



Colorado Directory of:
Sports and Recreation Opportunities *for*
Military, Veterans & Civilians *with*
Traumatic **B**rain **I**njury

January 2011

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This Directory is considered a work in progress, and is intended to be able to include new resources as they become available as well as update information as necessary.

Sincerely,



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Director, Craig Hospital Paralympic Sports Programs
Craig Hospital Therapeutic Recreation
January 30, 2011



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CHAPTER 1: WHAT IS A TRAUMATIC BRAIN INJURY (TBI)

Traumatic brain injury is any injury to the head that disturbs or damages the brain's function. Throughout history, people have suffered traumatic brain injuries caused by many things, including accidents, falls, weapons, and a host of other causes. But in the past, those with more severe traumatic brain injuries usually did not survive.

Only recent advances in medicine and technology have made surviving traumatic brain injury increasingly possible. This means that treatment of traumatic brain injury, as a special field, is relatively new. More is being learned all the time. New developments are important because, as the statistics below show, traumatic brain injury is still a major problem, and it still causes many deaths and disabilities each year.

Some Traumatic Brain Injury Statistics

- About 1.4 million people have a brain injury each year in the United States:
- 50,000 people die from their brain injuries.
- Most of the remainder-about 1.1 million-have a mild TBI or concussion. They get treated in a hospital emergency room and then go home. Their injuries are not severe enough to need hospital care or rehabilitation.
- About 235,000 people have more serious injuries and are hospitalized because of their brain injury. Some, but not all of these people, will need rehabilitation (See Below).

Overall, people with brain injuries who need rehabilitation have these characteristics:

- 74% are men; 26% are women.
- Their average age is 38 years old.
- More than 2/3 have at least a high school diploma.
- 55% were hurt in car accidents; 19% in falls; 14% as the result of violence, and the remainder by a variety of causes.

A brain injury may affect each person differently. Because the brain controls how we think, feel, and act, an injury can change everything about an individual in a matter of seconds. Please remember these important points: The effects of brain injury are complex and can vary greatly from person to person.

The effects of a brain injury depend on many things, but three of the most important are:

1. What caused the injury?
2. What part of the brain was injured?
3. How severely the brain was injured
 - a. To understand what happens when the brain is injured, it is important to know something about what a healthy brain is made of and what it does. Please continue on to the next section to learn more.

Understanding Traumatic Brain Injury

Portions of this section are adapted from: The Amazing Brain
Robert Ornstein and Richard F Thompson Illustrated by David Macaulay
1984, Houghton Mufflin Company

Most of the things that we do require the different parts of the brain to work together and to communicate with each other. Driving a car is a good example. When you drive to work or school, neurons in all the lobes of the cerebral cortex work together to make your trip safe. As you drive along, you are constantly seeing things you must interpret-road signs, traffic signals, the movement of other cars. These are all processed by neurons in your **occipital** lobes. Neurons in the **temporal** lobes are responsible for processing the sounds you hear, such as honking horns or sirens. Temporal lobes also contain the largest center for memory, allowing you to remember the route you need to take. Neurons in the **parietal** lobes help you interpret what you're touching; (Am I controlling the steering wheel? Is the road bumpy or smooth?) Finally, neurons in the **frontal** lobes help you make judgments; (Am I too close to the car in front?), to plan ahead; (Should I turn right at the next corner?), to make decisions; (Should I pass the car ahead?), and take action (I must move my car into the left lane to pass).

All of these functions work together, and at the same time. In fact, in most activities of daily life, your brain is constantly performing at least three important activities:

1. Receiving and interpreting sensory impulses.
2. Communicating information among different parts of the brain.
3. Sending motor commands to the muscles.

What Happens During Brain Injury?

The brain has to be very sophisticated and efficient to continuously conduct these vital activities. Unfortunately, the brain is also very fragile, and when the brain is injured, it is these same three activities that often are disrupted. Because these three functions are involved in virtually everything we do, you can see why traumatic brain injury has such a huge and sometimes devastating impact.

It is typically an outside force to the head and brain that causes a traumatic brain injury. That force can be small, like being hit in the head by a volleyball, or it can be a powerful force, as in a high-speed car accident. It can fracture the skull, or there can be no outward sign of injury at all.

But what exactly happens inside the brain? Typically, the outside forces cause the brain to move around inside the skull. This causes neurons-the cells responsible for all the brain's communication-to be damaged. The damage can be caused by the trauma itself, such as by tearing, shearing, or bruising. Or, damage can occur when the neurons are deprived of blood, which brings them the continuous oxygen and nourishment they require. When the damage is severe enough, neurons may actually die. In fact, without oxygen, neurons can begin dying after 8-10 minutes.

When a neuron is injured, a communication circuit in the brain is disrupted or broken. If the damage is severe enough, many neurons can die, causing many circuits to be broken. Even if neurons recover, it takes a lot of time. Despite the fact that each person probably has about 100 billion neurons, it is almost impossible for a physician to tell someone with a brain injury how many of those neurons have been injured, whether the functions they performed can be taken on by other neurons, or how many of them will recover and how long it will take. Even sophisticated tests like MRI or CT scans cannot answer these questions-they can tell the physician where the brain damage has occurred, but they cannot assess the actual condition of the very tiny neurons.

Sports and Recreation Specialists and Traumatic Brain Injury:

Independence and success are relative and dynamic throughout the life of an individual who has sustained a TBI. Sports and Recreation are vital pieces of that success, and they are pieces that have been shown to be effective in maintaining physical health, improving mental health and cognitive functioning, increasing community integration and productivity, and enhancing life satisfaction. As such, the sports and recreation specialist is in an enviable position to impact the post-rehabilitation outcome of a survivor of TBI.

Along with other members of the other clinical disciplines, he or she must make a concerted effort to educate the individual and any significant persons in that individual's life about the importance of preparation for the real-life issues the TBI will force them to face. A guided, gradual exposure to all that sports and recreation have to offer will help all those dealing with a TBI to move from a position of dependence and isolation to one of increased independence and autonomy. The temptation to ignore quality-of-life issues is very great when there is so much to be done medically and functionally. However, if quality-of-life is not addressed, one might legitimately ask: What was the purpose of going through the medical motions? Sports and recreation professionals gain satisfaction from helping people with disabilities progress to the point that they can experience success in regaining functionality and in restoring purpose, self-esteem, and joy in their lives. In these modern, technology-saturated times, there is an unlimited amount of "stuff" available, but the lack of expertise on how to utilize that "stuff" as a viable resource remains problematic. The role of the sports and recreation specialist is to fill the gap in expertise to give people with disabilities a much better chance at maximizing the rehabilitation experience and returning to as high a quality-of-life as possible.

REFERENCES:

Portions reprinted from;

Craig Hospital TBI Treatment Team Patient and Family Education Manual, Chapter 2

Mark J. Ashley, *Traumatic Brain Injury, Rehabilitation, Treatment and Case Management*, CRC Press, Taylor and Francis Group, Third Edition 2010, Boca Raton Florida

CHAPTER 2: SPORTS AND RECREATION OPPORTUNITIES – BY SPORT

Archery

- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)
- [National Sports Center for the Disabled](#) (Denver, CO)
- [Outdoor Buddies](#) (Westcliffe, CO)

Basketball (Ambulatory)

- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [City of Broomfield Recreation Services](#) (Broomfield, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [City of Wheat Ridge](#) (Wheat Ridge, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)
- [National Sports Center for the Disabled](#) (Denver, CO)
- [South Suburban Parks & Recreation – STAR Program](#) (Centennial, CO)
- [Town of Parker](#) (Parker, CO)

Basketball (Wheelchair)

- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [Colorado Adaptive Sports Foundation](#) (Denver, CO)

Biathlon

- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [Ignite Adaptive Sports](#) (Boulder, CO)

Boccia

- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [City of Broomfield Recreation Services](#) (Broomfield, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)

Camping

- [Accessible Fishing](#) (Lakewood, CO)
- [Adaptive Sports Association](#) (Durango, CO)
- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [Breckenridge Outdoor Education Center](#) (Breckenridge, CO)
- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [City of Broomfield Recreation Services](#) (Broomfield, CO)
- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [City of Wheat Ridge](#) (Wheat Ridge, CO)

- [Colorado Discover Ability](#) (Grand Junction, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [FOB Summit County](#) (Silverthorne, CO)
- [National Sports Center for the Disabled](#) (Denver, CO)
- [Outdoor Buddies](#) (Westcliffe, CO)
- [South Suburban Parks & Recreation – STAR Program](#) (Centennial, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)
- [Vail Veterans Program](#) (Vail, CO)

Canoeing

- [Adaptive Sports Association](#) (Durango, CO)
- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [Breckenridge Outdoor Education Center](#) (Breckenridge, CO)
- [City of Boulder Parks & Recreation – Expand Program](#) (Boulder, CO)
- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [FOB Summit County](#) (Silverthorne, CO)
- [National Sports Center for the Disabled](#) (Denver, CO)
- [Outdoor Buddies](#) (Westcliffe, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)

Cycling (Foot Pedal)

- [Adaptive Adventures](#) (Evergreen, CO)
- [Adaptive Sports Association](#) (Durango, CO)
- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [Breckenridge Outdoor Education Center](#) (Breckenridge, CO)
- [City of Boulder Parks & Recreation – Expand Program](#) (Boulder, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
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- [City of Wheat Ridge](#) (Wheat Ridge, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)
- [National Sports Center for the Disabled](#) (Denver, CO)
- [South Suburban Parks & Recreation – STAR Program](#) (Centennial, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)

Cycling (Handcycle)

- [Adaptive Adventures](#) (Evergreen, CO)
- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [Breckenridge Outdoor Education Center](#) (Breckenridge, CO)
- [City of Boulder Parks & Recreation – Expand Program](#) (Boulder, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [City of Wheat Ridge](#) (Wheat Ridge, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [National Sports Center for the Disabled](#) (Denver, CO)
- [Steamboat Adaptive Recreational Sports](#) (Steamboat Springs, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)

Equestrian

- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [Front Range Exceptional Equestrians](#) (Fort Collins, CO)
- [Hearts & Horses](#) (Loveland, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)
- [National Sports Center for the Disabled](#) (Denver, CO)
- [Pikes Peak Therapeutic Riding Center](#) (Elbert, CO)
- [Praying Hands Ranches, Inc.](#) (Parker, CO)
- [Sopris Therapy Services](#) (Carbondale, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)
- [Town of Parker](#) (Parker, CO)
- [Vail Veterans Program](#) (Vail, CO)

Fencing

- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)

Figure Skating

- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)

