RECREATION

- Ranking (Total/SA/FA) – pg. 3
- Raw Narrative Responses
  “Why is this important?” – pg. 5
- Raw Narrative Responses
  “Types of Activities” – pg. 27
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RECREATION

Rankings based on average scores on a 1 - 11 scale (1 = Most Important)

Total Ranking = Tied at 8th

Total Rankings

1 - Health & Well-Being: 4.0
2 - Housing: 4.1
3 - Education: 4.3
3 - Employment: 4.3
5 - Formal/Informal Supports: 4.8
6 - Quality Assurance: 5.8
7 - Early Intervention: 6.1
8 - Transportation: 6.2
8 - Recreation/Social: 6.2
10 - Child Care: 6.9
11 - Other: 8.5

Self-Advocate Ranking = 7th

Rankings by Self-Advocates

1 - Employment: 3.7
2 - Housing: 3.8
3 - Health & Well-Being: 3.9
4 - Education: 4.5
5 - Formal/Informal Supports: 4.7
5 - Transportation: 4.7
7 - Recreation/Social: 5.4
8 - Quality Assurance: 5.7
9 - Child Care: 7.4
9 - Early Intervention: 7.4
11 - Other: 8.1

Family Advocate Ranking = 7th

Rankings by Family Advocates

1 - Health & Well-Being: 4.1
1 - Education: 4.1
3 - Formal/Informal Supports: 4.6
4 - Housing: 4.6
5 - Employment: 4.7
6 - Quality Assurance: 5.5
7 - Recreation/Social: 5.7
8 - Early Intervention: 6.4
9 - Transportation: 6.7
10 - Child Care: 7.2
11 - Other: 9.8
RECREATION

Question 1: Why did you put this as the most important to you?

1. After all my time working with this population, I think this can be most lacking

2. because this is the area I've had the most trouble finding any services/supports, and what little I have found has largely been cut in favor of focusing on employment or education. Social interactions are also a particular area of difficulty for me, which is a core feature of autism and it's where I need the most support

3. Would like activities in the community. MORE information about places, programs & events, etc.

4. need to restore services, so I can go to MORE PLACES in the community make me happy to go to more places

5. cause I'm very active

6. IN order to interact w/ people

7. improve intellectual and developmental

8. Activities for my 35 year old daughter

9. I put these columns that are very important to me for every transferring, and how to get some free time for myself also how to be by myself

10. getting out and doing things

11. stay active. not isolated

12. stay involved

13. Keep blind community active & involved

14. stay involved in community

15. Important for low vision Community

16. staying social, giving back

17. stay active

18. wants to be out socializing

19. Need to socialize

20. More social interaction with people

21. Need more social interaction

22. We lack a lot of this in our area. kids/adults should be able to interact with others more
23. to make build/make friendships
24. Because I believe going into the community & learning w/ natural support having fun is great
25. It is very important for people with disabilities to have the opportunity to do things they love swimming is especially important because the high rate of drownings in people with disabilities
26. I work with clients who have ASD & similar diagnosis
27. Because there does not seem to be any focus anywhere else for this.
29. being around family
30. Because I socialize & talk to people
31. Santa Rosa
32. I like going to different places and meeting new people
33. Going out in the community,
34. Social people need something to do in their spare time.
35. Because I am very social and I like to meet new people.
36. I enjoy sports, going to the opera, going to the bookstore.
37. To help me being an active member of a community.
38. To be able to lose weight for the summer.
40. Community outlets besides being stuck at home with no parental understanding and education about mental health issues.
41. I think more support in helping people have opportunities for fun and friends leads to overall happiness.
42. There's a lack of resources currently for social/recreation opportunities specifically in west county Contra Costa.
43. Social activities are important to feel like a part of society unless out of character for the individual.
44. I always exercise, it helps me because I have diabetes.
45. Play basketball, and football.
46. because I got some great social skills
47. Daughter is very social but hard to make friends,
48. To stay active and to communicate w/ others
49. My child needs something to do.

50. There needs to be more social and recreational options offered to young adults and those who have exited the school district.

51. Don't want to be bored

52. because I think its most important for us to socialize

53. It's important for people with disabilities and it is not offered at this time.

54. I listed this for two reasons. 1. Self-Awareness starts from mind and body awareness in relation to relevant contexts of one's environment. People with disabilities need access to movement, exercise and opportunities to interact and align their intentions from where they are and have been to where they can be, with opportunity to build resilience enabling them past limitations and opportunity to align those intentions with others. We see that beautifully illustrated in team sports, in playing music in a band, etc. Team/collaborative efforts. 2. Recreation/Social done correctly provides meaningful integration & inclusion within the individual's community. However, the framework with San Francisco & the Bay Area impedes access to community. For example, San Francisco is one of the wealthiest cities globally, yet students must commute outside of San Francisco to Non-public schools (NPS). This burdens individuals with disabilities further as they lose hours daily to access an appropriate academic environment. In this example, accountability for recreation & social interaction is lost between the school district and NPS while the individual is tied up for hours commuting daily (currently a 5-mile round trip which becomes a 70-mile round trip next fall.) The individual with disability then must know how to meaningfully integrate during very rare recreation/social opportunities...for example, a dance. Spending the bulk of his time commuting and being alone, he is excited to be at the dance but without support, he is still alone at the dance but everyone can point to the dance as a social activity he participated in, leaving out that meaningful interaction was missed. Another example, the NPS uses OTL (Out to Lunch) in which a student invites others out-to-lunch as social goals. Our son did not meet his goal of inviting two other students to lunch at the start of the year because he went out-to-lunch by himself twice without inviting anyone by his own admission. They then increased his goals to invite 3 other students and said don't worry about other students rejecting his invitation, he just needs to ask 3 other students if they would like to go.

55. TRY TO SOCIALIZE MORE WITH PEOPLE

56. Because having friends is important to me.

57. It's been the hardest place to find support for out of what I want from life.
As someone who is deprived from social interaction (my mom and sister do not show willingness to speak to me, nor do they let me speak to others when we are not in public), it is important to me to be placed in a program that gives me the opportunity to socialize.

Being out of the house and doing things. Away from being bored.

I like to have fun.

go on outing

go out

Having friends

I live in the country and don't get to see my friends very often, I like to

It is what I look forward to, to see my friends and do things with them

I need friends

I want to have friends and things to do

To be included in the community

It's important to have fun in life

being active is good

I want to make friends

Because it's through recreation events that I found folks with similar interests.

