



ADAPTIVE



**RECREATION &
SPORT RESOURCE**

PACKET

MOVEMENT FOR EVERYBODY

**EVERY
ATHLETE
EVERY
ABILITY**





ACKNOWLEDGEMENTS



This resource packet was created following the 2026 Adaptive Recreation & Sport Summit to provide ongoing support to organizations, educators, recreation professionals, coaches, community centers, sport providers, healthcare partners, and advocates working to expand adaptive and unified recreation and sport opportunities.

Resources included in this packet were contributed by summit partners, presenters, participating organizations, and publicly available national and regional organizations dedicated to advancing inclusion and accessibility.

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FOR EVERY
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CORE CURRICULUM & COACH TRAINING



Adaptive Recreation Terminology

Glossary of inclusive language, disability terminology, and key concepts.

- Glossary of Recreational Therapy
 - Definitions and terminology commonly used in therapeutic recreation and adaptive programming.
- Disability Language Style Guide
 - Guidance on disability terminology, respectful language, and evolving communication practices.
- Guidelines for Writing About People with Disabilities
 - Practical recommendations for person-first and identity-first language.
- Inclusive Language for Talking About People With Intellectual Disabilities
 - Special Olympics guidance for respectful and inclusive communication.

Curriculum Development

Frameworks and models for integrating adaptive and unified recreation programs

- Move United Inclusive Playbook
 - Step-by-step guidance for developing inclusive recreation and sport opportunities.
- Adaptive Sports Curricula for Public Schools
 - Ready-to-use curriculum examples for adapting physical activity and sport programs.
- Integrating Adaptive Sports into the General Physical Curriculum
 - Strategies for incorporating adaptive sports into existing physical education programs.
- Inclusive Sports Programming
 - Recommendations for building and scaling adaptive sport offerings.
- GRAIDS: Guidelines, Recommendations, Adaptations, Including Disability
 - Practical adaptations and accommodations for creating inclusive physical activity experiences.
- Special Olympics Unified Sports
 - Overview of the Unified Sports model and meaningful inclusion.
- Special Olympics Unified Sports Resource Library
 - Coach resources, implementation tools, and team formation guidance.

CORE CURRICULUM & COACH TRAINING (CONT.)



Programming Models at a Glance (*Packet-Created Resource*)

Model	Example
Independent Recreation	Community basketball league
Inclusive Recreation	Community basketball league with accommodations
Unified Recreation	Unified basketball team with athletes with and without disabilities
Adaptive Recreation	Wheelchair basketball
Therapeutic Recreation	Goal-oriented recreation interventions

Staff Training Modules

Sample lesson plans, available workshops, and continuing education resources.

- Trauma Responsive Coaching
 - Provides training and strategies for creating safe, supportive, and trauma-informed sport environments.
- Parks for Inclusion Resources
 - Features assessments, toolkits, and best practices for creating inclusive parks and recreation programs.
- Resources for Facilitating Inclusion and Overcoming Barriers
 - Offers practical resources to improve participation, accessibility, and disability inclusion efforts.
- Move United Education Hub
 - Provides adaptive sport education, professional development opportunities, webinars, and training resources.
- A Starter Guide to Disability Education & Communication
 - Shares practical communication strategies and disability etiquette guidance for staff, coaches, and volunteers.

FUNDING & SUSTAINABILITY



Grant Opportunities

Federal, state, local, and nonprofit funding opportunities.

- Variety KC
 - Provides grants that help children with disabilities access equipment, services, and opportunities that enhance mobility, independence, and participation.
- National Fitness Campaign
 - Supports communities interested in expanding access to outdoor fitness spaces through grant opportunities and partnership programs.
- Friends of Man
 - Provides financial assistance for individuals and organizations seeking support for disability-related needs and services.
- The Kansas Society for Children with Challenges
 - Offers financial assistance and support for children with disabilities and special healthcare needs throughout Kansas.
- Challenged Athletes Foundation
 - Provides grants for adaptive sports equipment, training, and competitive opportunities for individuals with physical disabilities.
- Move United Grant Program
 - Offers funding opportunities for organizations developing and expanding adaptive sport programming.
- Kelly Brush Foundation
 - Supports access to adaptive sports and recreation through adaptive equipment grants and active fund initiatives.