Fishing

- [Accessible Fishing](#) (Lakewood, CO)
- [Adaptive Sports Association](#) (Durango, CO)
- [Breckenridge Outdoor Education Center](#) (Breckenridge, CO)
- [City of Boulder Parks & Recreation – Expand Program](#) (Boulder, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [Colorado Discover Ability](#) (Grand Junction, CO)
- [FOB Summit County](#) (Silverthorne, CO)
- [Hopes Float](#) (Longmont, CO)
- [National Sports Center for the Disabled](#) (Denver, CO)
- [Outdoor Buddies](#) (Westcliffe, CO)
- [Rivers of Recovery](#) (Park City, UT)
- [Steamboat Adaptive Recreational Sports](#) (Steamboat Springs, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)
- [Vail Veterans Program](#) (Vail, CO)

Four-Wheeling

- [FOB Summit County](#) (Silverthorne, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)
- [Vail Veterans Program](#) (Vail, CO)

Goalball

- [City of Fort Collins - Adaptive Recreation Opportunities](#) (Fort Collins, CO)

Golf

- [City of Boulder Parks & Recreation – Expand Program](#) (Boulder, CO)
- [City of Broomfield Recreation Services](#) (Broomfield, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)

- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Golf 4 Fun](#) (Denver, CO)
- [National Sports Center for the Disabled](#) (Denver, CO)
- [Vail Veterans Program](#) (Vail, CO)

Hiking &/or Backpacking

- [Adaptive Sports Association](#) (Durango, CO)
- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [Colorado Discover Ability](#) (Grand Junction, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [FOB Summit County](#) (Silverthorne, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)
- [National Sports Center for the Disabled](#) (Denver, CO)
- [South Suburban Parks & Recreation – STAR Program](#) (Centennial, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)

Hockey (Ambulatory)

- [Colorado Eagles Special Hockey](#) (Littleton, CO)

Hockey (Sled)

- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [Colorado Adaptive Sports Foundation](#) (Denver, CO)
- [Colorado Springs Sled Hockey Association](#) (Colorado Springs, CO)

Hunting

- [FOB Summit County](#) (Silverthorne, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)
- [Outdoor Buddies](#) (Westcliffe, CO)

Judo

- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)

Kayaking

- [Adaptive Adventures](#) (Evergreen, CO)
- [Adaptive Sports Association](#) (Durango, CO)
- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [Breckenridge Outdoor Education Center](#) (Breckenridge, CO)
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- [FOB Summit County](#) (Silverthorne, CO)
- [National Sports Center for the Disabled](#) (Denver, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)
- [Vail Veterans Program](#) (Vail, CO)

Mountain Biking (Foot Pedal &/or Adaptive)

- [Adaptive Adventures](#) (Evergreen, CO)
- [Adaptive Sports Association](#) (Durango, CO)
- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
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- [National Sports Center for the Disabled](#) (Denver, CO)
- [Steamboat Adaptive Recreational Sports](#) (Steamboat Springs, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)

Mountaineering

- [Telluride Adaptive Sports Program](#) (Telluride, CO)

Power Lifting

- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)

Quad Rugby

- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [Colorado Adaptive Sports Foundation](#) (Denver, CO)

Rafting

- [Accessible Fishing](#) (Lakewood, CO)
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- [Vail Veterans Program](#) (Vail, CO)

Rappelling

- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [Breckenridge Outdoor Education Center](#) (Breckenridge, CO)
- [FOB Summit County](#) (Silverthorne, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)

Rock Climbing

- [Adaptive Sports Association](#) (Durango, CO)
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- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [FOB Summit County](#) (Silverthorne, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)

Ropes Course

- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [Breckenridge Outdoor Education Center](#) (Breckenridge, CO)
- [City of Wheat Ridge](#) (Wheat Ridge, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)

Rowing

Sailing

- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [Community Sailing of Colorado](#) (Aurora, CO)
- [FOB Summit County](#) (Silverthorne, CO)
- [National Sports Center for the Disabled](#) (Denver, CO)

Scuba & Snorkeling

- [A-1 Scuba and Travel Center](#) (Englewood, CO)

Shooting

- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)
- [Outdoor Buddies](#) (Westcliffe, CO)
- [Vail Veterans Program](#) (Vail, CO)

Skiing (Ambulatory)

- [Adaptive Adventures](#) (Evergreen, CO)
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- [Colorado Discover Ability](#) (Grand Junction, CO)
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- [Ignite Adaptive Sports](#) (Boulder, CO)
- [National Sports Center for the Disabled](#) (Winter Park, CO)
- [South Suburban Parks & Recreation – STAR Program](#) (Centennial, CO)
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- [Telluride Adaptive Sports Program](#) (Telluride, CO)
- [Town of Parker](#) (Parker, CO)
- [Vail Veterans Program](#) (Vail, CO)

Skiing (Sit Ski)

- [Adaptive Adventures](#) (Evergreen, CO)
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- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [Breckenridge Outdoor Education Center](#) (Breckenridge, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [Colorado Discover Ability](#) (Grand Junction, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Ignite Adaptive Sports](#) (Boulder, CO)
- [National Sports Center for the Disabled](#) (Winter Park, CO)
- [South Suburban Parks & Recreation – STAR Program](#) (Centennial, CO)
- [Steamboat Adaptive Recreational Sports](#) (Steamboat Springs, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)
- [Town of Parker](#) (Parker, CO)
- [Vail Veterans Program](#) (Vail, CO)

Skiing (Nordic – Ambulatory)

- [Adaptive Adventures](#) (Evergreen, Co)
- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [Breckenridge Outdoor Education Center](#) (Breckenridge, CO)
- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Ignite Adaptive Sports](#) (Boulder, CO)
- [National Sports Center for the Disabled](#) (Winter Park, CO)
- [Steamboat Adaptive Recreational Sports](#) (Steamboat Springs, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)
- [Vail Veterans Program](#) (Vail, CO)

Skiing (Nordic – Sit Ski)

- [Adaptive Adventures](#) (Evergreen, CO)
- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [Breckenridge Outdoor Education Center](#) (Breckenridge, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Ignite Adaptive Sports](#) (Boulder, CO)
- [National Sports Center for the Disabled](#) (Winter Park, CO)
- [Steamboat Adaptive Recreational Sports](#) (Steamboat Springs, CO)

- [Telluride Adaptive Sports Program](#) (Telluride, CO)
- [Vail Veterans Program](#) (Vail, CO)

Snow Boarding

- [Adaptive Sports Association](#) (Durango, CO)
- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [Breckenridge Outdoor Education Center](#) (Breckenridge, CO)
- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [Colorado Discover Ability](#) (Grand Junction, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [FOB Summit County](#) (Silverthorne, CO)
- [Ignite Adaptive Sports](#) (Boulder, CO)
- [National Sports Center for the Disabled](#) (Winter Park, CO)
- [South Suburban Parks & Recreation – STAR Program](#) (Centennial, CO)
- [Steamboat Adaptive Recreational Sports](#) (Steamboat Springs, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)
- [Vail Veterans Program](#) (Vail, CO)

Snowmobiling

- [FOB Summit County](#) (Silverthorne, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)
- [Vail Veterans Program](#) (Vail, CO)

Snow Shoeing

- [The Adaptive Sports Center](#) (Crested Butte, CO)
- [Breckenridge Outdoor Education Center](#) (Breckenridge, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [FOB Summit County](#) (Silverthorne, CO)
- [Ignite Adaptive Sports](#) (Boulder, CO)
- [National Sports Center for the Disabled](#) (Winter Park, CO)
- [Steamboat Adaptive Recreational Sports](#) (Steamboat Springs, CO)
- [Telluride Adaptive Sports Program](#) (Telluride, CO)
- [Vail Veterans Program](#) (Vail, CO)

Soccer (Ambulatory)

- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [City of Broomfield Recreation Services](#) (Broomfield, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)
- [National Sports Center for the Disabled](#) (Denver, CO)
- [Town of Parker](#) (Parker, CO)

Soccer (Power)

- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)

Softball (Ambulatory)

- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [City of Broomfield Recreation Services](#) (Broomfield, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [South Suburban Parks & Recreation – STAR Program](#) (Centennial, CO)
- [Town of Parker](#) (Parker, CO)

Softball (Wheelchair)

- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [Colorado Adaptive Sports Foundation](#) (Denver, CO)

Speed Skating

Swimming

- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [City of Broomfield Recreation Services](#) (Broomfield, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [City of Wheat Ridge](#) (Wheat Ridge, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [FOB Summit County](#) (Silverthorne, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)
- [South Suburban Parks & Recreation – STAR Program](#) (Centennial, CO)
- [Town of Parker](#) (Parker, CO)

Table Tennis

- [FOB Summit County](#) (Silverthorne, CO)

Tennis (Ambulatory)

- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)

Tennis (Wheelchair)

- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [Colorado Adaptive Sports Foundation](#) (Denver, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)

Track & Field

- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [City of Broomfield Recreation Services](#) (Broomfield, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)

Volleyball (Ambulatory)

- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)

- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)
- [National Sports Center for the Disabled](#) (Denver, CO)
- [Town of Parker](#) (Parker, CO)

Volleyball (Sit)

- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)

Water Skiing (Ambulatory)

- [Adaptive Adventures](#) (Evergreen, CO)
- [Adaptive Sports Association](#) (Durango, CO)
- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Steamboat Adaptive Recreational Sports](#) (Steamboat Springs, CO)

Water Skiing (Sit Ski)