Because I like to be in the community & interacting w/others makes me feel good

I want to meet people and make some more friends.

recreation like movies and "fun" stuff

Because I can get out of the house to play bingo, watch movies, and meet people

Services collapse after age 22. Adults need recreational & social activities, too

Helps me see other people and have face to face with others and interaction. Friends are important to me

having fun with my friends is the most important thing in my life. It makes me feel alive

Its healthy to interact

It is what makes me happy
82. I think it is important to find activities with peers with similar abilities. Kids and parents are more understanding and accepting.

83. Recreational opportunities are not supported by our local regional center, Alta California Regional Center, so for safe and appropriate recreational opportunities such as special needs summer camps, we need to pay out of pocket at much higher rates than neurotypical adults or children would need to pay.

84. I have trouble working with people and need more help. Hope to meet more adults with disabilities.

85. Feeling connected to others and having social contacts regularly improves quality of life.

86. People first is important to me.

87. Autistic people have difficulty socializing.

88. My 24-year old daughter is very social and thrives when social/recreational opportunities arise.

89. Social recreation for adults has not been funded since 2009, its terrible that the last Governor ignored this and legislature has ignored requests for social recreational funding for adults.

90. I like to go out in the community

91. I like program

92. I like program and time with other clients

93. Better than sitting home being bored, last program I went to did nothing fun.

94. Because I like to come to program and go to the store and lunch

95. I like to come to program to do arts and crafts

96. I like coming to program

97. I like to socialize with friends and peers

98. Better than sitting home all day

99. Want to make connections for friends for our child with peers he can relate to/with. Also make connections with other parents going through similar situations with their children.

100. Restore RC recreational funding

101. Persons with disabilities are very isolated and lack social/recreational outlets to deter depression.

102. So that they can have something to keep them active.
103. My daughter is very social and as she gets older the opportunity for her to be included in social activities declines.

104. Leisure time is very important.

105. cannot go to community to recreate. need help

106. Our son needs help socially

107. being part of the community enhances happiness

108. Our children opportunities for social and community inclusion are limited and become depressed and at risk

109. consistent and positive social interactions are the hardest to create

110. we are social animals, if we do not have meaningful connections we perish.

111. having friends is critical to a good life. Without friendship and things to do, life can be miserable

112. My daughter is a young adult who has medical complexity & is non-verbal & non-ambulatory. She is often isolated from doing age appropriate things with peers because there are very few providers that are licensed to provide services for her in the community.

113. I would like to see more extracurricular activities for kids like my son

114. People cannot grow if they are home all the time. They need opportunities for growth and socialization.

115. It is important for our some to get out in the community and have social programs

116. My brother needs better stimulation instead of isolation

117. Because you need a balance and I've been working on my education and I haven't done enough recreation and social activities and I feel that is important. We've been asking for services in this area to be re-funded each year.

118. I want to have fun and not do arts and crafts; I'm just glad I don't stay indoors.

119. Recreation used to be funded by regional center, but that ended during the Great Recession.

120. Important.

121. People sit at home with nothing to do

122. It is what people need most

123. It is what is important to people

124. Individuals frequently report that they don't have anything fun to do.
125. Adults with disabilities need to have connections/relationships outside of their home/family.

126. I strongly believe in community integration and feel this would be very beneficial for our developmental disability population.

127. "Most of our families need to work on learning how to interact with others in social settings, but do not have a lot of options for recreation or social activities where they can go."

128. People need to get out more

129. I feel like we have limited resources of inclusion

130. Because common interests lead to friendships and relationships, because those with unique interests deserve a chance, and because stuff you do at the park can bring us together and introduce us to new things.

131. I like to do social things

132. Need things to do

133. I want to get help with getting more social and getting to know people better and hanging out with them.

134. So I can learn about more stuff.

135. I see that a lot of the people I support have a hard time socializing.

136. Most important to our daughter

137. It helps to prevent loneliness. Preventing loneliness helps to prevent abuse.

138. I think socializing opportunities for adolescents are very few and far between

139. My son challenges are largely socializing. Organized meet ups would potentially help him.

140. It's important for him to be a part of the community and be accepted

141. Because it's important to provide opportunity for socialization and programs that can help to provide them

142. finding/creating recreational opportunities for consumers

143. Many of my participants are looking for accessible activities/affordable options they can partake in during day program hours and on weekends

144. My daughter wants connections with people but isn't capable of "typical" friendships. Connections with people can prevent mental illness

145. So that people with disabilities can feel and have fun

146. happy life with other people and recreation

147. Makes it easier for people when they have these supports.
149. I want more scholarships, to earn more money.
150. Because it helps people meet new and interesting people around them.
151. If I don't have fun things to do i stay home
152. more opportunities needed for community engagement
153. Each human being needs to have opportunities and access to have fun
154. To have more activities.
155. I like what we do.
156. Where to go for local
157. With HCBS, COMMUNITY INFORMATION how best to approach places in the community
158. Social
159. to make friends
160. My son enjoys extra-curriculum activities. We should have programs to help them develop socially & to help find discover the interests & talent
161. To balance this life
162. My son is sometimes emotionally unstable. He doesn't have a lot of friends.
163. All play equally important roles
164. I go out to adventure club on Tuesday morning
165. Recreation/social interaction is what keeps us happy
166. Having a balance between work and recreational activities
167. To develop my skills in Conversation
168. Children by playing and participating in activities
169. Son currently has none although in group home.
170. Keep them active in community and keeping them in healthy life and safety.
171. because profit receive funds but still charge for services
172. Relationships are important
173. It's important for our clients to have activities & socialize in the community
174. Although there are social skills groups, advocacy group and dances, many are not appropriate for individuals that are needing more specific help transitioning and generalizing social activities to the community so not isolated or a group they cannot relate to.
175. I work in the A.V. - to some families Recreation/social is important and to consumers it should always be an option - let families know about activities!
176. I am parent of only child. I'd like to know that she can be connected with people in safe settings in the future and perhaps even receive support in this.

177. Being active and social leads to a healthy lifestyle.

178. Kids on autism spectrum struggle socially and may not have the skill level to participate in recreation activities such as sports.

