery programs. Investigate what is available in your community—and if options are few, meet with local leaders to advocate for starting a program.

In addition, there are many non-profit organizations serving people with disabilities that provide adaptive sports programs ranging from summer camps to competitive leagues. Consider calling your **Easterseals** chapter or a local **Center for Independent Living** to see what's happening in your community.

**Kakana** offers fitness classes virtually to people living with disabilities. The adaptive classes are led by people living with disabilities.

*Growing up in southwest Michigan, Caiden Baxter was an active kid who loved sports, especially baseball, a game he had played since he was a toddler.*

*When Baxter was 15, he sustained a T12 spinal cord injury in an accident while riding an all-terrain vehicle. One of the challenges of his recovery was grappling with how sports and competition would fit into his changed life.*

*“I definitely was worried about losing the athletic aspect of my identity,” he says. “I was also worried about what kind of physical fitness I was going to be able to maintain.”*

*He discovered adaptive sports through his rehabilitation hospital’s therapeutic program; though he enjoyed it, after his discharge he quickly sought a more competitive outlet—and found one in the River City Rollers, a wheelchair basketball team in South Bend, Indiana.*

*The program, which welcomed people without disabilities to play the game using a wheelchair, not only gave Baxter a chance to be an athlete again, but also helped him reintegrate socially.*

*“My friends and family were able to come play too, which was great,” he says. “The biggest part for me was getting that sense of connection again through the community.”*

*The sport kept him busy and encouraged him to embrace an active life: soon, Baxter was hand cycling with his parents and tending elevated garden beds in the yard. These days, he is a communications and media major at the University of Michigan, where he plays for the competitive wheelchair tennis team and often can be found in a pick-up game of adaptive basketball.*

*“Adaptive sports connect you to people that have similar situations,” he says. “That’s the cool part. When I first started, I was introduced to sports again, but also to a bunch of people living in my area that had spinal cord*





Photo Courtesy of Caiden Baxter

*injuries. I could ask them so many questions. They had injuries longer than me and it helped to see where they were. Now, hopefully, I am fulfilling that role for other people.”*

## CULTIVATING NEW HOBBIES: WHAT TO DO

While sports provide an excellent way to maintain fitness and find new friends, hobbies can also enhance a life.

Sing in a community choir. Join a local scrapbooking club. Discover others who share your passion. Whether hunting or playing bridge, know that adaptations exist to support a variety of abilities.

Nature lovers seeking fresh air and adventure have an array of options. Birdability, a Texas non-profit founded by Virginia Rose (see spotlight), has partnered with the National Audubon Society to create a searchable, crowd-sourced map detailing the accessibility of birding sites around the world. Its website also provides comprehensive information about adaptive equipment, interviews and blogs by birders living with disabilities, and extensive suggestions for how to implement accessible and inclusive birding in local communities. Call your local Audubon Society chapter to see what events are happening near you.

Accessible outdoor recreation programs and opportunities can also be found through state environmental and conservation agencies. The Environmental Council of the States provides a list of them. Call regional offices or check the main website for lists of accessible resources and any adaptive events in state parks. For example, Mount Tom State Reservation in Holyoke, Massachusetts rents push sleds and sit-skis for exploring accessible trails, while all-terrain wheelchairs are available at Staunton State Park in Pine, Colorado.

A state's Division of Fish and Wildlife may also maintain lists of accessible fishing locations for anglers with disabilities. Public access piers should be eight feet wide to allow space for individuals to maneuver wheelchairs. For those interested in exploring local lakes or rivers, finding the right boat or professional guide is important. Depending on transfer ability, it may be possible to sit in the boat's seating with a lap belt for support. Pontoon boats, available at many resorts and fishing events, offer the option of remaining in a wheelchair while on the water. Paralyzed Veterans of America sponsors a variety of fishing tournaments for people with disabilities throughout the year, and the non-profit organization Fishing Has No Boundaries promotes fishing for people with disabilities through chapters in eight states.

But interested anglers should also reach out to local fishing clubs and

marinas; many likely welcome enthusiasts of all abilities.