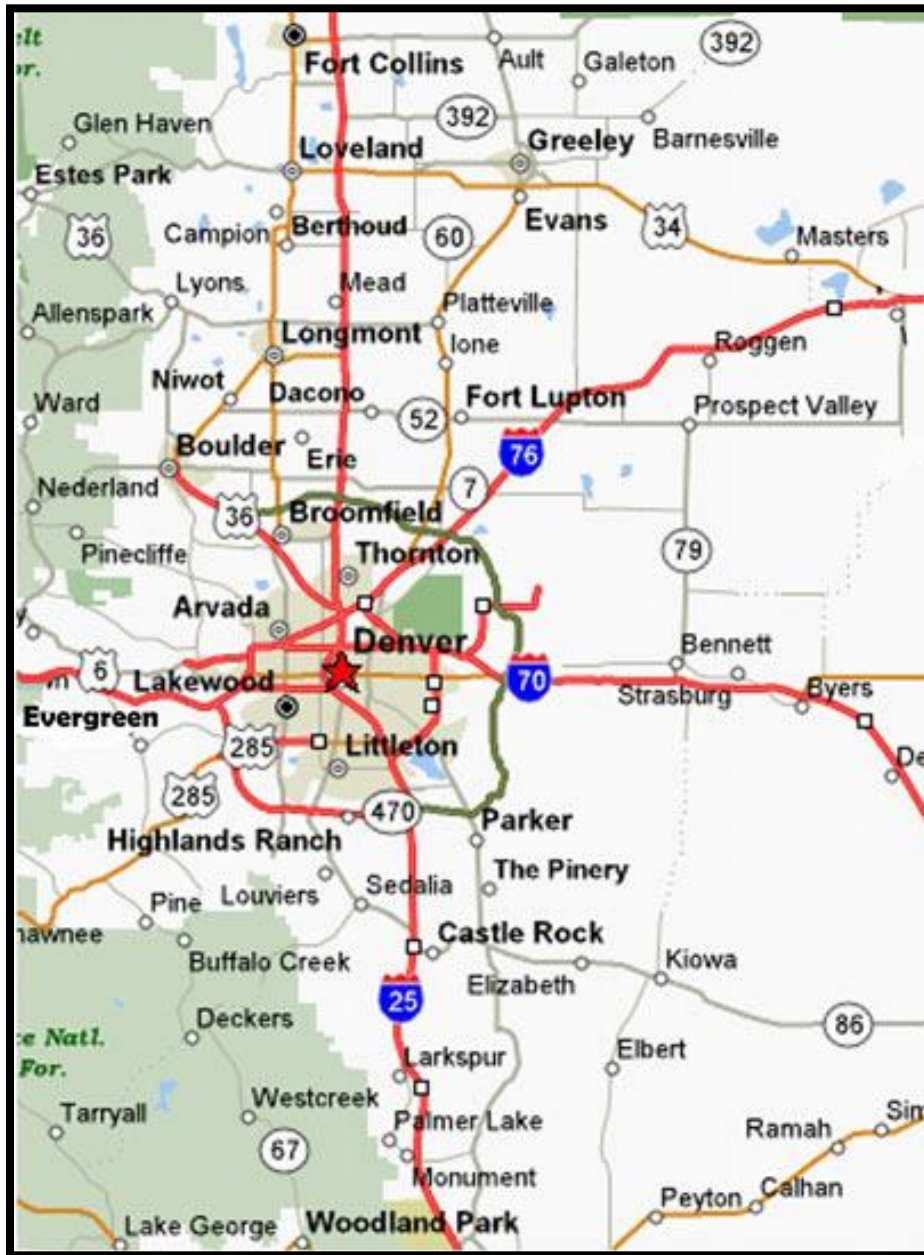
- [Adaptive Adventures](#) (Evergreen, CO)
- [Adaptive Sports Association](#) (Durango, CO)
- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [City of Colorado Springs T.R. Program](#) (Colorado Springs, CO)
- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [South Suburban Parks & Recreation – STAR Program](#) (Centennial, CO)
- [Steamboat Adaptive Recreational Sports](#) (Steamboat Springs, CO)

Weight Training

- [City of Boulder Parks & Recreation](#) – Expand Program (Boulder, CO)
- [City of Broomfield Recreation Services](#) (Broomfield, CO)
- [City of Fort Collins – Adaptive Recreation Opportunities](#) (Fort Collins, CO)
- [Denver Parks and Recreation – Special Needs Program](#) (Denver, CO)
- [Highlands Ranch T.R. Program](#) (Highlands Ranch, CO)
- [South Suburban Parks & Recreation – STAR Program](#) (Centennial, CO)
- [Town of Parker](#) (Parker, CO)

Wrestling

CHAPTER 4: MAP OF COLORADO FRONT RANGE



CHAPTER 5: SPORTS AND RECREATION OPPORTUNITIES – BY PRIVATE ORGANIZATION

A-1 Scuba and Travel Center

1800 W. Oxford
Englewood, CO 80110
303-789-2450
www.a1scuba.com

Scott Taylor (Owner)
scotttaylor@a1scuba.com

A-1 Scuba is a full service dive and snorkel supply shop. A-1 Scuba offers free Discover Scuba lessons as well as full certification courses. Scott Taylor and his staff have extensive experience in working with and training a large variety of people with a variety of different challenges. With a pool onsite, A-1 Scuba can be sure to meet the needs of anyone interested in learning how to scuba or snorkel. Scuba and Snorkeling trips to the Downtown Denver Aquarium also available.

A-1 Scuba is currently working with the Denver AW2 to develop a comprehensive program for our injured military and veterans.

Persons with a Traumatic Brain Injury must possess a medical clearance from their doctor to participate in this program. Please be prepared with your medical release and medical history. Additional releases will be presented at A-1 Scuba upon arrival.

Programs:

Scuba Diving Instruction, Snorkeling Instruction, Scuba/Snorkel Travel Planning

Accessible Fishing

1055 Lamar Street
Lakewood, CO 80214
720-298-0725
www.accessiblefishing.org

Peter Pauwels
fishycharacter@comcast.net

The Arsenal Anglers, the name of the group of men who put together this program, host people with and without disabilities at the Rocky Mountain Arsenal National Wildlife Refuge. The Anglers have joined with the U.S. Army, Shell Oil Company, and the U.S. Fish and Wildlife Service to make an accessible fishery at Lake Mary. They teamed up to construct crushed granite trails, docks and a floating boardwalk. These adaptations make the catch and release fishery easily accessible by wheelchair.

Accessible fishing will work with each person individually to create a specific adventure for that person. Offering not only fishing, but camping and rafting adventures as well, Accessible Fishing can make any persons outdoor desires come true. Participants are encouraged to bring their friends and family on every outdoor adventure.

Participants will be required to fill out a program application, medical release, medical history as well as media releases.

Programs:

Camping, Fishing, Rafting

Adaptive Adventures

P.O. Box 2245
Evergreen, CO 80437
866-679-2770

www.adaptiveadventures.org

Matt Feeney or Joel Berman
info@adaptiveadventures.org

Adaptive Adventures opens the doors to hope and allows people with physical disabilities to realize their dreams. Program participants enjoy fresh air, rushing water, and abundant sunshine as they glide down ski slopes, cut through the water in a kayak or wakeboard, or bike through the Rocky Mountains.

Adaptive Adventures has something for everyone offering progressive programs for children, teens, adults, as well as service members (active duty and veteran) who have been severely injured in Iraq and Afghanistan or other conflicts. Programs offered cover a wide-range of physical disabilities including people with spinal cord injuries, amputations, cerebral palsy, traumatic brain injuries (TBI), spina bifida, and visual impairment.

Programs are about more than athletic skills and recreational experiences...they are about life! Through the freedom of mobility, people build confidence and independence and become inspired to pursue their personal goals and aspirations in all areas of their lives from school, work, family, fitness, health, and recreation. These programs also help build social skills that help people of all ages improve their relationships with family, peers, and their community.

Programs:

Cycling, Handcycling, Kayaking, Mountain Biking, Rafting, Skiing, Mono-Skiing, Nordic Skiing, Adaptive Nordic Skiing, Waterskiing, Sit Waterskiing

Program Costs:

(Prices for various programs vary. Contact Adaptive Adventures for information on specific trips, camps and activities).

Adaptive Sports Association

P.O. Box 1884
Durango, CO 81302
970-259-0374
www.asadurango.com

Tim Kroes or Ann Marie Meighan
tim@asadurango.com
annmarie@asadurango.com

Adaptive Sports Association's programs help to enrich and transform the lives of people with disabilities through sports and recreation. By working with students to overcome physical and cognitive challenges in a safe, supportive environment, ASA helps students "Explore Possibilities".

Through sports and recreation, participants meet positive role models, increase socialization skills, improve physical fitness and combat depression. Personalities blossom and self-esteem soars as our students challenge themselves physically and emotionally and experience success.

Through the use of state-of-the-art equipment, ASA is able to offer its services to individuals with every type of disability. Over 50 ASA ski and snowboard instructors are nationally certified through Professional Ski Instructors of America (PSIA) and the American Association of Snowboard Instructors (AASI). ASA is also a member of Disabled Sports USA. Quality instruction and safety are primary concerns of ASA.

Programs:

Camping, Canoeing, Cycling, Fishing, Hiking, Backpacking, Kayaking, Mountain Biking, Rafting, Rock Climbing, Skiing, Mono-Skiing, Snow Boarding, Water Skiing, Adaptive Water Skiing

The Adaptive Sports Center

P.O. Box 1639
Crested Butte, CO 81224
970-349-2296
www.adaptivesports.org

Chris Read
info@adaptivesports.org

Surrounded by the magnificent Elk Mountains, the Adaptive Sports Center offers a full line of summer and winter outdoor activities ranging from skiing and rafting to wellness retreats and programs on our universally designed ropes course. The skills, self-confidence and empowerment gained while participating in these adaptive activities transfer into our clients' daily lives leading to healthier, happier, more active individuals.

The Adaptive Sports Center stands out as an organization committed to our clients' well-being and

success. Unlike other programs in the adaptive industry that are volunteer-based, ASC sends every client out on a private lesson with a professional instructor/guide. Instructors/guides are chosen to fit each client's particular personality and skill set, and every effort is made to ensure that a client has the same instructor/guide throughout the duration of his or her visit.

The Adaptive Sports Center is recognized as an organization committed to inclusion and strengthening families. Similar programs for people with disabilities only serve that population, which does not allow, for example, a child with autism to go skiing with her or his family. The ASC believes in strengthening the soul as well as the body and views a person's support system as imperative to this effort.

Programs:

Camping, Canoeing, Cycling, Handcycling, Equestrian, Hiking, Backpacking, Kayaking, Mountain Biking, Rafting, Rappelling, Rock Climbing, Ropes Course, Sailing, Skiing, Mono-Skiing, Nordic Skiing, Adaptive Nordic Skiing, Snow Boarding, Snow Shoeing

Breckenridge Outdoor Education Center (BOEC)

P.O. Box 697
Breckenridge, CO 80424
800-383-2632
www.boec.org

Breckenridge Skiing - Jen Schappert
volunteer@boec.org

Keystone Skiing – Joe Kusumoto
Keystone@boec.org

The mission of the Breckenridge Outdoor Education Center is to expand the potential of people with disabilities and special needs through meaningful, educational, and inspiring outdoor experiences. The BOEC began back in 1976 with a staff that consisted of volunteers only, gear that came from their closets, and food that was donated or provided by the clients.

The BOEC has something for everyone who seeks outdoor adventure. Educational experiences are offered for people with physical, cognitive, and sensory disabilities, people from low-income backgrounds or disadvantaged environments, people looking for more team unity in their workplace, people learning English as their second language. . . the list goes on and on. Courses are custom-designed for specific agency groups and individuals are welcome to sign up for our open-enrollment programs. Volunteer and internship opportunities are available for people of all backgrounds and abilities, including those with disabilities and special needs

Programs:

Camping, Canoeing, Cycling, Handcycling, Fishing, Kayaking, Rafting, Rappelling, Rock Climbing, Ropes Course, Skiing, Mono-Skiing, Nordic Skiing, Adaptive Nordic Skiing, Snow Boarding, Snow Shoeing

Brain Injury Adventure Camps

The Brain Injury Association of Colorado and the Breckenridge Outdoor Education Center (BOEC) have partnered together for over 13 years offering exciting and innovative adventure camps!

