



Social Recreation Facts and Tips For Clients, Caregivers, and Families

There are many benefits of participating in social recreational activities. Relationship building and engaging with friends or family in the community has positive benefits for our mental and physical health. The planning team will develop a person centered IPP goal related to accessing social recreational activities.

Things to know:

You are not required to:

- Exhaust IHSS before ACRC considers funding social rec activities and/or non-medical therapy.
- Exchange respite hours or any other services for social recreation activities, camp, or non-medical therapy.
- Pay a copayment or have a share of cost for social recreational activities, camp, or non-medical therapy.

Setting up for Success:

What is your loved one's social recreational need?

- Think about and ask your loved one about the activities they enjoy, or that they would like to try. This helps ensure a person-centered approach.
- Have they participated in any type of activity before? This helps to determine readiness for new activities:
 - Neighborhood park, recess at school , adaptive PE, rallies, dances, sports, after school activities, community events or clubs.

Things to consider and discuss preferences:

- Does your loved one do well in quiet areas? Can they tolerate loud and bright areas?
- Do they prefer large or small groups?
- What ages of others do they do well with?
- Think about the level of support needed - can they join a group independently or do they need support/social coaching?
- What is your loved one's level of safety awareness?
- Any medical restrictions or mobility needs to be considered?
- Indoor vs. outdoor activities
- Lots of movement or more sedentary activities
- Communication needs

There are two ways that ACRC can fund social recreation services:

- **Use an ACRC vendored provider.** This is like other services you may receive where ACRC pays the provider directly through a purchase of service. A list of vendored providers on our website: https://www.altaregional.org/sites/main/files/file-attachments/camp_and_social_recreation_master_list.docx?1728510090
Your service coordinator (SC) can assist you as well.

OR

- **Use a financial management services (FMS) provider.** The community provider is paid by the FMS directly and then FMS then bills ACRC for those services. The FMS is a middle party who arranges direct payment to the community provider.
- The community provider must be willing to accept third-party payments from the FMS. The FMS will explain the process to the community provider.

General Tips for a Smooth Process:

- Understand that some social recreation providers and community providers may not have the exposure and the expertise in working with our population.
- Providers may need help understanding how to work best with your loved one.
- Be patient with the process
- It may take time for you to find the right service for your loved one.
- Please complete enrollment paperwork in a timely manner, and if working with an FMS agency, please respond to their emails and calls.
- The FMS agency will notify families and clients when the service is ready to begin, this can take up to 4-6 weeks in some cases.
- Always reach out to your SC if you need assistance or have questions.