Accessing Inclusion Supports for Municipal Programs

This resource aims to help families learn about inclusion supports and/or adapted programming in Parks and Recreation Programs in their communities.

We strive to keep this information accurate. If you find any errors or know of community recreation opportunities we've missed, please let us know.

What is inclusion/integration support?

An inclusion support option is designed for individuals who require some additional assistance to participate in a recreational program. This option allows participants with special needs/disability to participate in any program alongside their peers and with the support of an inclusion staff. Participants are also generally able to bring their own support worker. Please check with your municipality to determine if there are additional documents that may need to provide such as a vulnerable sector check.

What is adapted programming?

An adapted program opportunity is designed for individuals who have a special need/disability and want to participate in a recreation program with others who have similar interests and abilities. Adapted programs generally have a higher staff to participant ratio and flexible programming to meet various needs.

Spaces in both integrated and adapted programs are limited and tend to fill quickly. We recommend signing up for your municipalities recreation email newsletters, so you get notifications of when program registrations become available.

Group readiness

To support the success, safety and inclusion of all individuals registered in the program, it is important that all participants are 'group ready'. This may include:

- Being able to take direction and instruction from a staff person in a large group setting.
- Being comfortable in a group environment with peers within the same age group.
- Being able to participate in the program safely for themselves and others enrolled.

Participation in programs is based on the participant's individual needs; however, it is encouraged that the individuals have the ability to participate in the activities presented.

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City of Brampton – Year Round Programs

Join the City of Brampton mailing list to stay informed about registration dates and deadlines!

Link: https://www.brampton.ca/EN/residents/Recreation/Programs-Activities/Pages/Inclusion-Integration.aspx

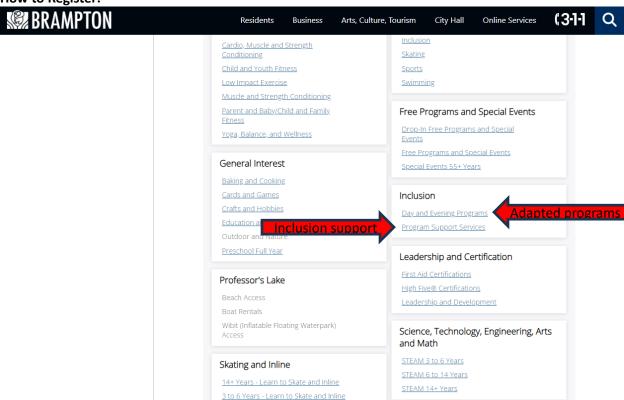
Contact: inclusionprograms@brampton.ca

Inclusion/Integration Support

- 2:1 Participant to Staff ratio.
- Integration support is scheduled on a first come basis and subject to staff availability.
- You must first register into the program of choice and then register to request the additional support using the sessional Integration barcode
- Upon registration you will be contacted by an Inclusion team member to discuss modification requirements

Adapted Programming (subject to change)

- Swim and Explore (6-13)
- Out and About (14+)
- Skating Small Group (3-13)
- Swimming Small Group (3+)



City Of Brampton – Camps

Link: https://www.brampton.ca/EN/residents/Recreation/Programs-Activities/Pages/Camps.aspx

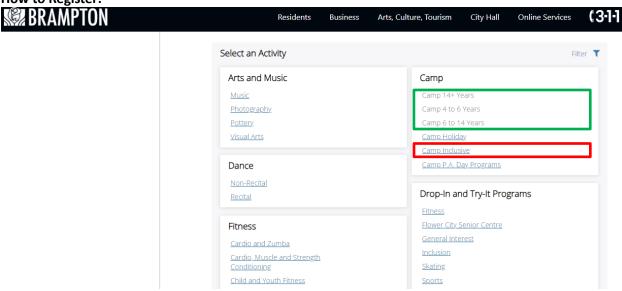
Contact: inclusionprograms@brampton.ca

Inclusion/Integration Support:

- 2:1 Participant to Staff ratio.
- Integration support is scheduled on a first come basis and subject to staff availability.
- You must first register into the program of choice (green box below) and then register to request the additional support using the sessional Integration barcode (red box below)
- Services for individuals with needs that require 1:1 supervision are available and can be arranged for an additional fee.