The emphasis of these camps has always been to empower each participant, encourage independence and exceed perceived limitations. Participants of all recovery levels come together in a safe environment to challenge themselves and encourage one another while having fun in the beautiful mountains of Colorado. Camps are about 5 days in length and feature outdoor adventure activities ranging from rafting, canoeing, rock climbing, hand cycling, skiing, ropes courses and more. The Breckenridge Summer Adventure program is based in the mountains of Breckenridge at the BOEC'S beautiful and scenic Scott Griffith Lodge. The lodge sits on a quiet lake at the base of the Ten-Mile Mountains. New in 2010 are a series of one day "immersion" sessions conducted in the front-range for a closer-to-home taste of adventure. For more information on participating in these camps, contact Linda Heesch, 303-355-9969 X.310, camp@biacolorado.org

Wounded Warrior Programs

The Breckenridge Outdoor Education Center and Keystone Adaptive Center hosts a series of events, camps, lessons and activities over the course of the year for recently wounded military personnel and veterans, and their families. Wounded Warriors come from all over the United States and are provided private lessons with certified instructors, some of whom are also Wounded Warriors.

During these events, a close bond is formed between each disabled veteran. Airman 1st Class Kevin Krogh attended the Ski/Ride Camp at SnoFest last year and states, "We're all here for each other. There are a lot of people who have the same injuries as me, so we can support each other. We keep our hopes up. We tell each other never to give up . . . There's a lot of support out there, but it's most important to not give up on yourself." For more information, contact Jen Schappert, 970-453-5633, volunteer@boec.org.

Challenge Aspen – Challenge Aspen Military Options (C.A.M.O.)

P.O. Box 6639

Snowmass Village, CO 81615

970-923-0578

www.challengeaspen.org/veterans-programs.cfm

Sarah W. Volf

sarah@challengeaspen.org

C.A.M.O. provides recreational and cultural experiences for wounded warriors with cognitive or physical disabilities. We encourage family and friends to share in these experiences. Wounded warriors are able to realize their life potential, bridging the gap between injuries and moving forward with life's challenges despite adversity.

Each winter program has daily time on the slopes with group-based and/or individual lessons for the soldiers. Group lunches and dinners allow participants and their families/caregivers to bond and find strength in one another's triumphs and tribulations. Après-ski activities include swimming, massages, a trip to the hot springs, shopping, relaxing and more!

Each summer, the Roaring Fork Valley is alive with festivals, live music and activities. The C.A.M.O. summer camps take full advantage of these community-based programs. Reintegration into society is an area of difficulty in recently injured soldiers' lives, and community-based activities are helping to bridge the gap. Group lunches and dinners allow participants and their families/caregivers to bond and find strength in one another's triumphs and tribulations.

Programs:

Visit the website above for a variety of mountain sports opportunities for both men and women.

Colorado Adaptive Sports Foundation

3425 S. Clarkson St.
 Englewood, CO 80113
 303-789-8462

www.coloroadaptivesports.org

Corey Fairbanks – Executive Director
corey@coloroadaptivesports.org

The Colorado Adaptive Sports Foundation makes it possible for people of all ages with a physical disability to increase independence, improve self-confidence, and to socially integrate themselves through structured individual and team sports and competition.

Programs:

Sled Hockey, Wheelchair Basketball, Wheelchair Softball, Quad Rugby

Specific Sport Contacts

Sled Hockey	Bruce Grandchamp	bruce.grandchamp@coloradosledhockey.org	303-435-6460
Wheelchair Basketball	Matt Wright	Matthew.Wright@staples.com	303-809-7307
Wheelchair Softball	Robert Lynn	iwannawalk@aol.com	303-289-2888
Quad Rugby	Ron Bolseth	rbolseth@gmail.com	303-994-1765
Wheelchair Tennis	John Vcelka	vcelkaj@gmail.com	303-435-6116

Colorado Discover Ability

P.O. Box 1924
Grand Junction, CO 81502
970-257-1222
www.coloradodiscoverability.org

Jeremy Steinhauer
jeremys@coloradodiscoverability.org

The outdoors is a great equalizer, and its challenges will provide you with an opportunity for self-exploration, building self-confidence, and increasing leisure independence. Through Colorado Discover Ability programs, every year several hundred people with disabilities receive equal access to outdoor recreation, many for the first time in their lives.

Programs:

Camping, Fishing, Hiking & Backpacking, Kayaking, Rafting, Skiing, Mono-skiing, Snowboarding

Colorado Eagles Special Hockey

c/o The Edge Ice Arena
6623 S. Ward St.
Littleton, CO 80127
www.goldeneagleshockey.org

Phil Harbison
Philhar5@gwest.net

Colorado Golden Eagles Special Hockey exists for the enrichment of the athlete with a developmental disability. In addition to physical hockey skills, the program emphasizes the development of desirable individual characteristics such as dependability, self-reliance, concentration, willingness to share and personal accountability. The game of hockey is used by Special Hockey to develop within each player the characteristics that will help the player to be more successful both inside and outside a hockey environment.

Veterans with mild to moderate TBI would be eligible to participate with the Golden Eagles. Contact the director to discuss each individual situation prior to attending a practice. This might be a good route for some that need that little bit of extra help in developing your balance and concentration.

Programs:

Ice Hockey

Colorado Springs Sled Hockey Association

10345 Rolling Ridge Road
Colorado Springs, CO 80925
719-330-7749
www.csha.org

Teresa Lundquist
ptlundquist@msn.com

The Colorado Bulldogs are the sled hockey program in Colorado Springs. They offer opportunities for anyone with a physical disability to get the chance to play the sport of hockey.

Programs:
Sled Hockey

Community Sailing of Colorado

P.O. Box 102613
Denver, CO 80250
303-757-7718
www.communitysailing.org

Brandon Kass
Brandon.kass@communitysailing.org

Community Sailing of Colorado prides itself in teaching the skills and sharing the excitement of sailing with kids, adults, people with disabilities, military and veterans from all walks of life. With dozens of boats of all sizes and abilities, Community Sailing can give anyone the experience of floating across the water. Programs available at the Cherry Creek Reservoir and Grand Lake Reservoir.

Programs:
Sailing

Program Costs:
Prices vary from \$100 to \$300. Contact Community Sailing for exact times and dates available.

F.O.B. Summit County CO.

P.O. Box 25023
Silverthorne, CO 80497
970-401-0247

www.fobsummitcountyco.org

Tom Torres
Torrestom2003@yahoo.com

The mission of FOB Summit County is to take wounded Military Personnel and their family on Outdoor Adventure's.

The primary goals of providing these services are to raise awareness to the veteran issue of not getting the help in a timely matter, for their medical and psychiatric treatment issues through the Veterans Administration Hospital and the Department of Defense and to help them get their treatment and benefit's that are justly do too them and their family. With the support of FOB Summit County Co and any other veterans group that helps with the fight for veterans rights, the soldiers can regain a sense of independence and self-confidence that may have been lost due to a traumatic injury.

FOB has extensive experience in working with our wounded soldiers. Over 40% of the soldiers that participate in these programs have some form of Traumatic Brain Injury.

Programs:

Camping, Canoeing, Fishing, Four-wheeling, Hiking, Backpacking, Hunting, Kayaking, Mountain Biking, Rafting, Rappelling, Rock Climbing, Sailing, Snow Boarding, Snowmobiling, Snow Shoeing, Swimming, Table Tennis

Front Range Exceptional Equestrians / Colorado State University

701 South Overland Trail
Fort Collins, CO 80526
970-689-6717

www.ridewithfree.org

Dr. Sherry Butler
ridewithfree@yahoo.com

Therapeutic Riding is using the movement of the horse to influence a rider's strength, posture, balance, coordination, motor planning, head and trunk control, speech, sensory integration, fine and visual motor skills and many others! Socialization and self-esteem also improve in participants. Therapeutic riding originated in the 1950's when a rider with polio, Liz Hartel of Denmark, participated in the Olympic Games in Dressage. This started the idea that people with disabilities could ride horses. Later, came the idea that riding horses might be beneficial to disabled people in more ways than just being fun.

As a horse walks, the rider is moved forward and back, side-to-side, and the pelvis is rotated. These movements are the same type of movement the human pelvis experiences if the person is walking. The cadence and stride length of a horse is similar to that of a person as well. This means that a person sitting on a horse, who cannot walk, or has minimal use of their legs, receives the benefits of walking by riding. This improves their muscle tone, balance, posture and coordination. Riders also receive benefits in motor planning (thinking and planning movements of arms, hands, legs and body to get the horse to walk, stop or turn). The increased movement the rider experiences at the trot often elicits speech or excited sounds from the rider, even if that rider is normally not vocal. Speech therapists sometimes use 15-20 minutes of riding before their speech therapy session to improve the client's ability to vocalize sounds. On top of all the physical benefits the rider receives, most find riding an enjoyable activity. They get to socialize with volunteers, other riders and the horses. Many disabled people do not get an opportunity to socialize in the community, or participate in activities where they are considered equal to non-disabled people. Therapeutic riding provides all these benefits and fun in one activity!

Programs:

Therapeutic Riding

Golf 4 Fun

P.O. Box 27595
Denver, CO 80227
303-524-4553
www.golf4fun.org

Steve Parkhouse

stephenparkhouse@comcast.net

Golf4Fun's typical class is with a PGA professional for 1 hour. The professional gives a 10 minute lesson followed by individual instruction to each of the students. Volunteers are present to assist. Special assistance is available on a case by case basis. Our Denver facility is centrally located at Broken Tee Englewood GC and shuttle is available from the parking lot to the driving range where the class takes place. Golf4Fun also provides satellite classes in Boulder, Colorado Springs, and Fort Collins.

The highlight of the year is the Year-End Play Date where students play a par 3 scramble event located Foothills GC. Some of Golf4Fun's students may only golf 1 hole, but many do complete the entire course. The Play Date is followed by an award's luncheon.

Programs:

Golf

Program Costs:

\$30 for five (5) one-hour group lessons including range balls, golf equipment and adaptive aids.

Hearts and Horses, Inc.

P.O. Box 2675
Loveland, CO 80539
970-663-4200
www.heartsandhorses.org

Jan Pollema
jan@heartsandhorses.org

Hearts & Horses provides a variety of therapeutic and educational programs utilizing our incredible herd of four-legged therapists.

Programs:
Horses for Heroes, Therapeutic Riding

Hopes Floats

P.O. Box 1161
Longmont, CO 80502
303-651-0849
www.hopesfloat.org

Stephanie Adams
hopesfloat@msn.com

Hopes Float Inc's goal is to provide an engaging, fun and accessible fishing experience for the elderly, disabled community and military and veterans along the Front Range of Colorado. The project consists of a 25-foot pontoon boat with a 115 HP motor. The boat has been modified for use by the disabled community. These modifications included removing the standard seats and installing wheelchair locks and drop in seats. The boat can now accommodate 4 wheelchair clients and their families. With the drop in seats in place, the boat can provide 6 fishing stations. In addition, a ramp has been installed to facilitate the loading and unloading of wheelchair clients.

The boat is in use from May to September of each year, depending on the weather. Hopes Float provides a 3 to 4 person crew whom are available either weekdays or weekends, depending on the demand. The boat is stored in Longmont, CO and can be transported to any lake along the Front Range of Colorado.