179. Son has no social network, community.

180. I want more recreation, things, exercise, camping.

181. to be more social and I'm shy in big crowds

182. Need to do things besides work and business

183. I like to go out somewhere

184. A well balanced social life increases happiness.

185. People need to meet other people.

186. Creating better opportunities and access for inclusionary recreation and social activities of individuals with disabilities is necessary.

187. Because it puts the community a lot together. Because it is the best.

188. Going to coffee shops and going to mall and going to the movies and going and getting nails and toes done and working at a coffee shop.

189. Arithmetic

190. I believe that a big part of quality of life and mental health is to go out and see the world.

191. I like to watch movies, listen to music, play on the computer.

192. To feel belong and meet new friends.

193. Trying new things and being involved.

194. Because being social and participating in recreational activities improve quality of life.

195. Makes individual happy and included.

196. Recreation provides opportunities for inclusion and very important for health and quality of life.

197. Because I need my child to get social skills.

198. I think that people with disabilities might have a hard time socializing and everyone needs "me time"

199. Need more day programs in our area

200. It is important to socialize with people.
201. You need an outlet to relax and rejuvenate.
202. I think important promote healthy living that values fun and social interaction.
203. Because its great
204. Hard to find activities for adults with disabilities.
205. Go to the store, bowl.
207. Freedom to go anywhere physical and social.
208. They will be employed in an agency & company and compensated important to make clients happy
210. I like to travel every year to see family in Louisiana.
211. Teach golf.
212. Because isolation significantly decreases longevity
213. There are not a lot of opportunities for adults and teens to connect in their community everybody enjoys activities outings and socializing with others.
215. These activities are vital to quality of life
216. I want to have fun
217. Social opportunities for the dev. disabled
218. Like to exercise
219. There doesn’t seem to be much for our kiddos once they hit jr high
220. Holistic life. It is the best outlet for stress/anxiety/relationship building. An area that individuals can develop their own natural supports that lead to secure long term health.
221. I believe this makes a person happy. If they are happy then we have succeeded in life
222. P.R. is a terrific arena for her
223. I like sports, the 49ers.
224. people need friends as much as they need a home
225. These activities are so important in enriching the lives of people with disabilities. The amount of programs available does not meet the need.
226. Life is about friends, what good are friends if you can't get to them.
227. Because it would make me happier
228. It's not good for our health to be alone. It's important to be around others
229. These activities are included in community-based programming & are fun!
230. People need connections, we are social animals
231. People need to be connected with others in fun ways
232. I can't just work all the time. Recreation makes it fun to exercise or see my friends. We need more dances offered.
233. unable to answer
234. Teenagers and adults need meaningful activities in their day to day life. They also need sports and exercise for mental health & as obesity prevention.
235. Because my child needs to improve communication
236. My son needs to learn how properly socialize with others.
237. It is important everyone have that social life to integrate into community.
238. needs to be able to function in daily life amongst general public
239. Yes!! I want friends
240. I want to be with my friends on the weekends and have a good time. It is hard to get together
241. fun is really important, to have a friend.
242. my friends are important to me, I want to see them and do fun things with them
243. We want him to be able to go out and make friends without us having to always be there. Sexual training as well. Safety
244. Children with disabilities have limited recreation/social opportunities in Placer County
245. Too many people make me nervous.
246. I love to go to the movies.
247. Do things with my friends.
248. My child loves to be with others but often doesn't fit in.
249. To learn more about being more social
250. These services have been suspended since 2010, they need to be restored
251. Reducing isolation for adults with special needs and families with children with special needs is needed. It will improve everyone's life.
252. This is important for people to be active and having fun
253. I can meet new people
Feeling lonely is not good for anyone. Yet our population often lives in isolation. This can affect his physical and mental health overall.

provide cheap/reasonable activities to socialize

fun is what bring joy to life

this should be funded by regional centers, It is what makes life a joy.

Nobody funds social and recreational on the level that our adults need it. At least half the adults in my community college and day program classes discuss how bored and lonely they are at night and on the weekends. We know that strong social ties and community have essential mental and physical health benefits, yet we don't seem to count this. The lonelier and more estranged our folks are, also impacts their attitude at school, work and program. They feel abandoned in these group homes that constrict their freedom. Only the ones with open-minded parents or siblings seem to get out enough and have a social network that sustains them.

recreation helps with growing skills of self

I like to go to park & have a picnic with friends. I like to have fun & I want to be safe.

Individuals do not have access or support in social settings.

Zumba, dancing classes

so many parents and adults with developmental disabilities feel alone and have no activities or means of meeting others

Individual need more social activities that are inclusive

Strong social skills are a critical component for not only attaining employment, but also retaining employment.

I want my daughter to get out as much as possible. It can be very lonely being stuck home alone

because I do social things when I can

people need to have fun

there needs to be more activities for people to get out especially people in wheelchairs

recreation/social events to promote parent support and education, sharing of knowledge, personal stories and bond with the community.

Social services are underrated for the overall health and well being of an individual.

Need to a program where those intellectually challenge people can be accepted and understood, and be able to socialize w/ non-disable people.
Most disabled folks have difficulty with socialization and funding for such programs was cut in 2008 and never reinstated.

My son has no friends and social programs with his peer groups.

Our DD kids and adults are often isolated, we need more inclusivity events.

It is a great outlet and confidence booster

I love to see my friends and have FUN and talk.

Social interaction is a high quality of life.

IT is important to have friends and get together, have fun and talk

Fun gives me something to look forward to

Important for social interaction

Quality of Life puts on recreation/social activities to help limit isolation and open opportunities for community and social interaction.

It's hard to create social circles

I enjoy coming to a day program.

Social integration is most difficult for our consumers, there is not much regarded towards their level, Needs or topic events that are meaningful to them.

They like to have friends and socialize.

Recreational and Social activities are important for an individual to feel integrated with the community. There are not enough programs that consumers can participate in without incurring a high cost to join. In addition there are very little social programs for adults with DD.

Most homes don’t spend their funds providing this

This is a huge deficit for my son.

Consumers deserve normal socialization within the community.

When we had social/rec over 10 years ago, it was the best way for my child to get out and do child-like things. They cost a lot and many programs for typical kids are just not appropriate for a child in a wheelchair. (most sports, day camps, after school programs, etc...)

