



Accessible Recreation

Accessible recreation is a growing phenomenon in Canada. Below is a list of some groups working to make recreation more accessible for all Canadians.

Abilities.ca

www.abilities.ca

Abilities.ca is a resource for people with physical or intellectual disabilities. On the home page you will find a list of upcoming events and recent news. The Canadian Abilities Foundation also publishes Abilities magazine. Check out the Enable Link on this site.

Active Living Alliance for Canadians with Disabilities

<http://www.ala.ca/Content/Home.asp?langid=1>

This national organization offers a wide variety of resources for people with disabilities on accessible recreation, including descriptions of different activities and connecting people with opportunities for participation.

Disabled Independent Gardeners Association

<http://www.disabilityfoundation.org/diga/>

This BC organization offers workshops, one-on-one support, volunteer help, community gardening opportunities and custom tools for people with disabilities interested in gardening.

The Leisure Information Network

<http://lin.ca/recreation-database>

This website has a Recreation Database within which you can search for more articles, best practices and helpful organizations dealing with recreation, sports, and activities for people with disabilities.

Training Module on Inclusive Recreation Programs

<http://www.nbacl.nb.ca/en/introduction-and-overview>



Created by the New Brunswick Association for Community Living, this resource offers a section on Strategies for Families as well as other valuable “how-to” material.

Variety Village

www.varietyontario.ca

This Toronto recreation centre offers many accessible recreation programs for people with and without disabilities.

**If you know of a different program or organization offering accessible recreation opportunities, please share this on our Facebook page.*



From www.ibelong.ca – a website of L'Arche Canada.

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Page 2