Programs:
Boating, Fishing

Program Costs:
There is no fee for a trip with Hopes Float. The program is supported by donations, corporate funding and grants

Ignite Adaptive Sports

P.O. Box 19016

Boulder, CO 80308-2016

303-588-2862

www.igniteadaptivesports.org

David Schadle

veteransprograms@igniteadaptivesports.org

Ignite Adaptive Sports Program mission is to provide integrated recreational opportunities for people with disabilities that will foster independence through the acquisition of lifetime skills. Ignite is also a member organization of Disabled Sports USA and Professional Ski Instructors of America Rocky Mountain Division (PSIA-RM).

Services provided to the disabled population include instructional programs in adaptive Snowboard, Alpine and Nordic skiing, which include downhill Sit-Ski, Mono-Ski and Pull cross country skiing. Sixty-five percent of the student population comes from Boulder County. Last Season the program supported over 1200 lesson sessions for more than 180 students. Ignite has experienced a modest, but continuous growth, over the past 35 years that the program has been in existence. A scholarship fund has been provided to accommodate participants from all income levels. A daily fee for services includes a ski or snowboard lesson, lift ticket and ski or snowboard instructor. The instruction fee structure covers day to day operational costs.

Programs:

Biathlon, Skiing, Mono-Skiing, Nordic Skiing, Adaptive Nordic Skiing, Snow Boarding, Snow Shoeing

Veterans Ski program is available. Lessons run from Thursday thru Sunday. Thursday are reserved for "Veterans Only". Disabled vets will pay an annual fee of \$40. All other lessons are then free of charge. Space fills up fast, so contact David Schadle to receive the necessary forms and registrations.

Program Costs:

Half Day Ski and Snow Board Lessons - \$60.

Half Day Nordic Ski Lessons - \$30.

National Sports Center for the Disabled

1801 Bryant Street., #1500
Denver, CO 80204
303-293-5313

www.nscd.org

Winter Program Guide: <http://www.nscd.org/programs/winterbrochure.htm>

Summer Program Guide: <http://www.nscd.org/programs/summerbrochure.htm>

Kris Ekeren

kekeren@nscd.org

Beth Fox (for people with TBI)

bfox@nscd.org

970-726-1646

Winter Park Ski Program

info@nscd.org

303-316-1518

The National Sports Center for the Disabled (NSCD) began in 1970 as a one-time ski lesson for children with amputations for the Children's Hospital of Denver. Today, the NSCD is one of the largest outdoor therapeutic recreation agencies in the world. Each year, thousands of children and adults with disabilities take to the ski slopes, mountain trails and golf courses to learn more about sports - and themselves. With specially trained staff and its own adaptive equipment lab, the NSCD teaches a variety of winter and summer sports and activities to individuals with almost any physical, cognitive, emotional, or behavioral diagnosis.

The mission of the National Sports Center for the Disabled (NSCD) is to provide quality outdoor sports and therapeutic recreation programs that positively impact the lives of people with physical, cognitive, emotional, or behavioral challenges.

Programs:

Archery, Basketball, Camping, Canoeing, Cycling, Handcycling, Equestrian, Fishing, Golf, Hiking, Backpacking, Kayaking, Mountain Biking, Rafting, Rock Climbing, Sailing, Skiing, Mono-Skiing, Nordic Skiing, Adaptive Nordic Skiing, Snow Boarding, Snow Shoeing, Soccer, Volleyball

The NSCD offers a wide variety of programming specifically for our soldiers wounded in battle against terror. Many of these programs are multi-day activities and are reserved for our veterans and military personnel that have so bravely sacrificed for our freedoms.

For more information about program as well as dates and times for the various activities, call 970-726-1518.

Military Programs:

Alpine Skiing, Nordic Skiing, Biathlon, Snowboarding, General Activities

Outdoor Buddies

555 Highlands Road
Westcliffe, CO 81252
719-783-9044
www.outdoorbuddies.org

Dwaine Robey
president@outdoorbuddies.org

Hunting:	Larry Sanford	970-218-5356	lpbusy@comcast.net
Fishing:	Al Montoya	303-296-4610	agmontoya@q.com
Youth Activities:	John Roybal	303-362-0101	mindois@msn.com

Outdoor Buddies was founded by representatives of Craig Hospital and the Colorado Division of Wildlife who wanted to provide outdoor adventure experiences to mobility-disabled outdoor lovers. The organizational efforts were initiated primarily because of a need to find therapeutic recreational opportunities for patients who had suffered debilitating spinal cord injuries. Through the years, Outdoor Buddies has expanded its programs to include all mobility-disabled persons and a youth program.

Many generous landowners allow Outdoor Buddies groups to hunt or fish on their property at no charge. Landowners and volunteers throughout the state participate in the program, making it possible for Outdoor Buddies participants to venture all across Colorado in search of the outdoor adventure experiences!

Outdoor Buddies leases a small house, several outbuildings, and a campground (not open to the public) at Tarryall State Wildlife Area for use in camping, hunting and fishing outings. The campground is suited for use by youth groups, church groups, etc..

It is necessary to schedule, in advance, all Tarryall usage with Jim Piper, piper@outdoorbuddies.org. There is also an outboard motor boat available for usage at Tarryall. Again, it is necessary to schedule usage in advance with Jim Piper.

In order for handi-buddies to precipitate in big game hunting activities, they must apply ahead of time. Big Game Hunt Requests should be received by mid-January of each year as slots are limited. Handi-buddies must have a permit to shoot from a vehicle issued by the Colorado Division of Wildlife.

Programs:

Archery, Camping, Canoeing, Fishing, Hunting, Shooting

Program Costs:

Funding is entirely from donations, grants and fund raising events. Outdoor Buddies **charges no membership fees**. Able-bodied volunteers (able-buddies) provide the assistance that we offer the handicapped members (handi-buddies) and youth participants. There is never any charge for this assistance although **handi-buddies must purchase hunting licenses and pay for transportation, meals and motels and other personal items when needed**.

Pikes Peak Therapeutic Riding Center

13630 Halleluiah Trail
Elbert, CO 80106
719-495-3908
www.pptrc.org

Nancy Beers
beers@pptrc.org

The Pikes Peak Therapeutic Riding Center strives to enhance the quality of life for people with disabilities or special needs through equine assisted activities and therapies.

The Pikes Peak Therapeutic Riding Center participates in the Horses for Heroes program. Horses for Heroes assists military veterans through services provided by the North American Riding for the Handicapped Association (NAHRA) members and by providing leadership and guidance for equine assisted activities and therapies. Veterans of any age can benefit from the program and by being involved with equines.

Programs: (Programs are set in 8 weeks sessions. No one-time riding available)
Horses for Heroes, Therapeutic Riding, Hippotherapy, Equine Facilitated Psychotherapy

Praying Hands Ranches, Inc.

4825 E. Daley Circle
Parker, CO 80138
303-841-4043
www.prayinghandsranches.org

Shirley Hanson
hansonphr@myawai.com

The Veterans Administration visited PHR and commented that this is a very appropriate facility. The therapy offered here at PHR includes: Equine Therapy with certified riding instructors, Hippotherapy with Occupational Therapists, Equine Assisted Psychology and Therapeutic Horticulture Experience.

Two Electric lifts have been installed in the indoor riding arenas for assisting the mounting of disabled veterans in PHR Equine Therapeutic Programs.

PHR has added large and strong horses to use in these programs and with the help of many donations we have a new **Independence Saddle**. The Independent Strides saddle is particularly well-suited for use by individuals with disabilities. It can be used with any combination of six attachments, or alone, and can be individualized by adding or removing components to maximize the therapeutic benefits. It also was developed with the primary concern for safety, complying with NARHA's safety standards.

Programs:
"Heroes on Horses", Hippotherapy, Equine Assisted Psychology, Therapeutic Horticulture Experience.

Rivers of Recovery

170 Saint Moritz Strasse
Park City, UT 84098
303-801-8022
www.riversofrecovery.org

Dan Cook
dan@riversofrecovery.org

Rivers of Recovery (ROR) was founded on the belief that "experiencing the outdoors" and sharing good company is great medicine. That is why ROR hosts its program at the Green River in Northeast Utah and also why they bring 6 veterans or active duty participants together on each trip. The scenery is magnificent and the fishing is spectacular! The weekends are very informal and feel like a family reunion. On each trip, the ROR staff, volunteers and fishing guides have one priority: maximizing the enjoyment of its participants.

The participants stay in a 3 bedroom house in the small town of Dutch John, UT (population 80) located near the river. All fishing is done with professionally licensed guides from specially designed fishing boats called "drift boats." This program is low-impact, requires very little walking and does not require participants to get wet.

The program is offered at no cost. Participants are responsible for transportation to their nearest major airport. ROR provides airfare to Salt Lake City, local transportation in Utah, lodging, guiding and meals. This program represents effective rehabilitation and a "Thank You!" for the sacrifices our participants have made on behalf of all Americans.

Programs:
Fishing, Rafting

Program Cost:
Free to all veterans. Participants are responsible for transportation to their nearest major airport. ROR provide airfare to Salt Lake City, local transportation in Utah, lodging, guiding and meals.

Sopris Therapy Services

P.O. Box 2080
Carbondale, CO 81623
970-948-1002
www.SoprisTherapyServices.com

Patricia Horwitz
Horwitz@rof.net

Programs:
Horses for Heroes, Equine Facilitated Psychotherapy, Hippotherapy, Recreational Riding, Therapeutic Riding, Veterans Programs

Steamboat Adaptive Recreational Sports – STARS

P.O. Box 770208
Steamboat Springs, CO 80477
970-870-1950 (Administration Offices)
970-871-5371 (Mountain Offices)
www.steamboatstars.com

Julie Taulman
Julie@steamboatstars.com

Craig Kennedy (Camps & Ski Program)
craig@steamboatstars.com
970-871-5371

Steamboat Adaptive Recreational Sports ‘STARS’ provides recreational opportunities for people with disabilities, resulting in empowering and enriching the quality of life.

Each January, ‘STARS’ hosts a Wounded Warrior Ski Camp. Contact Craig Kennedy for details on the camp.

All general lessons are open for military and veterans to participate in.

Programs:

Cycling, Fishing, Mountain Biking, Rafting, Skiing, Mono-Skiing, Nordic Skiing, Adaptive Nordic Skiing, Snow Boarding, Snow Shoeing, Water Skiing, Adaptive Water Skiing

Telluride Adaptive Sports Programs

P.O. Box 2254
Telluride, CO 81435
970-728-5010
www.tellurideadaptivesports.org

Tim McGough
tasp@tellurideadaptivesports.org

TASP’s main activities include the adaptive ski program operating daily during the winter at the Telluride Ski Area and a mix of focused summer sports programs. TASP also conducts clinics and special events including the Expand Your Horizons! Ski Camp-for advanced skiers with disabilities, cycling clinics, Nordic and snowshoe clinics and more. TASP also provides volunteer opportunities, training for staff and volunteers, scholarships for students needing financial assistance and adaptive equipment.