Age appropriate activities

Social skills and social interactions with other than family members needs support.

work is not the only thing that is important, having friends, doing fun things in the community is really important.
there are very limited recreational and social activities
achieving recreation and social goals leads to a higher quality of life and overall contentment
Many people of all ages with developmental disabilities and special needs to not have opportunities to socialize or have recreation activities. It's important for them to have these opportunities, especially as families.
Because I have a family
making friends avoids depression and isolation
They will have some integration in this area in the community.
Many lack social skills and are isolated
Aren't any in my community
very important
Regional centers don't fund social or rec programming. Huge need in this area
there is nothing productive for people to do especially in winter
I like to dance and sing.
It's important for children to be active in our community
Children need social opportunities. Children have many social deficits at this time.
Recreational/social relates to quality of life issues and is really important for older adults to stay engaged
Son has no social life
Social or recreation programs are almost non-existent.
Human contact and fun are essential for all of us to thrive.
My adult disabled child is lonely.
This is important for a quality life
This is important because it ties into well being and health as well as education
I like to be social and active
I Like to go out
Too many consumers are lonely and cannot initiate contact with peers.
one the major issues often missed of never been considered is what to do with disabled persons when they become adults and their otherwise normal aspirations such as dating or finding a partner is not achieved. This is most
frustrating for them and their families. We need to come up with solutions for these lost souls.

321. good for people to be involved in the community

322. Socialization

323. Many people with dd/id are going out of primary/secondary school with little knowledge in this area.

324. Limited access to these without it being a day program

325. want her to be socially interactive

326. Our DACs can't go bar-hopping or socialize like their NT age peers. Our DACs need cognition appropriate activities with their peers!

327. son has no friends he goes out or communicates with

328. To help group homes to be able to offer client-focused recreation and meeting of social needs per each client's unique needs

329. Socialization is hard for this population

330. We need more leisure/rec activities available for our individuals who find it too difficult to access generic resources - even w/ supports.

331. Individuals with I/DD do not have the same opportunities as others for social interaction. And they NEED safe social interactions perhaps more than anyone else. Most cannot get to their local coffee shop to strike up conversation because they do not have the transportation or the skills. Most want friends! They are so isolated!!! I hear it over and over again!!!

332. we need more things to do

333. Many people with disabilities have a hard time becoming more socialized in society. This can affect their health and well being.

334. There are very limited opportunities for adults on the Spectrum to socialize. This needs support.

335. Camp and recreation services should be restored. Sometimes these are the only highlight of a person with DD's whole year.

336. For the social emotional aspect. Decrease of mental health issues

337. Son needs additional resources for ASD that meet his needs

338. Meaningful social systems and outside interests support an individual's growth and learning

339. This population deserves the same opportunities within City Park and Rec as other groups. Park and Rec makes unique programs for the elderly, why not people with disabilities as well?
340. Increase to better access to recreational activities like outings, etc.
341. Need to address obesity by having integration in physical activities programs
342. This is another important part of having an active and fulfilling life.
343. This is important because he needs to be in the community to interact with other people.
344. Because you never want to be bored.
345. It's important to be happy.
346. None of us can get together but we all want to. We spend a lot of time isolated inside a home
347. People need connections and friends, people are often lonely
348. Communicate with people, understand of society
349. Recreation and social activities are essential to be part of society. People with disabilities I feel isolated and they need an opportunity to be around people and make friends and cultivate friendships
350. I want camp again right
351. Increase access to more leisure/play
352. We need more sporting activities to participate in.
353. Need to have activities, they are important.
354. I like to have fun.
355. Activities for seniors
356. Loneliness, isolation
357. Speech and social interaction
358. Socialization is key.
359. Keep people with disabilities involved in social activities
360. There need to be more day programs.
361. People's lives would be so much better and behaviors would not occur if there was something to do
362. Freedom from isolation, enhanced mood, and self image
363. This population needs organized social opportunities
364. These programs positively benefit mental health and quality of life
365. I don't want social activities, but I wish someone was paying attention to my recreational needs
366. Hanging out with people, and it's important to have fun.
367. My son has no friends
368. Activities are geared to the Disabled who reside at home with parental support, not group homes
369. When disabled person graduated from school system, most of support system are terminated. Family and disabled adult need community support.
370. Need social activities for young adults
371. Too many children and special needs don't have access to physical activity and sports or have a successful experience.
372. Human beings are social beings and health benefits when a person has a good social life!
373. Good exercise
374. Being part of a community and having friends is important. Most everyone wants to belong.
375. again, vital to the community involvement and integration.
376. Because understanding and support for the social cognitive challenges of adults with ASD is essential to make a good quality life.
377. Camp is a significant unfunded expense and important to consumers life
378. People sit at home and long for something fun to do
379. Personal connections have huge capacity to give natural support to clients, reducing paid services needs.
380. Arbitrary
381. social skills are an important skill for humans in every stage of our lives.
382. during social events you share with others around
383. Lack of participation from our consumers.
384. Parents and children need social and recreation support.
385. need to have fun
386. Children with special needs have limited resources for recreation because activities provided are for Typical children and there are limited opportunities of participation for them. For example, the High Desert is lacking all these opportunities.
387. We need to create more resources for our consumers to be social rather than day programs or park/Medi-Cal funded programs
388. Things for students to do when not in school
389. Not a lot for kids to do outside school
For a lot of I&D individuals and those with autism, work & education is not something achievable but having Social & Recreational outlets are.

they need more communication with people

It’s important to let the children interact with typical children

Special needs children need to social with more typical children

Children are often isolated and need activities where they feel included

Children should be able to participate in any activities typical children are able to

Having fun and being social is important.

Once you're healthy and have a stable home it's important to be able to go out into the community

D A Y  P R O G R A M  A C T I V I T I E S

If the students are unable to work or volunteer, keeping them active in the community on some level is extremely important.

Because I enjoy being social.

Many individuals and families are interested in seeking an opportunity for social integration.

There is not many recreation and Social activities for all of our person served to enjoy.

individuals do not have a lot of friends

Because there are not many activities for special needs kids in our communities. A lot of times we are having to drive farther to try and get our kids to participate in activities and be social.