Adapted Camps:

• Camp Inclusive: No Limits (6+)



City of Burlington – Year Round Programs

Join the City of Burlinton mailing list to stay informed about registration dates and deadlines!

Link: https://www.burlington.ca/en/recreation/accessible-recreation.aspx

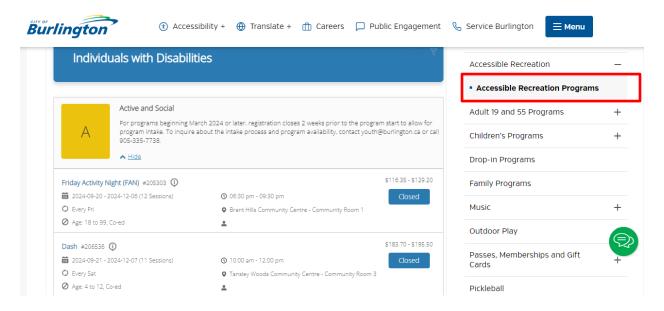
Contact: liveandplay@burlington.ca OR 905-335-7738.

Inclusion/Integration Support

 Participants in all year round recreation programs may bring their own support person at no additional cost.

Adapted Programming

- Friday Activity Night (FAN) (18+)
- Dash (4-12)
- Dunk and Dive (13-21)



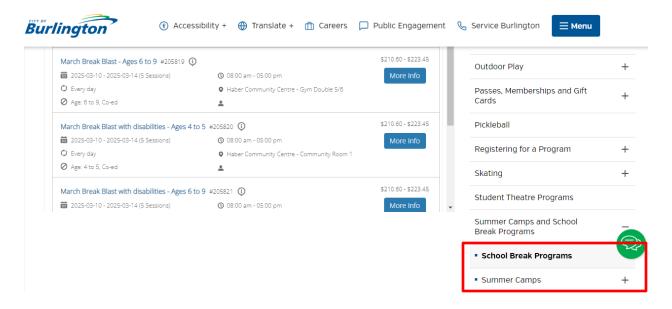
City of Burlington – Camps

Link: https://www.burlington.ca/en/recreation/summer-camps.aspx

Contact: camps@burlington.ca OR 905-335-7738

Inclusion/Integration Support

• The City of Burlington offers smaller staff to participant ratios at 1:4 when extra support may be needed.



Town of Caledon – Year Round Programs

Join the Town of Caledon mailing list to stay informed about registration dates and deadlines!

Link: https://www.caledon.ca/en/living-here/inclusive-recreation-services.aspx

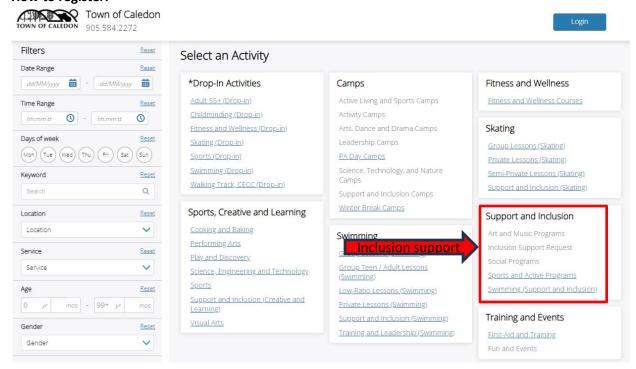
Contact: Coordinator - Specialty Programs amy.cauz@caledon.ca OR 905-584-2272 ext. 4804

Inclusion/Integration Support

- Inclusion support requests must be requested at least 2 weeks prior to the program start date and is subject to staff availability.
- A Participant Profile must be completed and submitted to the Specialty Programs Coordinator/Programmer at least three days prior to the program start date.
- The profile will be reviewed by the Specialty Programs team to ensure we provide the best support option. You will be contacted to confirm your request and answer any additional questions.