TASP has initiated a Wounded Warriors project for Troops injured in Iraq and Afghanistan. The Disabled Veterans Summer Adventure Week and the Disabled Veterans Adventure Ski Camp are open to any

recently wounded service man or woman injured in Iraq or Afghanistan. Through these activities, participants develop increased physical awareness, balance and strength as well as an incredible sense of accomplishment. Visit the Program page on the website or call 970-728-3524 for exact dates, times and costs.

TASP has been growing strategically and methodically, serving an increasing number of students and incrementally expanding activities and resources.

Programs:

Camping, Cycling, Handcycling, Fishing, Four-Wheeling, Hiking, Backpacking, Horseback Riding, Kayaking, Mountain Biking, Mountaineering, Rafting, Rappelling, Rock Climbing, Ropes Course, Skiing, Mono-Skiing, Nordic Skiing, Adaptive Nordic Skiing, Snow Boarding, Snowmobiling, Snow Shoeing

Vail Veterans Program

P.O. Box 6473
Vail, CO 81658
970-476-4906

www.vailveteransprogram.com

Cheryl Jensen

vailveteransprogram@gmail.com

The Vail Veterans Program offers skiing, snowboarding and outdoor summer recreation activities to United States military men and women who have been severely wounded while serving our country in Afghanistan and Iraq at no cost to the participant and their guest.

The Vail Veterans Program works with military rehabilitation hospitals to provide two week long winter camps and one week long summer camp.

Since 2004, the Vail Veterans Program has been providing rehabilitative sport programs to recently wounded United States military personnel who have been severely injured while serving in Operation Enduring Freedom (OEF), Operation Iraqi Freedom (OIF) and to the troops that support those efforts. Wounded warriors and their families are encouraged to attend as it provides much needed time with their loved ones, a community of mutual support and time away from the hospital

Programs:

Camping, Equestrian, Fishing, Four-Wheeling, Golf, Kayaking, Rafting, Shooting, Skiing, Mono-Skiing, Nordic Skiing, Adaptive Nordic Skiing, Snow Boarding, Snowmobiling, Snow Shoeing

Program Costs:

Programs are free to OIF and OEF injured soldiers. Spaces at the camps are limited.

CHAPTER 6: SPORTS AND RECREATION OPPORTUNITIES – BY MUNICIPALITY

City of Boulder Parks and Recreation – EXPAND Program

5660 Sioux Dr.
Boulder, CO 80303
303-413-7474

www.bouldercolorado.gov (Type EXPAND in the search box)

Jennifer Heilveil
heilveilj@bouldercolorado.gov

The Exciting Programs Adventures and New Dimensions (EXPAND) program helps people who have disabilities improve and gain new recreation and leisure skills that will enhance participants' overall well being and their quality of life.

The City of Boulder Parks and Recreation EXPAND program has received a grant from the U.S. Paralympics to provide support and mentoring to participants with physical disabilities. Participants will be introduced to adaptive sports techniques and opportunities through clinics and camps which are already connected to the City of Boulder Parks and Recreation ongoing Paralympic sport programs.

Programs:

Basketball, Boccia, Camping, Canoeing, Cycling, Handcycling, Fishing, Golf, Hiking, Backpacking, Kayaking, Mountain Biking, Power Lifting, Quad Rugby, Rafting, Rock Climbing, Sailing, Skiing, Mono-Skiing, Nordic Skiing, Snow Boarding, Soccer, Softball, Swimming, Track & Field, Water Skiing, Adaptive Water Skiing, Weight Training

City of Broomfield – Broomfield Recreational Services

13201 Lowell Blvd
Broomfield, CO 80020
303-460-6924

www.broomfield.org/recreation/therapeutic/trindex.shtml

Rachel Robbins
rrobbins@broomfield.org

The Therapeutic Recreation program is designed to provide and enhance recreation opportunities for people of all ability levels and ages to participate in leisure services. We offer both specialized classes and mainstreaming/ inclusion opportunities

Programs:

Basketball, Boccia, Camping, Golf, Rock Climbing, Soccer, Softball, Softball, Swimming, Track & Field, Weight Training

City of Colorado Springs Therapeutic Recreation Program

1315 E. Pikes Peak Ave.
Colorado Springs, CO 80909
719-385-6958
www.springsgov.com/tr

Diane Ridderhoff
dridderhoff@springsgov.com

The mission of the Therapeutic Recreation (TR) Program is to provide opportunities for youth and adults with disabilities to acquire skills that enable them to participate in leisure experiences of their choice and enhance their abilities to function within a community setting. The TR staff also provides advocacy and support for individuals with disabilities to participate in general recreation activities, as well as specialized therapeutic activities. The TR Program also has programs that are specific for injured service members and veterans.

Programs:

Agua-Rehab, Archery, Basketball, Wheelchair Basketball, Military Biathlon, Boccia, Cycling, Handcycling, Fishing, Golf, Hiking, Rafting, Rock Climbing, Shooting, Skiing, Mono-skiing, Nordic Skiing, Adaptive Nordic Skiing, Snow Shoeing, Softball, Wheelchair Softball, Swimming, Wheelchair Tennis, Volleyball, Sit Volleyball, Adapted Water Skiing.

City of Fort Collins – Adaptive Recreation Opportunities

215 N. Mason
Fort Collins, CO 80522
970-224-6027
www.fcgov.com/aro

Renee Lee
rlee@fcgov.com

The City of Fort Collins Recreation Division provides equal and quality recreation for community members with disabilities. Adaptive Recreation Opportunities (ARO) strives to ensure that people with disabilities have the necessary accommodations or support to participate in any recreation program at their highest level of independence. Specialized programming is also offered to increase opportunities and meet unique needs of individuals. A Certified Therapeutic Recreation Specialist oversees the creation of support for each person and the specialized program offerings made available.

Programs:

Archery, Basketball, Camping, Canoeing, Cycling, Handcycling, Hiking, Figure Skating, Goalball, Sled Hockey, Quad Rugby, Rafting, Skiing, Mono-Skiing, Nordic Skiing, Snow Boarding, Snow Shoeing, Softball, Swimming, Adaptive Water Skiing, Weight Training

City of Wheat Ridge

4005 Kipling Street
Wheat Ridge, CO 80033
303-231-1300
www.ci.wheatridge.co.us

Rachel Wysuph
rwysuph@ci.wheatridge.co.us

Therapeutic Recreation programs offer recreation and leisure opportunities for individuals of all ages and abilities but are designed to meet the unique needs of individuals with disabilities. Activities include sports, fitness classes, art classes, dance classes, special events, trips, and outings.

Programs:

Basketball, Boccia, Camping, Cycling, Handcycling, Ropes Course, Swimming

Denver Parks and Recreation - Special Needs Program

1849 Emerson St.
Denver, CO 80218
720-865-0820
www.denvergov.org/recreation

Leah Huffer-Solomon
leah.huffer@denvergov.org

The Denver Parks and Recreation Special Needs Program provides an opportunity, through community based therapeutic recreation programs for citizens with disabilities to develop physical, mental, emotional, social and leisure skills necessary to participate in a continuum of activities which will enhance their well-being.

Programs:

Archery, Basketball, Boccia, Camping, Cycling, Handcycling, Golf, Hiking & Backpacking, Rock Climbing, Ropes Course, Skiing, Mono-Skiing, Nordic Skiing, Adaptive Nordic Skiing, Snow Boarding, Snow Shoeing, Soccer, Softball, Swimming, Tennis, Wheelchair Tennis, Track & Field, Volleyball, Water Skiing, Weight Training

Highlands Ranch Community Association - Therapeutic Recreation Program

4800 McArthur Ranch Rd.
Highlands Ranch, CO 80130
303-471-7043
www.HRCAonline.org/tr

Summer Aden
sadden@HRCAonline.org

HRCA Therapeutic Recreation Programs are intended to enhance the quality of life of individuals with special needs. Programs are facilitated by Certified Therapeutic Recreation Specialists and/or qualified staff. HRCA provides a quality and compassionate community-based environment for participants of all ages and abilities. The goal is to challenge participants and support general independence, choice, self-determination, and self-confidence. HRCA wants each participant to enjoy recreation. Goals are to work towards social independence in a fun and safe environment, while encouraging a general sense of health, wellness, and improved quality of life.

Programs:

Archery, Basketball, Boccia, Cycling, Equestrian, Fencing, Hiking, Backpacking, Hunting, Judo, Mountain Biking, Rock Climbing, Shooting, Soccer, Swimming, Tennis, Wheelchair Tennis, Volleyball, Weight Training

South Suburban Parks & Recreation – STAR Program

2004 W. Powers Ave.
Littleton, CO 80120
303-730-4608
www.sspr.org

Carey Overstreet
careyo@sspr.org

STAR program mission is to enhance opportunities for individuals with disabilities to participate in leisure services through inclusion and specially designed programs.

Programs:

Basketball, Camping, Canoeing, Cycling, Hiking, Backpacking, Skiing, Mono-Skiing, Snow Boarding, Softball, Swimming, Water Skiing, Weight Training

Program Costs: Find a program brochure at
http://www.ssprd.org/southsubnew/regonline.asp?tl=2&pdept_id=800&strmode=1

Town of Parker

21120 E. Mainstreet
Parker, CO 80138
303-805-3208
www.parkerrec.com

Amber Gerber
agerber@parkeronline.org

Parker's therapeutic recreation program is designed to enhance quality of life for individuals with disabilities through participation in adapted programming. Programs are designed to minimize barriers, increase leisure awareness within the community, promote skill building, celebrate individual success and improve overall wellbeing for participants.

Programs:

Basketball, Equestrian, Skiing, Mono-Skiing, Soccer, Softball, Swimming, Tennis, Volleyball, Weight Training

CHAPTER 7: NATIONAL ORGANIZATIONS OR GOVERNING BODIES

AXS Vail

1202 Crazy Horse Circle
Edwards, CO 81632
970-390-2096
www.axsvail.org
Sarah Wills
sarah@axsvail.org

Buckmasters – Disabled Hunters Services

www.buckmasters.com/resources/badf/disabled-hunters.aspx

Colorado Division of Wildlife – Disabled Services

www.wildlife.state.co.us/Fishing/DisabledAccessibility

National Wheelchair Basketball Association

1130 Elkton St. Suite C
Colorado Springs, CO 80907
www.nwba.org
Todd Hatfield
toddhatfield@nwba.org

North American Riding for the Handicapped Association

P.O. Box 33150
Denver, CO 80233
www.narha.org
Nicole Pepper
npepper@narha.org

Physically Challenged Bowhunters of America

www.pcba-inc.org

The Wheelin' Sportsmen

www.wheelinsportsmen.org

U.S. Handcycling

P.O. Box 3538
Evergreen, CO 80437
303-459-4159
www.us handcycling.org
Ian Lawless
ian@us handcycling.org

U.S. Quad Rugby Association

11104 Spicewood Club Drive
Austin, TX 78750
512-791-2644
www.quad rugby.com
James Gumbert
James.gumbert@gmail.com

USA Hockey – Disabled Section

www.usahockey.com
J.J. O'Connor
DUBLJ95@aol.com

National Wheelchair Softball Association

13414 Paul Street
Omaha, NE 68154
402-305-5020
www.wheelchairsoftball.org
Bruce Froendt
bfroendt@cox.net

CHAPTER 8: GENERAL RESOURCE ORGANIZATION

The following organizations are national leaders in the treatment, rehabilitation and management of people suffering from a Traumatic Brain Injury. These organizations are also extremely well versed in providing sports and recreation opportunities for people with TBI.