Friends make you feel included.

alternative recreation

as part of the well been/mental health, this is an important area that needs to be covered in order to get a wonderful state of functionality on every human been

Easier access to events, concerts, sports to increase social opportunities

There is a consistent need for socialization with this population we serve.

my adult son is lonely and has no friends to go or do things with recreationally. we need more places for them to go and be able to go in a group besides community, so they don't feel or made feel out of place. We need to also keep clients out and about engaging in recreational and social things because the world isn't just for those who think they are perfect.
There needs to be more services for the recreation and social life for consumers. Community programs need to integrate people with disabilities for participation. Maybe finding volunteers in the community

Being an IDD adult is isolating.

Need more supports to get together and recreate in inclusive settings

The community needs to be informed.

My son is 15 years old and needs socialization.

Help those who are unable to communicate with others

Our children need to be able to have access to community gyms, indoor and outdoor activities

don't want to lose what is there

Regional Centers are no longer allowed to cover Social rec with POS monies.

A lot of these activities are costly

Because I think all people with/without Disabilities need recreation to maintain mobility and to help foster ones social skills.

Increased opportunities for socialization is another facet of a well balanced and productive life.

Quality of life

It allows a better quality of life for our son when there is additional social activities

Because of no alternatives, my son is home 24/7. He has become so attached, the loss of me will be devastating. Lack of social/recreational opportunities is creating a no win situation for my beautiful son

consumers need to be out in the community.

My son needs funding for these activities that he cannot currently undergo since he needs assistance.

This is the area that I believe California is lacking. We have lived in four states. Iowa, Ohio, Florida and California. California is forth in providing recreational opportunities. Most of these come from businesses that have charitable wings and assist to create opportunities and events. What we have found hear is just business looking for an extra revenue stream. The events we get invited to our more save $5 and take your kid to "Special Needs Day at X" You just pay $50! These are never as good as just going on a normal day paying the extra $5. And the events we have attended here, while well meaning have been lacking. For instance. Special Needs Easter Egg hunt. Great thought, but not policed well. Kids with lesser
issues rush out and grab all the eggs. Kids with severe disabilities were left with nothing. We literally had our non special needs kids run to another area to bring back some eggs just so three of the kids with greater needs could participate. We have seen this kind of thing a lot. The thought is wonderful but the execution is lacking.

429. social skills

430. I am very social and am able to get my way around town

**Spanish Responses (Translation)**

431. Formal and informal community supports IHSS services

432. Recreational / social services are required by many clients with disabilities and cannot be obtained due to low resources, etc.

433. In my area there is nothing recreational for them to go with life.

434. I would like them to invest more in free recreational programs and specialized recreational programs for people with disabilities, since there are very few or none

435. Include people with disabilities

436. There is nothing for adults there is no social recreation with the important age in ‘caubio dosu’ (illegible) life and there is nothing. For me it is very important

437. We need toilets for children with disabilities in public places like parks

438. You should provide more inclusive activities for people with developmental disabilities

439. Because I want to see my child happy enjoying life despite his limitations

440. In autism socialization is fundamental, because in the future my daughter will need to be a good communicator. In my community there is social thing is that my daughter is successful in the future she needs to have better communication and in my community there is a good group that has this problem.

441. Because I am interested in my son being more sociable and having friends, that he is only locked up at home

442. Because I have two adolescent children who have signs of depression, the recreational helped them to get out of their depression but there are not many options, help and support in that.

443. It would be nice if there were more (social skills) programs
We need recreation programs in our city today a lot of need for our children

Have nothing

Social skills groups outing programs my son is 17 years

Because I am a new mother of a child with autism and it is very difficult at
the moment to understand

The most important is that they are included at events, workshops that are
unwrapped. For me it is of personal importance to find a manual program
using, plasticine, mud, bathroom, colors, paints, etc.

Should provide more inclusive activities for people with developmental
disabilities

Motivation to live agreeably happy, and to get out of the routine because I
want my child to be happy, enjoying life despite his limitations.

In autism socialization is fundamental, the social because when my child
leaves in the future, they need to have good communication and in my
community this is a big problem.

There is no social recreational at SCLARC

Because I am interested in my son exercising

Alternative communication: my daughter with autism finds it very difficult to
socialize

For me it is important to take my child anywhere to learn to live with others.

Because my children need to interact with the community to learn how to
get to places of importance to them

Because when Children grow up it is more difficult to socialize in a
community made for typical people

I have a 15-year-old boy and he does not want to enter community youth
groups because it is not appropriate for him.

To further develop social relationships and to help to appropriately socialize
with others.

Information such as equine therapy

What can we do to get them to socialize with more people?

Because there are very few places where our special children can go and
more if they have to be approached one by one as parents we have to dig it
up and for example access we cannot go in certain places or there is no
money to pay someone

There is a lack of parks and much need for recreation
464. Because it is very important for my son to socialize for his future
465. Because in my community there is not much resource
466. We would like to participate in park programs or some recreation with transportation.
467. Because we would like something to participate in parks such as going to the circus or recreational parks.
468. I wish there were more activities
469. Because he has no friends, he is very shy nervous
470. This score is more important because I consider that there are no full activities, I am referring to crafts, workshop classes, courses where they express themselves with their hands.
471. Because there are not many options for our children
472. Because in many cities they do not have recreational / social activities or because for all skills.
473. Because it is such an important and necessary for our children
474. Park socialization between people for a better education
475. For my daughter she needs to go out and I want this legal to help her
476. Because socialization is important to my son.
477. Because when we grow up, we need more safe places to take our children-where they can participate
478. It is very important the development of our children and youth with disabilities participated in a safe environment and without restrictions of inclusion in the community and in everything that is for a good individual and safe development.
RECREATION

Question 2: What types of activities would you like SCDD to focus on?

1. Clubs and organizations who host activities for just them

2. I'd like to see a variety of supported/facilitated social/recreational activities (not just bowling!), including activities that are "sensory friendly" offered for adults. I'd also like to have opportunities to socialize with autistic peers in segregated settings, where I don't have to deal with neurotypical adults who don't understand my needs, as well as supported activities in integrated settings. I find it much more difficult to find people I can connect to in an integrated setting, and it's important to me to have opportunities to socialize with people who are more similar to me.

3. I will focus on living individual and focus on each task that you need to be involved in and finished

4. more opportunities to get involved in

5. More social events

6. Social events

7. activities to interact with others

8. community integration - making people more independent

9. swimming specially because of the safety aspect and he physical and mental benefits and anything else people like

10. Workshops for parents - IEP, socialization

11. Provide advocacy and information on choices

12. more activities

13. To promote fun and support for people of any developmental disability be able to participate in recreation/social activities, especially investing more in stays.