Equipment Resources

Adaptive equipment information, vendors, and funding opportunities.

- Outdoor Fitness Equipment | Parks & Schools
 - Provides outdoor fitness equipment solutions for parks, schools, and community recreation spaces.
- Move United Adaptive Equipment
 - Sport-specific adaptive equipment information, resources, and equipment recommendations for a variety of adaptive sports.
- Midwest Adaptive Sports Resources
 - Equipment grants, wheelchair funding opportunities, local disability resources, and adaptive sport connections.
- Adaptive Sports | The Hartford
 - Highlights adaptive sports access initiatives, equipment support programs, and partnerships that expand participation opportunities.

COMMUNITY & NETWORK BUILDING



Family Engagement

Resources for involving parents, caregivers, and families in adaptive recreation and sport opportunities.

- Special Olympics Family Engagement Resources
 - Provides family toolkits, engagement strategies, training materials, and opportunities for family involvement.
- Special Olympics Family Resources
 - Offers family leadership resources, registration tools, educational materials, and support opportunities.

Regional Networks

Local organizations, coalitions, and service providers.

- Special Olympics Kansas
 - Provides year-round sports training, competition, leadership opportunities, and inclusion initiatives for athletes with intellectual disabilities.
- Midwest Adaptive Sports
 - Offers adaptive sport programming, equipment resources, athlete development opportunities, and community connections.
- Variety KC
 - Supports children with disabilities through adaptive equipment, recreational opportunities, and accessibility initiatives.
- YMCA Adaptive/Challenger Sports
 - Provides adaptive and inclusive recreation and sport opportunities for youth and adults throughout the Kansas City area.
- Children's Mercy Adaptive Sports Medicine Program
 - Offers clinical expertise, injury prevention resources, and healthcare support for adaptive athletes.
- Johnson County Park & Recreation Adaptive Recreation
 - Provides adaptive recreation programs, special events, and inclusive leisure opportunities for people of all abilities.
- Disabled But Not Really
 - Empowers individuals with disabilities through community engagement, advocacy, education, and leadership opportunities.

ADDITIONAL RESOURCES



Additional Resources

Extra tools, partner materials, and evaluation supports that help programs deepen quality, strengthen impact, and continue growing over time.

Transportation Resources

Resources that help reduce transportation barriers and improve access to recreation and sport participation.

- [National Aging and Disability Transportation Center](#)
 - Provides information and tools related to accessible transportation and mobility options for individuals with disabilities.
- [RideKC Freedom Paratransit](#)
 - Offers shared-ride transportation services for eligible individuals with disabilities throughout the Kansas City region.

Safety & Risk Management

Resources that support emergency preparedness, participant safety, and risk management planning.

- [NATA Emergency Action Plan Template](#)
 - Provides a comprehensive template to help organizations develop venue-specific emergency action plans.
- [Emergency Action Plan Development and Implementation in Sport](#)
 - Offers evidence-based recommendations for creating and implementing emergency action plans in sport settings.

Accessibility & Inclusion

Resources that support facility accessibility, inclusive design, and ADA compliance.

- [ADA Checklist for Existing Facilities](#)
 - Self-assessment tool for evaluating and improving accessibility within facilities and public spaces.
- [ADA Accessible Recreation Spaces](#)
 - Guidance on accessibility considerations for recreation facilities, playgrounds, aquatic centers, and outdoor spaces.

ADDITIONAL RESOURCES (CONT.)



Program Evaluation

Resources that help reduce transportation barriers and improve access to recreation and sport participation.

- [NRPA Evaluation Resource Hub](#)
 - Provides surveys, community needs assessments, evaluation frameworks, and data collection tools for recreation agencies.
- [Program Evaluation Toolkit](#)
 - Offers guidance on logic models, outcome measurement, data collection, and evaluation planning.

Have a resource?

Share a resource.

Help us build the Adaptive Recreation & Sports Resource Library by sharing one resource that has made a difference in your work.

Don't let the conversation end here!



SCAN THE QR CODE

Be part of the change.
Make a difference.