The Brain Injury Association of Colorado

4200 W. Conejos Pl., #524
Denver, CO 80204
303-355-9969
www.biainjury.org

Gavin Atwood, Executive Director
gavin@biainjury.org

Craig Hospital

3425 S. Clarkson St
Englewood, CO 80113
303-789-8000
www.craighospital.org

Dr. Alan Weintraub, Medical Director
aweintraub@craighospital.org

Defense and Veterans Brain Injury Center

Warrior Recovery Center
Building 7489 Sutherland Circle
Fort Carson, CO 80913
719-526-8636
www.dvbic.org

Robin Wininger
Robin.wininger@us.army.mil

Denver Options – Operation TBI Freedom

9900 E. Illiff Ave.
Denver, CO 80231
303-636-5829
www.operationtbitfreedom.org

Jennifer Andersen, Program Manager
jandersen@denveroptions.org

Operation Rebound – Denver

P.O. Box 910769
San Diego, CA 92191
858-208-3525
Nico Marcolongo
www.operationrebound.org

Joel Hunt – Denver Director
303-526-8111
www.operationrebounddenver.org
operationrebound@gmail.com

Paralyzed Veterans of America – Mountain States Chapter

12200 E. Illiff Ave.
Suite 107
Aurora, CO 80014
303-597-0038
www.mscpva.org

Mark Sheppard
info@mscpva.org

CHAPTER 9: GLOSSARY OF TERMS

Affect	The observable emotional condition of an individual at any given time.
Agnosia	Failure to recognize familiar objects although the sensory mechanism is intact. May occur for any sensory modality.
Agraphia	Inability to express thoughts in writing.
Alexia	Inability to read.
Alertness	Being awake and able to respond to stimulation.
Attention	Being able to focus on one stimulation, even briefly.
Ambulate	To walk.
Amnesia	Lack of memory about events occurring during a particular period of time.
Aneurysm	A balloon like deformity in the wall of a blood vessel. The wall weakens as the balloon grows larger, and may eventually burst, causing a hemorrhage.
Anomia	Inability to recall names of objects. Persons with this problem often can speak fluently but have to use other words to describe familiar objects.
Anosmia	Loss of the sense of smell.
Anoxia	A lack of oxygen. Cells of the brain need oxygen to stay alive. When blood flow to the brain is reduced or when oxygen in the blood is too low, brain cells are damaged.
Anterograde Amnesia	Inability to consolidate information about ongoing events. Difficulty with new learning.
Anticonvulsant	Medication used to decrease the possibility of a seizure (e.g., Dilantin, Phenobarbital, Mysoline, Tegretol).
Antidepressants	Medication used to treat depression.
Aphasia	Loss of the ability to express oneself and/or to understand language. Caused by damage to brain cells rather than deficits in speech or hearing organs.
Apraxia	Inability to carry out a complex or skilled movement; not due to paralysis, sensory changes, or deficiencies in understanding. See also parietal lobe.
Aprosodia	A condition in which there is a loss of production or comprehension of the meaning of different tones of voice.
Arousal	Being awake. Primitive state of alertness managed by the reticular activating system (extending from medulla to the thalamus in the core of the brain stem) activating the cortex. Cognition is not possible without some degree of arousal.
Articulation	Movement of the lips, tongue, teeth and palate into specific patterns for purposes of speech. Also, a movable joint.
Aspiration	When fluid or food enters the lungs through the wind pipe. Can cause a lung infection or pneumonia.
Ataxia	A problem of muscle coordination not due to apraxia, weakness, rigidity, spasticity or sensory loss. Caused by lesion of the cerebellum or basal ganglia. Can interfere with a person's ability to walk, talk, eat and to perform other self care tasks. See also cerebellum.

Atrophy	A wasting away or decrease in size of a cell, tissue, organ, or part of the body caused by lack of nourishment, inactivity or loss of nerve supply.
Attention/Concentration	The ability to focus on a given task or set of stimuli for an appropriate period of time.
Augmentative and Alternative Communication	Use of forms of communication other than speaking, such as: sign language, “yes, no” signals, gestures, picture board, and computerized speech systems to compensate (either temporarily or permanently) for severe expressive communication disorders.
ADL	Activities of daily living. Routine activities carried out for personal hygiene and health (including bathing, dressing, feeding) and for operating a household.
Behavior	The total collection of actions and reactions exhibited by a person.
Bilateral	Pertaining to both right and left sides.
Brain Injury, Acquired	The implication of this term is that the individual experienced normal growth and development from conception through birth, until sustaining an insult to the brain at some later time which resulted in impairment of brain function.
Brain injury, Closed	Occurs when the head accelerates and then rapidly decelerates or collides with another object (for example the windshield of a car) and brain tissue is damaged, not by the presence of a foreign object within the brain, but by violent smashing, stretching, and twisting, of brain tissue. Closed brain injuries typically cause diffuse tissue damage that results in disabilities which are generalized and highly variable.
Brain injury, Mild	A patient with a mild traumatic brain injury is a person who has had a traumatically-induced physiological disruption of brain function, as manifested by at least one of the following; 1) any period of loss of consciousness, 2) any loss of memory for events immediately before or after the accident, 3) any alteration in mental state at the time of the accident (e.g., feeling dazed, disoriented, or confused), 4) focal neurological deficit(s) which may or may not be transient; but where the severity of the injury does not exceed the following: a) loss of consciousness of approximately 30 minutes or less; b) after 30 minutes, an initial Glasgow Coma Scale score of 13-15; c) Post Traumatic Amnesia not greater than 24 hours.
Brain Injury, Traumatic	Damage to living brain tissue caused by an external, mechanical force. It is usually characterized by a period of altered consciousness (amnesia or coma) that can be very brief (minutes) or very long (months/indefinitely). The specific disabling condition(s) may be orthopedic, visual, auditory, neurologic, perceptive/cognitive, or mental/emotional in nature. The term does not include brain injuries that are caused by insufficient blood supply, toxic substances, malignancy, disease-producing organisms, congenital disorders, birth trauma or degenerative processes.
Brain stem	The lower extension of the brain where it connects to the spinal cord. Neurological functions located in the brain stem include those necessary for survival (breathing, heart rate) and for arousal (being awake and alert).

Catheter	A flexible tube for withdrawing fluids from, or introducing fluids into, a cavity of the body. Frequently used to drain the urinary bladder (Foley catheter).
Cerebral-spinal Fluid (CSF)	Liquid which fills the ventricles of the brain and surrounds the brain and spinal cord.
Clonus	A sustained series of rhythmic jerks following quick stretch of a muscle.
Cognition	The conscious process of knowing or being aware of thoughts or perceptions, including understanding and reasoning.
Coma	A state of unconsciousness from which the patient cannot be awakened or aroused, even by powerful stimulation; lack of any response to one's environment. Defined clinically as an inability to follow a one-step command consistently; Glasgow Coma Scale score of 8 or less.
Communicative Disorder	An impairment in the ability to 1) receive and/or process a symbol system, 2) represent concepts or symbol systems, and/or 2) transmit and use symbol systems. The impairment may be observed in disorders of hearing, language, and/or speech processes.
Comprehension	Understanding of spoken, written, or gestural communication.
Concentration	Maintaining attention on a task over a period of time: remaining attentiveness and not easily diverted.
Concrete Thinking	A style of thinking in which the individual sees each situation as unique and is unable to generalize from the similarities between situations. Language and perceptions are interpreted literally so that a proverb such as "a stitch in time saves nine" cannot be readily grasped.
Concussion	The common result of a blow to the head or sudden deceleration usually causing an altered mental state, either temporary or prolonged. Physiologic and/or anatomic disruption of connections between some nerve cells in the brain may occur. Often used by the public to refer to a brief loss of consciousness.
Confabulation	Verbalizations about people, places, and events with no basis in reality. May be a detailed account delivered.
Confusion	A state in which a person is bewildered, perplexed, or unable to self-orient.
Conjugate Movement	Both eyes move simultaneously in the same direction. Convergence of the eyes toward the midline (crossed eyes) is a disconjugate movement.
Contracture	Loss of range of motion in a joint due to abnormal shortening of soft tissues.
Contrecoup	Bruising of brain tissue on the side opposite where the blow was struck.
CT Scan/Computerized Axial Tomography	A series of X-rays taken at different levels of the brain that allows the direct visualization of the skull and intracranial structures. A scan is often taken soon after the injury to help decide if surgery is needed. The scan may be repeated later to see how the brain is recovering.
Decerebrate Posture (Decerebrate Rigidity)	Exaggerated posture of upper extremity flexion and lower extremity extension as a result of a lesion to the mesencephalon or above. In reporting, it is preferable to describe the posture seen.
Decreased Insight	Patient may not recognize problems he is having or may attempt to rationalize or minimize problems.

Depression	A person may be understandably sad or depressed because of his injury. Depression is difficult to clearly diagnose, but several treatment approaches are available.
Diplopia	Seeing two images of a single object; double vision. See also vision after head injury.
Disinhibition (Lack of inhibition)	Inability to suppress (inhibit) impulsive behavior and emotions.
Disorientation	Not knowing where you are, who you are, or the current date. Health professionals often speak of a normal person as being oriented “times three” which refers to a person, place and time.
Dysarthria	Difficulty in forming words or speaking them because of weakness of muscles used in speaking or because of disruption in the neuromotor stimulus patterns required for accuracy and velocity of speech.
Dysphagia	A swallowing disorder characterized by difficulty in oral preparation for the swallow, or in moving material from the mouth to the stomach. This also includes problems in positioning food in the mouth.
Edema	Collection of fluid in the tissue caused swelling.
Electroencephalogram (EEG)	A procedure that uses electrodes on the scalp to record electrical activity of the brain. Used for detection of epilepsy, coma, and brain death.
Emotional Lability	Exhibiting rapid and drastic changes in emotion state (laughing, crying, anger) inappropriately without apparent reason.
Endotracheal Tube	A tube that serves as an artificial airway and is inserted through the patient's mouth or nose. It passes through the throat and into the air passages to help breathing. To do this it must also pass through the patient's vocal cords. The patient will be unable to speak as long as the endotracheal tube is in place. It is this tube that connects the respirator to the patient.
Flaccid	Lacking normal muscle tone; limp.
Flexion	Bending a joint.
Foley Catheter	This is a tube inserted into the urinary bladder for drainage of urine. The urine drains through the tube and collects into a plastic bag.
Frustration Tolerance	The ability to persist in completing a task despite apparent difficulty. Individuals with a poor frustration tolerance will often refuse to complete tasks which are and least bit difficult. Angry behavior, such as yelling or throwing things while attempting a task is also indicative of poor frustration tolerance.
Generalization	Being able to carry learning from one setting into another (learning to transfer from the wheelchair to the bed in the hospital; then being able to do the same at home)
GI Tube	A tube inserted through a surgical opening into the stomach. It is used to introduce liquids, food, or medication into the stomach when the patient is unable to take these substances by mouth.