Exploring national parks, whether hiking or camping, is an outdoor option that may especially appeal to families. The **National Park Service Access Pass**, available to people with permanent disabilities, provides free, lifetime admittance to more than 2,000 recreation sites managed by five federal agencies. The **National Park Service** and the **Department of Agriculture** each maintain interactive maps of accessible parks, forests, and grasslands throughout the country. Some campsites may feature accessible bathrooms and showers, trails, fire rings and picnic tables.



Closer to home, people may find joy in gardening or stargazing; call local or regional garden societies and astronomy clubs to learn about meetings and events. Community recreation centers or local hobby shops may host board game clubs or regular card games.

For a mix of art and motion, consider adaptive dance. Local cultural organizations and colleges and universities, especially those that offer recreation therapy or kinesiology degrees, may provide programming. The **National Dance Institute** provides inclusive dance in K-12 schools, virtual classes, and a twice-yearly program that gives children with disabilities the opportunity to perform. The **Wheelchair Dancers Organization**, a San Diego non-profit organization, hosts free ballroom, Latin and hip-hop dance classes, as well as weekly adaptive fitness classes. Call local dance studios or use social media to investigate what's available in your community.

*When he was in high school, Garrison Redd sustained a T12 spinal cord injury after being shot in the back by a stray bullet. Redd had been a star running back on the football team, but the inexplicable event discouraged him from trying adaptive sports for years.*

*“I had no closure to my football career,” he says. “Losing something in the blink of an eye like that, I also lost that desire to get involved in sports”*

*Eventually, after graduating from college and landing a job at the Internal Revenue Service, Redd began struggling with frequent urinary tract infections. He decided to visit a local gym to see if exercise might help. It did—but even after the infections cleared up, Redd continued his daily weightlifting workouts.*

*The stronger he got, the better he felt; when a local coach suggested he return to sports, Redd was ready.*

*He started training as a wheelchair racer, later joining the Navigators Adaptive Sports Club in New Jersey. The experience helped him realize his injury did not need to limit his athletic ambitions.*

*“We were all trying to help each other get better,” he says. “You were supposed to win and be the best. I felt like I was home, like this is what my body was supposed to be doing.”*

*During one competition, Redd was also asked to participate in a powerlifting event; he lifted 250 lbs., setting a record for his weight. He had found his new passion in one of the fastest growing adaptive sports.*

*In 2018, a dozen years after his injury, Redd qualified for the Team USA Para Powerlifting team. As he competes at events across the country—his sights set on the 2024 Paralympic Games in Paris—Redd encourages young people with disabilities to take up adaptive sports.*



*“Playing a sport, it’s good for your body and you get self-esteem and self-confidence from it,” he says. “You’ve got to look at the bright side of things and be thankful for what you have. Why wouldn’t I use my abilities? That’s where powerlifting connected with me. The goal is to be as strong as possible in life.”*

## SPORTS AND RECREATION FOR EVERY FUNCTION

More than 5.4 million people live with some level of paralysis in the U.S. Whether caused by disease, birth defect or trauma, the range of functional loss caused by paralysis will vary depending on specific damage to the spinal cord.

There are sport and recreation options available for even the most severe mobility impairments, including for people living with high level quadriplegia. Injuries at the C1-C3 level result in paralysis in all four limbs, including limited function below the neck. But assistive technology such as chin and head controls, mounted scopes, and sip and puff systems allow individuals to participate in many activities, from ballroom dancing and hiking to bird watching.



**TRAILS**, the adaptive sports program at the **University of Utah Health's Craig H. Nielsen Rehabilitation Hospital**, offers people with complex disabilities the chance to ski using the **TetraSki**. Developed by the University of Utah Rehabilitation Research and Development Team, the joystick or breath-controlled system allows skiers to independently control turning and speed. The TetraSki is also available through some adaptive ski programs around the country, including **Adaptive Sports Partners of the North Country's program** at Cannon Mountain in New Hampshire.

Power soccer was invented specifically for power wheelchair users and can be played with chin, head, or sip and puff controls. Games are played in a gymnasium with a footguard attached to the front of the wheelchair to maneuver the ball, and the sport includes competitive and recreational teams throughout the U.S.



