

Leisure on a Budget

Recreation Therapy
Department



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In this session we'll discuss:

Common barriers to leisure

Finances specifically as a barrier

Internet resources

Discounts available

Simple equipment modifications

Grants/Scholarships

Using the community



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Leisure...why/why not?

- Is participating in leisure important to you?
- Do you recognize values and/or benefits to leisure participation?
- Did you identify any barriers to leisure participation before your illness/disability?

No one to do activities with me...

Work Demands

**Limited
Transportation**

MONEY

Not enough time

Is tight

Activities aren't offered in my area



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Sometimes things change

- How might these constraints change now that you have a disability/illness?
 - Work demands?
 - Amount of free time?
 - Transportation?
 - Money?
 - Limited work/income, need to purchase medical equipment/or pay for care, increased cost of adapted recreation/leisure equipment



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Leisure on a budget

- How can we limit the stress about money?
 - Adapt leisure interests
 - Find discounts
 - Apply for a grant/scholarship
 - Have a fundraiser
 - Look into waiver programs (for caregiving needs)
 - Ask your community for assistance
 - Local Parks and Recreation
 - YMCA
 - Community or church organizations



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New activities?

- Adapt leisure interests
 - Adopt new interests that require little to no money
 - Examples:
 - Nature activities, bird watching, repurposed/recycled crafting, book club, recreational sports leagues, geocaching
 - Alter how you participate in current leisure interests
 - Examples:
 - Instead of buying books or renting movies- borrow them from the library for FREE
 - Game night at home instead of out



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Ways to save

- Find discounts
 - General public
 - Discount websites (Groupon, LivingSocial, etc.)
 - Community freebies/discounts
 - Based on disability
 - May or may not be advertised
 - Doesn't hurt to ask!
 - Based on other criteria (age, military, etc.)
 - AAA, AARP, college student



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DIY

- Find simple home-based modifications
 - Example: Using box for card holder, use tape for Wii adaptor, PVC pipe fishing rod holder, etc.
- Use your friends and family
 - Example: Someone who can weld could easily fashion a rifle rest from scrap metal; someone who does woodworking could make a card holder or a billiards bridge, etc.



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Get free money?

- Hold a fundraiser
- Grants and Scholarships
 - There is assistance to help purchase recreation/leisure equipment
 - Usually have requirements
 - Can take extended time to be approved and receive
- Start a GoFundMe account



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Holding a Fundraiser

- Planning a 5k
- Selling t-shirts
- Partnering with a community group
- Cookout with raffle tickets
- Sporting tournament



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Grants and Scholarships



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The Travis Roy Foundation

- Dedicated to improving the lives of people with SCI by providing adaptive equipment and funding research



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Kelly Brush Foundation

- Mission is to empower those with paralysis to lead engaged and fulfilling lives through sport and recreation and to prevent ski injuries through recreation



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HelpHOPELive

- Nonprofit dedicated to support community fundraising for people with unmet medical and related expenses due to cell and organ transplants or catastrophic injuries and illnesses



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The Cindy Donald Dreams of Recovery Foundation

- Committed to creating a positive change for individuals facing the many challenges which accompany SCI or brain injuries



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Challenged Athlete Foundation

- Provide opportunities and support to people with physical challenges, so they can pursue active lifestyles through physical fitness and competitive athletics



Finding additional grants

- [Disability.gov](https://www.disability.gov)
- [Grants.gov](https://www.grants.gov)



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Using your community

- Ask your community for assistance
 - Could the equipment be beneficial to others in your community?
 - It's more likely that a business could afford to purchase equipment easier than you could...
 - They may get a tax credit for increasing access
 - Contact them/write a letter
 - Equipment on loan/rent from community programs?
 - Atlanta area residents are able to rent/loan equipment from Shepherd



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Leisure in your community

- What to include in your letter to a community business?
 - Brief personal history
 - History with using their services
 - What equipment are you recommending?
 - How could the equipment help others in the community?
 - With Disabilities?
 - Without Disabilities?
 - Is there a tax benefit?



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Let's talk

- Resources
- Any questions or suggestions?



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