Adapted Programming

- Adapted Swim Lessons, 1:1 (3+)
- Water Play (3-21)
- Activity Time (4-21)
- Basketball (12+)
- Fun Club (4-21)
- Dance (14+)
- Julia's Place: Sensory Exploration (5-17)



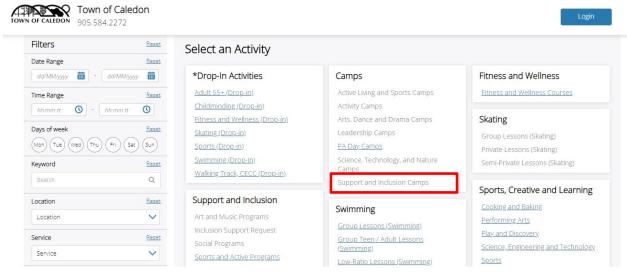
Town of Caledon – Camps

Link: https://www.caledon.ca/en/living-here/camps.aspx? mid =103923#Inclusive-Services-Camp-Support-Options

Contact: Coordinator - Specialty Programs amy.cauz@caledon.ca OR 905-584-2272 ext. 4804

Inclusion/Integration Support:

- Families request support by registering under the "Inclusion Support Request" barcode. A
 member of the Specialty Programs team will connect to complete the camp registration, allocate
 funding (if applicable) and confirm/schedule support
 - o Please note: families are not required to register for camp separately.
- External support workers are also welcomed



Town of Halton Hills – Year Round Programs

Join the Town of Halton Hills <u>mailing list</u> to stay informed about registration dates and deadlines!

Link: https://www.haltonhills.ca/en/explore-and-play/special-needs-accessibility-recreation.aspx

Contact: online form OR 905-873-2600 ext. 2275

Inclusion/Integration Support

- Please indicate your special need on your registration form and staff will contact you for more information
- Participants in all year round recreation programs may bring their own support person at no additional cost.

Town of Halton Hills – Camps

Link: https://www.haltonhills.ca/en/explore-and-play/camps.aspx

Contact: online form OR 905-873-2600 ext. 2275

Inclusion/Integration Support

- Inclusion support is available for full or half day camps
- After registering for Inclusion Support, a staff member will be in contact to learn about the child and ensure the program is a suitable fit.
- Registration for inclusion support will close 2 weeks in advance of program start date.

Town of Milton – Year Round Programs

Join the Town of Milton mailing list to stay informed about registration dates and deadlines!

Link: https://www.milton.ca/en/arts-and-recreation/inclusion.aspx

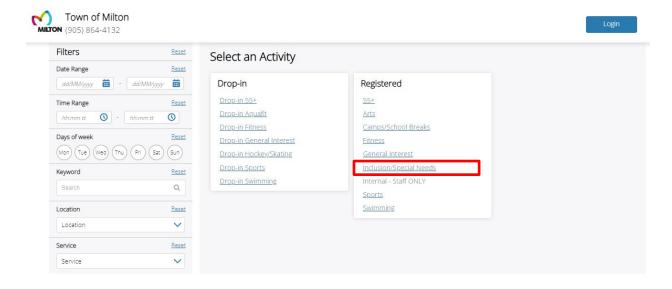
Contact: inclusion@milton.ca OR 905-878-7252 ext 2605

Inclusion/Integration Support

- ICAN Swim Participants with disabilities will be provided with extra support at swimming lessons (please note: these are not private swim lessons)
- ICAN Seasonal Program support Inclusion Care for Assisted Needs (ICAN) support is offered to individuals with exceptionalities who require additional assistance to participate in seasonal programs. After registering, you'll be promoted to select your top 3 programs of choice.

Adapted Programming

- Move More Sports for ALL (6-10)
- PALs Participating at ALL Levels (13-21)
- Swim and Gym
- Zumba for ALL (18+)



Town of Milton – Camps

Link: https://www.milton.ca/en/arts-and-recreation/inclusion.aspx

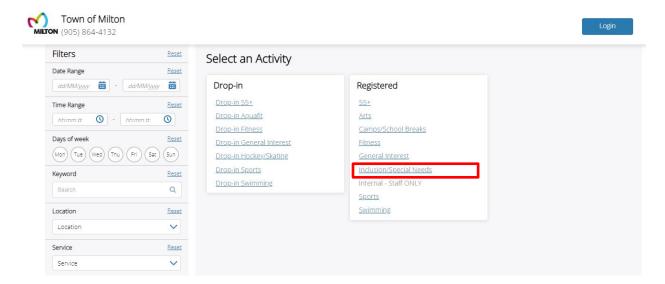
Contact: inclusion@milton.ca OR 905-878-7252 ext 2605