Boccia and bowling may also be played by people with high level quadriplegia. Bowlers can attach ramps to wheelchairs and, using a sip and puff system or mouth stick, roll the ball down the alley. In boccia, portable ramps are used with mouth or head

sticks to launch balls toward a target ball; additionally, competitive boccia players with severely limited mobility may also give instructions to an assistant who can act as an extension of the athlete.

Sailors with limited or no arm function can use a chin control joystick or sip and puff system to steer a boat's rudder and sails. Hunters can similarly control shooting mounts that are attached to their wheelchair.

Creative thinking and technical advances continue to transform adaptive sports; if an activity doesn't yet provide equipment to support your function, reach out to a local university's engineering department and suggest a collaboration.



## AVOIDING INJURIES



Staying active provides critical health benefits for people living with paralysis. But whether wheelchair racing or playing a game of cards poolside, secondary conditions caused by spinal cord damage will always require extra attention.

Shoulder protection programs comprised of stretching and range of motion exercises can help prevent injuries

commonly caused by overuse. Before beginning a new sport or physical activity, speak with your doctor or physical therapist to establish a regular routine that will strengthen shoulder muscles and tendons and help avoid injury.

While playing sports, or participating in any physical activities, be aware of feeling light-headed, nauseous, or dizzy, which can be signs of low blood pressure. People with spinal cord injuries may also have difficulty regulating body temperature. Stay well-hydrated by drinking water or fluids before, during, and after exercise. In warm weather, carry a cold towel or spray bottle to keep cool. While snowboarding or cross-country skiing, monitor your arms, hands, feet, and legs to ensure they don't get too cold.

Exercise can sometimes increase friction on the skin, leading to heightened risks of pressure sores. Make sure to shift frequently, use cushions, and do regular skin checks after exercising.

When camping or hiking, carry first aid kits and extra battery packs. Being prepared and aware of what your body needs will keep you active and able to enjoy life.

*One of Tracy Cole's favorite photos features herself, aged 18 months, beside a rocking horse.*

*"If one of your first photos is with a horse, it's kind of destiny," she says.*

*Cole was born with cerebral palsy and didn't learn to walk until she was six years old. Before that, she remembers scooting around the neighborhood on a toy horse she called Marvelous Mustang.*

*When a doctor suggested to her parents in 1972 that Cole either swim or learn to ride horses, she was thrilled. At the time, there was one therapeutic riding program in New Jersey; from the moment she began lessons, her life was transformed.*

*"I could get up on this horse and go faster than my slow walk," she says. "I didn't have to lean on anything. I could balance on the horse. The horse could walk through sand and water and go into the woods. Instead of sitting on the sidelines watching everyone else, I got to do something, and it was just the most awesome thing."*

*Cole's self-confidence skyrocketed. She was suddenly doing something that most people—with a disability or not—did not do. When she was 15, she rode past fellow equestrian and former first lady Jacqueline Kennedy Onassis on a country road.*

*"As far as she knew, I was just another rider," Cole says. "Horseback riding is the great equalizer."*

*Cole has traveled independently throughout her life, exploring the world on Alaskan and Caribbean cruises, and collecting medals at national and international riding competitions.*

*"Once you get off the sidelines, you start socializing with people and you start succeeding at things," she says. "People say, "You can't do that, and I say, watch me.""*

Photo Courtesy of Tracy Cole



*Since 2011, Cole has been a participant and instructor at Centenary University's Therapeutic Riding Program in Hackettstown, New Jersey. The work gives her the chance to "help open up the world" to young riders and will provide a way to stay engaged with the sport if aging eventually prevents her from riding.*

*"Horseback riding shaped my life," she says. "And hopefully it will keep shaping my life for as long as possible."*

## SUPPORTING HEALTHY LIVES

**The Christopher & Dana Reeve Foundation Quality of Life Grants Program** supports nonprofit organizations across America that increase community engagement, improve access, and encourage independent living for people living with paralysis. Over the past five years, the Reeve Foundation has invested \$3.5 million in sports and recreational programs that have built accessible trails and raised garden beds in Washington; provided adaptive jet skis for a lakeside initiative in Nebraska; and supported an overnight adventure camp in Colorado that featured adaptive fishing and horseback riding for people living with paralysis and their families.

