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Service Policy Manual

Social Recreation Activities, Camp and Non-Medical Therapies

Definition

Social Recreation/Camp and Non-Medical Therapies are services and supports for individuals served by the regional center that provide integrated participation within community settings. They are intended to develop an individual's social skills, create social connections, and enhance physical health while ameliorating the impact of the developmental disability.

Social Recreational/Camp and Non-Medical Therapies may include, but are not limited to: swimming, gymnastics, sports club, dance classes, martial arts, creative arts, music therapy, art therapy, equestrian therapy, day camp, overnight camp, or community integration activities.

Alta California Regional Center (ACRC) may fund camping services and associated travel expenses that are delivered within the boundaries of the State of California. Consideration of parental obligations, natural supports, and available resources are included to ensure fulfillment of ACRC's obligation to secure the most cost-effective service delivery option.

Philosophy and Purpose

ACRC promotes access to age appropriate activities for children and adults so that individuals can fully and actively participate in all aspects of life. ACRC recognizes and values the importance of family, friends and community and is committed to promoting full inclusion. Access to social/recreation activities, including camp and non-medical therapies (music, art, and equestrian therapy), can improve confidence, encourage independence, foster mental wellness, help retain emotional stability, increase physical health, establish friendships, expand circles of support, and create diverse circles of friends that include persons with and without disabilities.

The purpose of social recreation/camp and non-medical therapies is to meet the unique service

needs of the individual served within the context of objectives and long-range goals described in the Individual Program Plan (IPP). Goals in the IPP are person-centered and guided through the Planning Team assessment process. These services and supports are essential bridges for encouraging the inclusion of individuals served within all aspects of community living.

ACRC's funding decisions regarding social recreation/camp and non-medical therapies are guided through person-centered choice and decision making within the IPP process. ACRC will fund services and supports that ensure optimal participation within integrated community settings. Individuals served often experience a variety of barriers to participation in community social recreation. Environmental, physical, person-related, and task related barriers may require additional supports such as adaptive equipment, individualized support, development of professional competence in working with individuals served, and supportive equipment for activities selected.

Community social recreational programs can be highly successful when elements of the environment, individual, and task are all supported. ACRC is committed to alleviating barriers to access social recreation services and may fund additional services and supports to secure access and equity for individuals served.

As an ongoing practice, ACRC will encourage publicly and privately funded socialization, leisure, and recreational programs, camps, and non-medical therapy service providers to reimagine, modify, and refine their service delivery models ensuring that people with developmental disabilities are fully included.

Funding Criteria

Individuals served may participate in social/recreation activities, camps, and non-medical therapies through community programs, funded through their families, churches, schools, day programs, and residential services.

To be considered for ACRC funding, these person-centered activities should include opportunities and experiences that will improve self-reliance, increase adaptive behaviors, and improve the ability to establish social relationships. These are primary social and recreational benefits.

The social and recreational benefit of each activity or service specified within the IPP shall also be considered when planning and purchasing such services. In some cases, an individual may need services to develop a particular skill to join or participate in a social recreational program. An example is learning to swim to later participate in water sports or pool parties with friends and family. ACRC will consider funding additional supports to encourage service equity and access to social recreation, camp, and non-medical therapies.

ACRC may purchase social recreation/camp and non-medical therapy services when the following criteria are met:

- The individual is at least three (3) years of age.
- The individual resides in their own home or with family, including foster care.
- The parent has made reasonable efforts to identify and use typical community socialization, leisure, or recreation programs to meet the individual's needs, including parental responsibility

to fund typical social/recreation programs, camp, and non-medical therapies, when applicable.

- The Planning Team has identified and documented social skill challenge(s).
- Social Recreation/Camp and Non-Medical Therapy services are not currently funded through a generic resource.
- The individual has socialization needs that significantly affect social interaction with peers and others. Examples may include limited responses to social engagement from others, excessively friendly advances towards others, excessive shyness or passivity, inappropriate social interactions (e.g., teasing/bullying), difficulty developing friendships, hyperactivity, withdrawal, or other behaviors (easily frustrated, resistive).

Service Amount and Frequency

- Funding for social recreation activity, service, program, or non-medical therapy may be purchased as determined through Planning Team assessments and recommendations.
- Social recreation activities may occur once or twice weekly for two hours total per week but is based on the frequency and quantity of services assessed and determined to be needed within the Planning Team process.
- Non-medical therapies may occur twice a week (hourly sessions) or consistent with the Planning Team assessments and recommendations and service needs determination.
- One session of camp, up to two weeks per year, may be purchased for individuals who meet the criteria for social recreation services.
- The frequency/duration of services should not interfere with the time that families spend together engaging social recreation activities during weekends and vacations.
- Social recreation services and non-medical therapies cannot be used to replace an individual's need for childcare when parents are working.
- Social recreation services may be considered as part of a family support plan to meet a respite need.

Planning Team Considerations

- A parent's responsibility for paying for similar services and supports for a minor child without a disability will be considered. Parents will pay the typical cost of private lessons.
- ACRC recognizes that adults served are typically on a fixed income. For this reason, ACRC will not require adults that are eligible for social recreation services/camp or non-medical therapies to pay for these services.
- If a child requires additional experience and practice to benefit from the service due to their disability, ACRC may consider funding supplemental services and supports, thereby encouraging access to the social recreation activity that is funded by the parent.
- Cost of admission to recreational activities or events in the community will be paid for by the individual or parent.

Evaluation of Progress

- In accordance with the IPP, services will be reviewed at regular intervals to monitor progress and to ensure continued need.
- Services may only continue if the individual, parent, legal guardian, or conservator (when appropriate) and the regional center agree and reasonable progress toward IPP objectives and long-range goals have occurred.
- Vended service providers will submit progress reports quarterly, semiannually, or required frequency specified within their service delivery design, ACRC agreements or where legally required.

Exceptions and Appeal Process

The ACRC Executive Director or designee may grant an exemption to this policy as warranted under extraordinary circumstances. Accordingly, if an individual served or their legal representative disagrees with services offered through implementation of this policy, they retain the right to appeal the Planning Team's and the Executive Director's (or designee's) decision as described within Welfare and Institutions Code Section 4710 et al.