

Exercise and recreation are important for both physical and mental health. Yet, compared to adults without disabilities, adults with disabilities, including people with intellectual and developmental disabilities (I/DD):



Are less likely to get enough exercise



Report more physically unhealthy days



Report more mentally unhealthy days





People with disabilities in Oregon say they need more information about health resources in their communities that meet their needs.

OODH created a Recreation and Wellness Resource Navigation Guide to help adults with I/DD and other disabilities find resources that are usable, welcoming, and meet their needs. The Guide is not a comprehensive directory. It features select resources, tips, and tools that help people navigate resources. The OODH Advisory Council suggested this Navigation Guide format because resource directories can quickly go out of date.

The Centers for Disease Control and Prevention provided funds to create a directory of health promotion services for people with disabilities. The Oregon Department of Human Services gave additional funds for needs assessment activities and a community engagement process that resulted in the Navigation Guide.



Community engagement was key to creating the Navigation Guide:

-  People in the disability community recommended resources they have found usable and welcoming
-  181 case managers from across the state were surveyed and submitted resources within their communities
-  The Guide was developed as part of the Linkage Project, a program connecting adults with I/DD to preventive health services. Linkage Project Staff contributed knowledge gained from experience assisting people with I/DD navigate resources
-  All organizations with resources included in the Guide were contacted for feedback and additional information. People with disabilities, case managers, and recreation professionals provided feedback on the features of the guide and its usability

The Guide highlights resources located across the state, covering rural and urban areas. Topics addressed in the Guide included outdoor recreation, sports, travel, cultural activities, social groups, self-advocacy groups, and health promotion programs.

Feedback from individuals with disabilities, collected through interviews and focus groups, has been positive and constructive.

Many partner organizations have reacted to the Guide with enthusiasm:

"This is a great resource guide. Thanks for including Access Recreation"
-Project Manager

"I think this will be an extremely helpful, quick and easy guide to offer customers and their families/supports! A lot of great information all in one place."
-I/DD Services Case Manager

"This resource navigation guide is fantastic! This will be so helpful as an all-in-one resource for people with disabilities to find what they're looking for to maintain/improve their health!"
-Partner

"Can we include this in our newsletter?"
-Partner

"This is such a wonderful resource, thank you so much for all that you do!"
-I/DD Services Case Manager

"I just reviewed the Navigation Guide and cannot express how useful I believe it will be. I look forward to sharing the final version with SOOR athletes and families —incredible work."
-Director of Program and Volunteer Services, Special Olympics Oregon (SOOR)

Impact

This Navigation Guide helps people use services in their communities that increase physical activity and other healthy behaviors. Engagement in physical activity and other healthy habits reduces chronic disease, improves health, and reduces health care costs.

