



How Do I Get Started?

“Never let not knowing stop you from doing something you enjoy.”

Do you know where to go to play tennis, go swimming, take a pottery class or check out a good book? The ability to find programs, people and places is an important step toward becoming and staying active while enjoying recreational/leisure interests.

Build leisure activity into your weekly calendar.

Keeping structure in your day is important when planning leisure or any other activity. When making your weekly schedule, plan leisure time on a regular basis for short durations of time so as not to over-stimulate your loved one.

Listed below are some starting places to find whatever leisure interests you may have:

- Local city parks and recreation departments
- Special interest clubs
- Service organizations
- YWCA/YMCA
- Local library/News
- Local community college/university
- Brain injury support groups
- Local Chamber of Commerce
- Local rehabilitation
- Local churches/synagogues

Call ahead before going into community. When calling ahead, be as specific with your questions as you can. Do not expect the person you speak with to know all of this information right away. Ask them if they would write down the needed information and arrange to call them back.

Make sure where you are going is wheelchair accessible. Things to think about:

- | | | |
|-------------------------|-----------|----------------|
| Door Width | Parking | Table Height |
| Door Type | Curb Cuts | Elevators |
| Stairs (inside and out) | Bathrooms | Spacing/Aisles |
| Ramps | Seating | |

Other important questions related to the community and brain injury that you should consider asking:

- Is it noisy and busy?
- Are there any secluded areas that are less distracting?
- When are the more quiet times to visit?
- How long is the wait or how long is the event?

Carry information cards about you and your loved one in case of an emergency. This card goes in the wallet or purse at all times. It contains addresses and phone numbers as well as the medical history of your loved one.