

Tips for Adapting Recreation Programs

- Be patient. Give plenty of encouragement and feedback.
- Demonstrate or model the activity.
- Give step-by-step directions verbally or with pictures.
- Use prompts when needed, fading from physical prompts (hand-over-hand or light touch) to visual (pointing, pictures, words) or verbal prompts. Fade prompts over time to promote independence.
- Incorporate the person's strengths and interests within the activity.
- Make use of visual aids.
- Use a firm but calm voice.
- Model appropriate social behavior. Encourage respectful use of language. (e.g. hello, please, thanks, etc.)
- Plan for transitions between activities. Alert participants when a transition will occur
- Present clear expectations of behaviors. Provide verbal cues. ("Keep hands and feet to yourself", "Stay in the group", "Don't curse")
- Try to maintain consistent schedules and routines. Provide a written or picture schedule of activities. Prepare a person if a change is anticipated in the schedule and what to expect.
- Reward for successful achievements – no matter how small.
- Keep tasks clearly understandable and easily accomplished.
- Create structured and supervised opportunities for social interactions with peers.
- Help expand interest levels and develop new leisure skills.
- Distribute a weekly information sheet to provide highlights of activities and successes while respecting privacy and sensitivities.



RWJBH.org/CSH



KOHL'S
Cares♥

This educational resource is provided by
Children's Specialized Hospital through
the generosity of Kohl's Cares

RWJBarnabas
HEALTH

**Children's
Specialized
Hospital**



© 2009 Children's Specialized Hospital