The growing popularity and impact of adaptive sports is creating

increased opportunities and engagement for thousands of families, according to program director Mark Bogosian.

“The world of adaptive sports has just opened up,” Bogosian says. “Now, the sky’s the limit. If you can think it, it can be done.”



**Catalyst Sports**, a recent grantee in Atlanta, Georgia, is seeding Southern cities with adaptive climbing and cycling events that foster community engagement. Founder Eric Gray was inspired to focus on adventure programming that brings participants together after working as a recreational therapist

at a veterans’ hospital. Knowing that many veterans thrived off an adrenaline rush, Gray launched adaptive cycling and kayaking programs to refocus their energy. When he helped get a 50-foot climbing wall built on-site, its popularity among therapists and veterans sparked a light bulb moment.

“Nobody in the Southeast was giving people with disabilities the opportunities to access adventure in this way,” he says.

Catalyst’s first climbing clinic in 2013 drew 65 people with physical disabilities from throughout the region; one woman had even driven from Michigan with her father. Since then, the organization has added nine chapters in cities throughout the South that offer regular clinics and rides not only for people with disabilities, but their friends and families, too.

“It’s all about community and connection,” Gray says. “One woman who used a power wheelchair came out recently and told us she hadn’t ridden a bike in 30 years. This was the first time she had been able to get out into nature on her own and go for a ride with her sister. That’s what this is all about.”

*For more information about Reeve Foundation Quality of Life grants, visit [www.ChristopherReeve.org/QOL](http://www.ChristopherReeve.org/QOL).*

## KEEPING VETERANS CONNECTED

Adaptive sports have played a key role in rehabilitation and recovery for veterans with disabilities since World War II. As thousands of soldiers returned home with spinal cord injuries and amputated limbs, doctors in the U.S. and England began incorporating recreation into treatment programs; wheelchair basketball was invented specifically for veterans, but the idea to make all sports accessible would eventually follow.

Now, the **U.S. Department of Veterans Affairs (VA)** runs a wide range of year-round adaptive sports and therapeutic arts events



designed to promote independence, community engagement and well-being among veterans. Summer clinics offer veterans the chance to surf, sail, kayak, and cycle, while winter brings skiing, sled hockey, and indoor scuba diving and rock-climbing lessons.

In addition, the **National Veterans Creative Arts Competition** focuses on arts categories ranging from patriot prose and poetry to dance and woodworking.

The VA also supports the pursuit of competitive sports, providing a monthly assistance allowance for veterans with disabilities who are training in Paralympic sports.

James Howard, **Reeve Foundation Military & Veterans Program** Coordinator, is a veteran who lives with a C5-C7 spinal cord injury. He has participated in many VA events since his injury, beginning with a handcycling event for veterans that opened his eyes to the value of adaptive sports.

“I felt a freedom and independence that I worried I would not feel again,” Howard says.

*One night, on a whim, Virginia Rose went to a birding seminar at the Travis Audubon Society in Austin, Texas. She arrived at the event curious; she left a convert.*

*"I was totally hooked," she says.*

*Rose, now a retired high school English teacher, promptly signed up for the society's classes and outings where she was often the only person there who used a wheelchair. This didn't faze her; the members were welcoming and Rose, who sustained a T10 injury when she was 14 years old, had never let the wheelchair limit her life.*

*"I always told my students, 'Your greatest accomplishments are not going to happen in your comfort zone,'" she says. "I look for situations where I don't know how I'm going to do it. I'll figure it out. I always have."*

*With help from a local camera shop, Rose had a spotting scope that she could independently maneuver mounted to her wheelchair. Soon, she was leading birding trips herself. The community she found became the center of her life, but she also relished the solitude and sense of freedom birding gave her.*

*"I call it the importance of being unattended," she says. "Being able to bird alone in an accessible park, I encountered my best self. I met myself on the trail."*

*Rose began taking detailed notes about accessibility in parks throughout Austin to help Travis Audubon increase participation among people living with disabilities. When the National Audubon Society heard about the effort, they invited Rose to speak at its annual conference and collaborated on a crowd-sourced accessibility map that now includes more than a thousand birding sites around the world.*





Photo Credit: Mike Fernandez / Audobon

*In 2020, after a steady stream of calls and emails from potential birders wanting to know how they could get involved, Rose launched Birdability, a non-profit dedicated to making birding inclusive and the outdoors accessible to everyone.*

*“I found lifelong purpose and community,” she says. “The empowerment that comes from opening a door, looking in, and saying, ‘I can do that.’ And that’s for anything, not just birding.”*

The experience was transformative. Howard became a passionate cyclist and launched **REACHcycles**, a Richmond, Virginia non-profit organization that has provided more than 625 adaptive tricycles to children with disabilities.