14. Increase funding and frequent strict laws of auditing and creating local agencies or offices to increase oversight for people like me with verbal language processing.

15. Recreational activities to keep children, teens, and young adults occupied after school and during winter and summer break. Social day or night events to promote friendship making.

16. more enriching programs

17. Proper social skills & community access

18. Educational activities
19. More social activities that are geared towards adult aged individuals some of these activities can be social integration programs

20. Make swimming mandatory

21. Music Therapy...playing in bands/jamming with others, Expressive arts, musicals, etc.; Martial Arts; role-playing games, golfing...activities which allow individuals struggling with spatial-/self-awareness and social pragmatic language to triangulate on a SEL process while they safely build resilience in aligning themselves better in group interactions that are support & scaffolded appropriately to an outcome...a song, a concert, a performance, a game, a pairing/grouping that works through improving techniques and relies on partnership to produce improvements in the individual and group. Failures and mistakes are built into the process without rejection by the group. If individuals with disabilities are limited in accessing team sports, focus on other activities which provide socio-emotional learning process to align with others must be amenable.

22. OUTINGS, TRY TO HAVE FRIENDS

23. Autism/Asperger Syndrome

24. Anything that encourages and provides opportunities to interact and form a community

25. I would like them to provide funding to clubs that involve playing such as Special Olympics and clubs involving board game. As someone who deprived myself of the opportunity to play with others, I would love to play with others in a low-tech way.

26. Staff for my program. We need more money to do more things.

27. I don't know who you are.

28. more money

29. more money

30. let regional centers help with social stuff

31. restore social recreation as a service regional centers can buy

32. Reach out to venues such as game stores to host special events

33. funding for more recreational activities

34. more dance classes

35. Activities like hobbies and being with friends

36. none

37. Small group activities through cities, counties, private agencies & Regional Centers.
38. Work toward making this a reachable goal for people who want it
39. fund social recreation again
40. Play groups, sports.
41. regional center funding of summer camp as out of home respite
42. for people who feel isolated can't seem to make friends or have trouble speaking
43. Opportunities for people with disabilities to meet each other in safe environments.
44. Help support the people first conference.
45. Fun activities for different age groups.
46. community connected social opportunities.
47. Restoration of social rec funding for adults.
48. More socials and outings
49. I like to go out to lunch
50. More outings at group
51. More outings
52. More art supplies
53. Buy more yarn
54. I'm happy with my program
55. More out of town outings
56. special needs basketball in our area would be GREAT! Only ones are at least 30 minutes away and with traffic, can be just too far to try and get to for practices and games.
57. Also, any type of social group where kids are able to play together/hang out on a regular basis would be great. I need to find ways to connect my son with other kids and form solid friendships/relationships."
58. Lobby legislators to increase RC funding
59. Travel opportunities
60. Outings/buddy or group systems
61. More South OC events?
63. Sports, activities, Social Groups
64. all which combine handicapped with "normal"
65. Many more community inclusive opportunities. Low cost readily available adapted programs. Outings and social events in a continuous basis.

66. out in the community social groups, to practice/improve social skills

67. Focus on the value of friendships and relationships.

68. Sharing how important friendships are

69. Programs that accommodate individuals like my daughter who need 1:1 assistance to enjoy life in the least restrictive environment among her peers.

70. Spanish music class with native language speaker instructor

71. It is really a local effort, perhaps training money+

72. physical, social, communications

73. music, watching movies, meeting people

74. Funding of summer camps, and equine therapy.

75. I don’t know

76. Restoring recreation funding cut during the Great Recession

77. make this a priority, education as to why social connections are important

78. Regular events for socializing with peers in a naturalistic environment (not a day program.)

79. Monthly/weekly get togethers - volunteering in the community.

80. I would like focus on social programs that will create an environment for the individual to increase socializing skills.

81. Specifically, I am not sure, but I think it should be actives that encourage group based activities.

82. opportunities for the kids

83. Social interaction lead by a therapist

84. Outdoor classes of various kinds, field trips to museums, parks, and zoos, and ask venues like game stores to open their doors to SCDD events.

85. Movies and cooking.

86. More Inclusive activities, creating events.

87. Community safety, staying healthy, community outings

88. Supporting People First

89. Outdoor, safe, easy hiking. Not loud (bowling, movies) or seizure-provoking (video games, carnival rides). Just mellow get togethers. Maybe board games, etc.

90. Young adult group activities - bowling, zoo, beach, etc.
91. a get together for families to create and form social groups and opportunities
92. Social and community events sensory sensitive/accessible activities for children and adults, advertise more to public
93. more social/recreational activities for teens and adults with I/DDs
94. promote programs that allow people with disabilities to join events and social functions
95. young adults need opportunities to meet each other, form housing communities
96. Online college courses.
97. Any kind of social activities.
98. outdoor exercise, trips, etc.
99. Develop Awareness - Create a plan to plant sensitivity in the community at large
100. General resources or advice on types of places
101. advice on how to approach places to "integrate" them with DD
102. helping my son improve social interactions with typical peers
103. bowling
104. music, arts. STEM
105. provide more funding
106. Social groups my help
107. be more proactive in offering these services
108. Outings/group trips for leisure
109. Team sports
110. Clubs, and Athletic Teams
111. Bring back recreation coverage
112. How to get such services without a lawyer.
113. Needs transport to get to activities.
114. swimming, horse riding, nowadays, everybody is charging for everything
115. training
116. Individual opportunities
117. Collaborated activities with neurotypical population and businesses (restaurants, social activities) so they are more relevant and can allow consumer to generalize to their natural incent
118. Let the know the state is over Regional & they can call you for info (I didn't know for years)

119. Support the development of organized activities and train existing organizations.

120. parks and recreation community gatherings.

121. Provide social clubs to create recreation activities as sports and clubs.

122. Social groups.

123. Sensitivity training

124. Smaller group meetings

125. Health friendships/relationships.

126. Go bowling, join a bowling league

127. Integrated adventures that help mitigate otherness.

128. Provide information and supports and training to agencies that are doing recreation and social activities and how they can be more inclusive.