Glasgow Coma Scale	A standardized system used to assess the degree of brain impairment and to identify the seriousness of injury in relation to outcome. The system involves three determinants: eye opening, verbal responses motor response all of which are evaluated independently according to a numerical value that indicates the level of consciousness and degree of dysfunction. Scores run from a high of 15 to a low of 3. Persons are considered to have experienced a 'mild' brain injury when their score is 13 to 15. A score of 9 to 12 is considered to reflect a 'moderate' brain injury and a score of 8 or less reflects a 'severe' brain injury.
Head Injury	Refers to an injury of the head and/or brain, including lacerations and contusions to the head/forehead.
Hematoma	The collection of blood in tissues or a space following rupture of a blood vessel. Regarding Brain:
Hematoma, Epidural	Outside the brain and its fibrous covering (the dura), but under the skull.
Hematoma, Subdural	Between the brain and its fibrous covering (dura).
Hematoma, Intracerebral	In the brain tissue
Hematoma, Subarachnoid	Visual field cut. Blindness for one half of the field of vision. This is not the right or left eye, but the right or left half of vision in each eye. See also vision after head injury.
Hemiparesis	Weakness of one side of the body.
Heterotopic Ossification (HO)	Extra bone that sometimes forms after in the soft tissue. It can decrease range of motion and flexibility or it can cause pain.
Hydrocephalus	Enlargement of fluid-filled cavities in the brain, not due to brain atrophy.
Hypoxia	Insufficient oxygen reaching the tissues of the body.
IED	Improvised Explosive Device
Impulsivity	The person may act suddenly, without considering the consequences.
Incontinent	Inability to control bowel and bladder functions. Many people who are incontinent can become continent with training.
Inflexibility	The person may find it very difficult to make any changing in his daily routine. Inflexibility may add to "concreteness" in thinking and cause difficulty with reasoning.
Judgment	Evaluating information and making a decision that is safe and appropriate for the situation.
Lability	State of having notable shifts in emotional state (e.g., uncontrolled laughing or crying).
Lack of inhibition	Due to the injury, systems in the brain that monitor behavior can be impaired. Person may no longer be restrained by society's idea of proper behavior. He may be very angry and hostile, use profanity frequently, or make inappropriate sexual remarks.
Lack of Initiation	The person may find it very difficult to initiate action, even though he may know what to do.
Leg Bag	A small, thick plastic bag that can be tied to the leg and collects urine. It is connected by tubing to a catheter inserted into the urinary bladder.

Locked-in Syndrome	A condition resulting from interruption of motor pathways in the ventral pons, usually by infarction. This disconnection of the motor cells in the lower brain stem and spinal cord from controlling signals issued by the brain leaves the patient completely paralyzed and mute, but able to receive and understand sensory stimuli; communication may be possible by code using blinking, or movements of the jaw or eyes, which can be spared.
Magnetic Resonance Imaging (MRI)	A type for diagnostic radiography using electromagnetic energy to create an image of soft tissue, central nervous system and musculoskeletal systems.
Memory	Being able to remember information from the past and day to day. Problems remembering the recent past are common.
Memory, Episodic	Memory for ongoing events in a person's life. More easily impaired than semantic memory, perhaps because rehearsal or repetition tends to be minimal
Memory, Immediate	The ability to recall numbers, pictures, or words immediately following presentation. Patients with immediate memory problems have difficulty learning new tasks because they cannot remember instructions. Relies upon concentration and attention.
Memory, Long Term	In neuropsychological testing, this refers to recall thirty minutes longer after presentation. Requires storage and retrieval of information which exceeds the limit of short term memory.
Memory, Short Term	Primary or 'working' memory; its contents are in conscious awareness. A limited capacity system that holds up to seven chunks of information over periods of 30 seconds to several minutes, depending upon the person's attention to the task.
Motor Control	Regulation of the timing and amount of contraction of muscles of the body to produce smooth and coordinated movement. The regulation is carried out by operation of the nervous system.
Muscle Tone	Used in clinical practice to describe the resistance of a muscle to being stretched. When the peripheral nerve to a muscle is severed, the muscle becomes flaccid (limp). When nerve fibers in the brain or spinal cord are damaged, the balance between facilitation and inhibition of muscle tone is disturbed. The tone of some muscles may become increased and they resist being stretched—a condition called hypertonicity or spasticity.
Nasogastric Tube (NG Tube)	A tube that passed through the patient's nose and throat and ends in the patient's stomach. This tube allows for direct "tube feeding" to maintain the nutritional status of the patient or removal of stomach acids.
Neglect	Paying little or no attention to a part of the body.
Neologism	Nonsense or made-up word used when speaking. The person often does not realize that the word makes no sense.
Neuropsychologist	A psychologist who specializes in evaluating (by tests) brain/behavior relationships, planning training programs to help the survivor of brain injury return to normal functioning and recommending alternative cognitive and behavioral strategies to minimize the effect of brain injury. Often works closely with school and employers as well as with family members of the injured person.

Nystagmus	Involuntary horizontal, vertical or rotary movement of the eyeballs.
Orientation	Awareness of one's environment and/or situation, along with the ability to use this information appropriately in a functional setting. Knowing who you are, where you are, what day it is, etc.
Perception	The ability to make sense of what one sees, hears, feels, tastes or smells. Perceptual losses are often very subtle, and the patient and/or family may be unaware of them.
Perseveration	The inappropriate persistence of a response in a current task which may have been appropriate for a former task. Perseverations may be verbal or motor.
Plateau	A temporary or permanent leveling off in the recovery process.
Post Traumatic Amnesia (PTA)	A period of hours, weeks, days or months after the injury when the patient exhibits a loss of day-to-day memory. The patient is unable to store new information and therefore has a decreased ability to learn. Memory of the PTA periods is never stored; therefore things that happened during that period cannot be recalled. May also be called Anterograde Amnesia.
Posture	The attitude of the body. Posture is maintained by low-grade, continuous contraction of muscles which counteract the pull of gravity on body parts. Injury to the nervous system can impair the ability to maintain normal posture, for example holding up the head.
Pre-Morbid Condition	Characteristics of an individual present before the disease or injury occurred.
Problem-Solving Skill	Ability to consider the probable factors that can influence the outcome of each of various solutions to a problem, and to select the most advantageous solution. Individuals with deficits in this skill may become "immobilized" when faced with a problem. By being unable to think of possible solutions, they may respond by doing nothing.
Prognosis	The prospect as to recover from a disease or injury as indicated by the nature and symptoms of the case.
Proprioception	The sensory awareness of the position of body parts with or without movement.
Range of Motion (ROM)	Refers to movement of a joint (important to prevent contractures)
Reasoning	Ability to think and reach conclusions in an orderly, rational way. Information processing is another term used for all the elements of cognition. Processing involves taking in information from the environment, remembering it, understanding it, breaking it down into parts and using these parts separately or in combination with other knowledge.
Reasoning, Abstract	Mode of thinking in which the individual recognizes a phrase that has multiple meanings and selects the meaning most appropriate to a given situation. The term "abstract": typically refers to concepts not readily apparent from physical attributes of an object or situation.
Reasoning, Concrete	The ability to understand the literal meaning of a phrase.

Reasoning, Sequencing	The ability to organize information or objects according to specified rules, or the ability to arrange information or objects in a logical, progressive manner. Nearly every activity, including work and leisure tasks, requires sequencing. For example, when cooking certain foods ingredients must be added and mixed in a specified order: In dressing, undergarments must be put on prior to outer garments.
Seizure	An uncontrolled discharge of nerve cells which may spread to other cells throughout the entire brain. It usually lasts only a few minutes. There may be loss of consciousness, loss of bowel and bladder control and tremors. May also cause aggression or other behavior change.
Selective Attention	Being able to tell the difference between two or more kinds of stimulation, and focus on one by choice.
Selfishness	Injury may cause the person to be very wrapped up in himself and his problems, to the point where family members think he is unfeeling.
Sensation	Feeling stimuli which activate sensory organs of the body, such as touch, temperature, pressure and pain. Also seeing, hearing, smelling and tasting.
Sensorimotor	Refers to all aspects of movement and sensation and the interaction of the two.
Sensory Integration	Interaction of two or more sensory processes in a manner that enhances the adaptiveness of the brain.
Sequencing	Reading, listening, expressing thoughts, describing events or contracting muscles in an orderly and meaningful manner.
Shunt	A procedure to draw off excessive fluid in the brain. A surgically-placed tube running from the ventricles which deposits fluid into either the abdominal cavity, hear or large veins of the neck.
Skin Breakdown; Pressure Sore	Pressure area, bed sore, skin opening, skin breakdown. A discolored or open area of skin damage caused by pressure. Common areas most prone to breakdown are buttocks or backside, hips, shoulder blades, heels, ankles and elbows.
Spasticity	An involuntary increase in muscle tone (tension) that occurs following injury to the brain or spinal cord, causing the muscles to resist being moved. Characteristics may include increase in deep tension reflexes, resistance to passive stretch, clasp knife phenomenon, and clonus.
Subdural	Beneath the dura (tough membrane) covering the brain and spinal cord.
Tactile Defensiveness	Being overly sensitive to touch; withdrawing, crying, yelling or striking when one is touched.
Tracheostomy	A temporary surgical opening at the front of the throat providing access to trachea or windpipe to assist in breathing.
Tracking, Visual	Visually following an object as it moves through space.
Tremor, Intention	Course, rhythmical movements of a body part that become intensified the harder one tries to control them.
Tremor, Resting	Rhythmical movements present at rest and may be diminished during voluntary movement.

Unilateral Neglect	Paying little or no attention to things on one side of the body. This usually occurs on the side opposite from the location of the injury to the brain because nerve fibers from the brain typically cross before innervating body structures. In extreme cases, the patient may not bathe, dress or acknowledge one side of the body.
Urinary Tract Infection	When bacteria have reproduced to a large number in the bladder. This can cause fever, chills, burning or urination, urgency, frequency, incontinence or foul smelling urine.
Verbal Apraxia	Impaired control of proper sequencing of the muscles used in speech (tongue, lips, jaw, muscles, vocal cords). These muscles are not weak but their control is defective. Speech is labored and characterized by sound reversals, additions, and word approximations.