“I think accessible sports help everybody across the board, but for vets in particular, it gives that sense of camaraderie that they probably miss,” Howard says. “It really helped me move forward through my recovery process.”

Veteran-specific adaptive sports and recreation programs are also offered by community organizations, often in partnership with the VA. The **Paralyzed Veterans of America** hosts tournaments and clinics across the country for sports including bowling, rugby, and trap shooting. In New York, **Soldiers Under Sail** is an adaptive sailing program designed specifically for veterans at Hudson River Community Sailing. **Adaptive Sports Northwest**, based in Portland, Oregon, offers programs ranging from swimming to track and field.

Explore the VA’s national event listings, and check with your local VA hospital or veterans’ community groups to see what is available nearby.

## ADAPTIVE EQUIPMENT

Most adaptive sports and recreation programs will supply equipment to participants, but there are also grants available that can help with individual purchase. The **Kelly Brush Foundation** awards grants to people with paralysis caused by spinal cord injury to purchase adaptive sports equipment. **Semper Fi & America’s Fund** provides adaptive sports equipment to injured veterans, while the **Challenged Athletes Foundation** offers grants for adaptive equipment purchases for anyone with a permanent physical disability. Sometimes, sport-specific funding is also available: **Athletes Helping Athletes** donates adaptive cycles to kids under the age of 18.

State assistive technology centers, funded by the Assistive Technology Act of 2004 and overseen by the **Administration for Community Living** Center for Innovation and Partnership, may also offer loan closets or funding for equipment that improves the lives of people living with paralysis.

## RESOURCES

Learn more about the organizations listed in this booklet. Or, for additional help finding adaptive sports and recreation opportunities in your community, Reeve Foundation Information Specialists are available Monday through Friday, toll-free at 800-539-7309 from 9 am to 8 pm EST. Please see [www.ChristopherReeve.org/factsheets](http://www.ChristopherReeve.org/factsheets) to view the Sports and Competition factsheet as well as the Recreation factsheet for more resources.

### **Adaptive Sports Northwest**

<https://adaptivesportsnw.org/about/military-programs>

### **Adaptive Sports Partners of the North Country**

<http://adaptivesportspartners.org/tetraski>

### **Administration for Community Living: State Assistive Technology Centers information**

<https://acl.gov/programs/assistive-technology/assistive-technology>

### **American Wheelchair Bowling Association**

<https://awba.org>

### **Association of Fish and Wildlife Agencies**

<https://fishwildlife.org/landing/membership/member-list>

### **Athletes Helping Athletes**

<https://www.roadrunnersports.com/content/aha-home-page>

### **Auburn University Adapted Sports**

<https://cws.auburn.edu/Accessibility/AdaptedSports/Sports>

### **Audubon Society**

<https://www.audubon.org/about/audubon-near-you>

### **Be Adaptive Equipment** (hunting and outdoor)

<https://beadaptive.com/products>

### **Birdability**

<https://www.birdability.org/what-we-do>

### **Catalyst Sports**

<https://www.catalystsports.org>

**Centenary University Therapeutic Riding Program and Instructor Course (Hackettstown, NJ)**

<https://www.centenaryuniversity.edu/academics/undergraduate-studies/equine-studies/therapeutic-riding>