Inclusion/Integration Support

- 1:1 support through the Inclusion Care for Assisted Needs (ICAN) program at no extra cost
- Inclusion Support Workers receive general training on program adaptations, behaviour management and basic personal care; however most do not have professional qualifications in this field.
- Register for the ICAN Summer Camp Support week of your choice at a \$0 fee
- After your space is secured, staff will contact you to confirm your top 3 camp choices participant's must meet the age requirements of the camp
- You will be contacted to finalize the placement, and payment details
- The camp fee will be charged to your account
- Fill out the All About Me form prior to camp

Adapted Programming

- KidsCAN Camp (6-13)
- ICAN Leadership Skills Camp (ages 14-17)



City of Mississauga – Year Round Programs

Join the City of Mississauga mailing list to stay informed about registration dates and deadlines!

Link: https://www.mississauga.ca/recreation-and-sports/home/adapted-programs/

Contact: recreation.support@mississauga.ca OR 905-615-3200 ext. 8147

Inclusion/Integration Support

• Participants in all year round recreation programs may bring their own support person at no additional cost.

Adapted Programming

- Adapted Ice Skating (6+)
- Adapted Swim for Life (5-18)
- Adapted Fine Art Studio Fundamentals (13-18)
- Children in Motion (6-13)
- Sensory Friendly Swim (drop in, all ages)
- Snoezelen Swim (drop in, all ages)

How to Register:



https://www.youtube.com/watch?v=cpfhb2lzYOQ

City of Mississauga – Camps

Link: https://www.mississauga.ca/recreation-and-sports/home/adapted-programs/

Contact: recreation.support@mississauga.ca OR 905-615-3200 ext. 8147

Inclusion/Integration Support

- 1:1 staff to participant support
- Recreation Support Facilitators are often students with limited behaviour management train and they:
 - o Don't offer the same level of support as educational assistants or behaviour therapists
 - Can only provide verbal prompts for going to the washroom and changing
 - Can't assist in the operation of personal mobility devices, such as lifts, transfers and wheelchairs
 - o Can't administer medications
 - Can't support personal care needs, such a feeding or toileting
 - o Learn basic behaviour management, such as redirection techniques
 - Do not physically stop or restrain participants
- Fee: the cost of registration is approximately \$350 per week. This amount does not include the cost of camp.
- Families are able to have their support person attend with them at no extra cost. The support person can be any individual over the age of 14, who is familiar with your child's needs and requirements.

How to Register:

Email recreation.support@mississauga.ca or call 905-615-3200 ext. 8147 to discuss support needs, options and the registration process.

Town of Oakville - Year Round Programs

Join the town of Oakville mailing list to stay informed about registration dates and deadlines!

Link https://www.oakville.ca/parks-recreation-culture/programs-activities/inclusion-support/

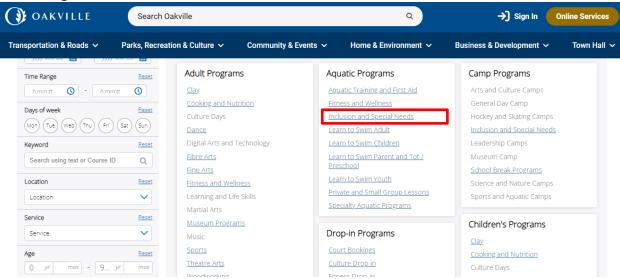
Contact recreation@oakville.ca OR 905-815-2000

Inclusion/Integration Support

 Support personnel are welcome to attend all programs, are admitted at no charge and are not required to register. Staff may request additional personal information from the support worker for emergency purposes.

Adapted Programming

- Aquadapt 1:1 swim lessons
- Sensory swim (drop in)
- Sensory skate (drop in)



Town of Oakville - Camps

Link https://www.oakville.ca/parks-recreation-culture/programs-activities/inclusion-support/

Contact recreation@oakville.ca OR 905-815-2000

Inclusion/Integration Support

- Low ratio Kids Adventure Camp offers lower leader to participant ratios at 1:4 when extra support may be needed
- The town offers additional support for camp programs where participants with exceptionalities
 will be paired with staff trained in inclusive recreation at their location of choice to ensure a safe
 and fun camp experience

Adapted Programming

• Teen Adventure Program (14-21)