129. Theater

130. Support access to these activities.

131. Volunteer work.

132. More organized group activities.

133. More inclusive activities for people with developmental disabilities.

134. Therapy

135. Outings, barbecues, fun activities.

136. Day programs

137. Going on social media.

138. More places for the youth to socialize.

139. Any kind that can be used to promote health while having fun.

140. Reading, training programs

141. "inclusive" with society activities.

142. Focus on their well-being

143. Their level of ability example if a person can work on ticketing of movies then let him

144. places to go/things to do with clients

145. community inclusion activities that are appropriate for each individual including consumers with dementia!
Community connections and relations
affordable entry or complimentary passage for developmentally disabled.
more inclusion, greater awareness
funds for activities/outings
Gym membership
Resource fair specifically for junior high and older
Promotion and education on the benefit of recreation/social in service delivery or
More day activities to see what is available to clients
more activities
More of the same
push for more funding for these programs. The recent cuts have impacted many individuals.
"movies
more places to exercise
more events to meet people"
music programs for us
increased budget for community based activities during program time (grants too)
Dances and group outings in the weekends. Weekends can be lonely.
Math
unable to answer
Fair information: - Clubs, resources, organizations that have recreational and social activities for kids - Presentations on the health benefits around social & recreational activities
More services in the community
Making a new friend & keeping a friend.
more workshops/discussions to talk about what is appropriate what is not and how health/hygiene can impact you & others.
make available inclusion activities
fund social recreation
create new forms of transportation in little cars so we can get together
restore social recreation
173. Sports teams, art, etc.
174. Community work
175. Please advocate for the restoration of social recreation services
176. Creating bridges with existing programs to encourage and provide support so they will open their doors to the disabled community. Bring everyone together.
177. keep the funding going for these services
178. more activities
179. I am not sure how SCDD can help in this area. Perhaps SCDD can find a way to survey which communities willing to provide a safe social events for our population.
180. see question 4
181. restore social recreation
182. Restore funding for social rec
183. Fund it - and it has to be funded in a way that it provides for direct support to happen at night and on weekends - which can be more expensive or reframed as an excellent 2nd job for those who need flexibility. Recognize and emphasize the Regional Center support for social, recreational, and community health as part of the whole person health. Last, let's be honest about romance: people can't really find partners if their social situation is always with a roomful of people who are all over the range of disabilities and ages and independence.
184. adapted sports and recreation
185. helps keep my home safe
186. Provide opportunities for support in a variety of social situations with peers and non disabled peers.
187. more classes
188. support efforts to create more opportunities
189. more inclusive activities
190. SCDD can emphasize the importance of developing strong socialization skills and offer information about social activities as much as possible.
191. Create social groups or activities.
192. not sure
193. social activities, social groups, interacting with the public more
194. similar to answer # 2
195. Activities where people w/ mental/intellectual challenge can be mainstream.
196. reinstating funding
197. possibly developing options
198. Social training.
199. see above
200. more outing.
201. Encouraging peer dates.
202. Restore funding for camp and GSR. Open discussion and opportunities for more community social activities.
203. share information on available opportunities
204. day programs.
205. Community classes, support groups, Sports, nighttime events, Youth groups but for adult consumers. Safe Place to hang out.
206. Have programs play activities that will allow for them to meet and do group events.
207. Funding for social programs specifically for adults with DD (i.e. sports memberships, gym membership, discounts to various social opportunities.
208. I think there are a lot of opportunities for lower functioning disabled adults but not for higher functioning adults. There should be activities geared to different abilities.
209. Additional community events that integrate consumers and non-consumer population. Events where consumers can meet and socialize with other consumers.
210. Encourage the State to bring back Social Rec!
211. Get togethers- gatherings
212. Overnight or weekend trips for adults. Enriched social and recreation activities.
213. Information, workshops
214. community events, trips, those that include even those with behavior
215. hiring staff who have an expertise in this area
216. Offer recreation and leisure activities for families to attend as a whole (for younger ages and as appropriate), offer community-based recreation opportunities/social groups for older consumers.
217. I don't know
activities and social groups
Sports, festivals where they can be out with their peers.
Encourage social group development and make it know to care givers
Integrated with typical peers
dances, bowling, karaoke
Funding these programs
Partnering with schools to provide additional events
providing more funding for social/recreational activities
work with vendors to provide social/rec activities across the lifespan
Regional centers should create social opportunities
Most day programs end at 2 or 2:30. Could offer recreation/social programs from 2-5.
again uncertain.
Creating social groups in our area. There comes a time when Mommy and Daddy can't facilitate.
Provide more social programs for special needs individuals
sports, exercise, tai chi, yoga, dance, mural painting, music
Making me more comfortable with activities
More outings
"Group activities organized by staff, volunteer opportunities, available staff who are paid a living wage as to accomplish loyalty for long term employment.
Turnover of staff is problematic because of low hourly pay"
develop programs to encourage and arrange for disabled adults to meet and socialize in dating and or eventually marriage.
Get together s for teenagers
Workshops/training, business /employment partnerships, information knowledge of employment /ADA.
Therapeutic riding, choir. Dance, special Olympics offerings increases
programs
movies, dances, bowling, miniature golf, arts and crafts
outing for high functioning autistic adults
Provide funding
245. unsure

246. Help to explore other avenues for DD population to tap into or find affordable.

247. Create social activities or reach out to churches, synagogues etc. to create social opportunities for adults older than 22 where social opportunities are lacking. And most importantly a public forum to access these opportunities...perhaps a website because the regional center does not seem to know if any.

248. Workshops, trainings, raising awareness within the community about people with disabilities.

249. Clubs that offer high interest outings.

250. Restore camp and recreational services in the budget.

251. Gym membership

252. Funding for social activities

253. Support the return of recreation programs to regional center funding.

254. Advocacy with cities to make more social clubs with UNIQUE AGE GROUPINGS for this population.

255. Out of state outing activities.

256. Walking and running activities.

257. more information on what is available.

258. Camping, extra-curricular activities.

259. I am bored a lot. I like to be bored.

260. I don't know.

261. Centrally located events open to all that can be easily gotten to by light rail

262. advocate for the importance of social recreation for those with disabilities and shut ins

263. Build social environment to help establish friendships

264. Social and recreational programs with transportation at low to no cost

265. Help us get camp

266. Meet with each city's recreation & park department to develop more adaptive recreation programs

267. People need more help that is experienced in working with people who have intellectual and developmental disabilities.
268. Have more funding for programs that are community based. ALL programs need more funding.