**Challenged Athletes Foundation**

<https://www.challengedathletes.org>

**Children's Hospital of Pittsburgh, Camp INSPIRE**

<https://www.chp.edu/our-services/rehab-medicine/camp-inspire>

**Christopher & Dana Reeve Foundation Quality of Life Grants Program**

<https://www.ChristopherReeve.org/QOL>

**Christopher & Dana Reeve Foundation Military & Veterans Program**

<https://www.ChristopherReeve.org/MVP>

**Easterseals**

<https://www.easterseals.com>

**Environmental Council of the States**

<https://www.ecos.org/members>

**Garrison Redd Project**

<https://www.thegarrisonreddproject.org>

**Fishing Has No Boundaries**

<https://fhnbin.org>

**Hospital for Special Care Adaptive Sports Program**

<https://hfsc.org/sports-and-fitness/adaptive-sports-program>

**ILRU Directory of Centers for Independent Living**

<https://www.ilru.org/projects/cil-net/cil-center-and-association-directory>

**Kakana Adapted Fitness Classes**

<https://onekakana.com>

**Kelly Brush Foundation**

<https://kellybrushfoundation.org/theactivefund>

## **Kennedy Krieger Institute Adaptive Sports Program**

<https://www.kennedykrieger.org/community/initiatives/physically-challenged-sports>

## **Mount Tom State Reservation (Holyoke, MA)**

<https://www.mass.gov/info-details/adaptive-program-schedule#general-information>

## **Move United**

[www.moveunitedsport.org](http://www.moveunitedsport.org)

## **National Dance Institute**

<https://nationaldance.org>

## **National Park Service Access Pass**

<https://www.nps.gov/subjects/accessibility/access-pass.htm>

## **National Park Service Accessibility Map**

<https://www.nps.gov/subjects/accessibility/plan-your-visit.htm>

## **Paralyzed Veterans of America**

<https://pva.org/adaptive-sports>



## **Portland State University Inclusive Rec**

<https://www.pdx.edu/recreation/inclusive-rec#inclusiveprograms>

## **REACHcycles**

<https://www.reachcycles.org>

## **River City Rollers (South Bend, IN)**

<https://rivercityrollers.org/>

## **Semper Fi & America's Fund**

<https://semperfund.org/what-we-do/integrative-wellness/team-semper-fi/>

## **Shirley Ryan Ability Lab Adaptive Sports and Fitness Program**

<https://www.sralab.org/services/adaptive-sports-fitness-program>

## **Soldiers Under Sail**

<https://hudsonsailing.org/veterans-programs>

## **Spaulding Rehabilitation Network Adaptive Sports Centers**

<https://spauldingrehab.org/conditions-services/adaptive-sports>

## **Staunton State Park (Pine, CO)**

<https://cpw.state.co.us/placestogo/parks/Staunton/Pages/Track-Chair-Program.aspx>

## **TetraSki**

<https://www.tetradapt.us/tetraski-adaptive-skiing>

## **TRAILS at the University of Utah Health Craig H. Neilsen Rehabilitation Hospital**

<https://www.utrails.us/about>

## **Travis Audubon Society (Austin, TX)**

<https://travisaudubon.org>

## **U.S. Department of Agriculture Forest Service**

<https://www.fs.fed.us/ivm>

## **U.S. Department of Veterans Affairs National Veterans Sports Programs & Special Events Office**

<https://www.blogs.va.gov/nvspse>

## **U.S. Department of Veterans Affairs National Veterans Creative Arts Festival**

<https://www.blogs.va.gov/nvspse/national-veterans-creative-arts-festival>



## **U.S. Power Soccer Association**

<https://www.powersoccerusa.org>

## **U.S. Sailing Association**

<https://www.ussailing.org/wp-content/uploads/2018/01/Adaptive-Sailing-Resource-Manual.pdf>

## **U.S. Olympic and Paralympic Committee**

<https://www.teamusa.org/Team-USA-Athlete-Services/Paralympic-Sport-Development/Getting-Started/Find-A-Club/Club-Search>

## **U.S. Wheelchair Rugby Association**

<https://www.uswra.org/page/show/6234720-join-a-team>

## **USA Boccia**

<https://usaboccia.org/clubs>

## **University of Michigan Adaptive Sports and Fitness Program**

<https://www.umadaptivesports.com>

## **Wheelchair Dancers Organization**

<https://www.wheelchairdancers.org>

## **World Para Powerlifting**

<https://www.paralympic.org/powerlifting>



Photo Courtesy of Tracy Cole



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