269. Fun is important to everyone.

270. Day programs, respite programs

271. more vended services that promote recreational and social opportunities

272. Integration w/ typical developing peers.

273. Opportunities to socialize with peers.

274. Add therapies not funded and social support to the State budget

275. sports activities, dances, outings, "big-buddy"

276. social groups that include typical peers - noncompetitive sports

277. I’d like to see funding for recreational options of my choosing

278. I meant #9. I can't remember what should be my 3rd priority since I cannot go back to the first screen. Sorry I messed up in my rankings, but now I cannot fix my mistake by going back :( 

279. More resources in the area, more opportunities to meet peers

280. Sports and socials

281. Advocate the need to address these issues before leaving school system. Offer resources of reputable organization providing this kind support.

282. Classes, get together

283. Funding support for programs and to assist families in finances costs and wellness, sports etc. programs.

284. Create programs or fund programs for people with ID/DD to be able to express the creativity and find activities to do!

285. Talk to them and explain how important this is

286. Hard to tell

287. facilitating social options or information on how to start or participate in social activities.

288. Advocate for the importance of a social life and friendship

289. Affordable and accessible social opportunities and more education about these options.

290. bring back social rec funding to provide outlets to our clients to enrich their lives.

291. more family feud activities
292. Promote social & recreational activities. Offer activities to families and consumers.

293. Get togethers with other parents, informal.

294. travel

295. special needs swimming, sports, horse riding, handcraft and a safe place there they can meet as teens to socialize in the area. Make connections with peers is important emotionally and socially or places for training.

296. Mixers

297. All State & Federally funded colleges should be required to have social & recreational programs for ALL disabilities not just the academically capable ones. Also, Regional Centers should fund these activities regardless if you’re in a Self Determination program. This seems like discrimination.

298. fine some Recreation pleases for them

299. Provide sports

300. Provide more organized events and sport activities

301. Provide sports

302. Provide more opportunities for the children to feel included

303. Promote community activities.

304. opportunities to socialize

305. COMMUNITY OUTREACH

306. finding locations, activities, or organizations that can support this need.

307. more programs, outings and staff.

308. flexibility in funding of supports to allow an individual to participate in social/recreation programs, more programs to be funded by RCOC to allow for social/recreation program and activities

309. Working with others to have more opportunities for our person served to have social activities that they are to participate in without costing so much.

310. helping individuals develop social connections

311. To make social programs accessible for their clients or at least provide us with information on places we can attend.

312. Connecting individuals with people of similar interests in the community.

313. finding the needs in service

314. information about what is available in the community and what will be agency responsible of providing the services.
315. NBA, concerts, dances, jazz
316. Creation of more social events or volunteering at social events where clients may receive social exposure.
317. find more companies willing to accommodate.
318. educate the different community programs and provide disability awareness
319. Social clubs that groups people according to their ability level (among other established criteria).
320. grants; sponsoring events, community opportunities/supports
321. Go to community activities.
322. Recreation centers.
323. Transportation
324. Have regional centers post via email and phone calls and on their website community-based events. i.e. NCADD events. Also provide grants to start programs
325. athletics
326. Summer break is the perfect opportunity for something fun, that includes families being able to enjoy the time as well.
327. Funding
328. SCDD can help ensure that the state puts more funding into recreation.
329. More dances, meet and greet events with refreshments.
330. Parties, movies, group activities
331. Making it possible for the day program to continue offering field trips and other outside activities
332. Community based with home base start with caregivers that aren't on their phones every minute.
333. social skills opportunities
334. horseback riding therapy, yoga, stretching, exercise classes, visits to areas of interest such as theme parks.
335. The SCDD needs more support from local businesses. I can tell you the theme parks and entertainment venues in California do far, far less than similar venues in other states.
336. community awareness
337. Fitness
338. multicultural activities, disability awareness
339. Formal and informal community supports
340. Classes of music, exercise, swimming, etc.
341. All is important but I would like it to have more recreation and more activities for children with down syndrome
342. Sports, summer camps
343. Recreation (teenagers to 28 years) important - very important there is none
344. Provide more recreational events
345. Help in finding or training social groups at any level of need
346. animal therapy
347. Benefits SSB life skills living. Therapy for autism - Swimming - art - social skills - horse therapy - iPad - pet therapy
348. Provide more recreational events
349. Social Recreation like swimming supports more children with needs and disabilities
350. With living with others
351. Social recreation
352. Community / sports for teens and adults with disabilities but more than anything be more strict with the agencies that provide these services so that they employ qualified people and PASSION TO HELP PEOPLE WITH DISABILITIES
353. They create groups of young people to support their ideas and their needs, something that motivates them
354. Socialization groups example: having meetings where young people receive socializing in a place like skating, dancing, etc.
355. Equine therapy
356. Personal, that there are places where our children can help
357. To form some baseball team there is a lot of need for us
358. Giving us workshops to have more information
359. To help communities without recourse
360. For example, the Disney Zoo at a Reduced Price will be good
361. In parks, services, social activities in the community for children with special needs
362. In helping us review whether cities have this type of support for people with special needs. And help us how to create this for our children.

363. Identification or locations, or a list of social groups in the area so that our adult children could be integrated as part of the community.

364. Free air events with different activities.

365. Social recreation

366. How to deal when girls 9 do not want to go out to new places how to support them to be more pleasant

367. Recreational activities.

368. Community services

369. Schools or programs to be better prepared

370. In parks and communities that give classes open to the public so that they do not discriminate and respect people with disabilities.

371. Give us more information

372. Socialization (progressive)

373. 'Pelizacion' (illegible) progress

374. Parent workshops

375. We like to travel Mexico to explorer USA CAMPS. As Michael's mom, I feel the commitment to carry the message everywhere and to get to know my son, that there are no obstacles to carry the message that they exist, so don't speak but have a voice

376. Sports, recreational activities

377. Sports for special needs children

378. Giving information and educating ourselves on recreational / social activities

379. Art classes, music, museums, groups with typical young people who include our children

380. Buy Services for assisting staff in ABA to reintegrate them to society

381. Services

382. Swimming, sports, group exercise classes, training.

383. More programs accessible to adults and more vigilance in those programs.

384. Therapies, community

385. Create playgroups and socialization groups.

386. Therapies in socialization.

387. Support for social.