

Leisure/Recreation/Exercise/Physical Activity

Assistive technology related to leisure, recreation, and physical activity applies to such areas as: muscle strength, flexibility and balance, leisure and recreation possibilities, indoor and outdoor activities, and competitive and non-competitive sports. Such devices may include modified exercise equipment for individuals in wheelchairs, or a fishing pole specially designed for use with one arm. Here are a few devices that can help you in your daily life:

Fishing Aids: For people who have trouble using their hands, special fishing poles are available that attach to your body and provide additional support to your wrist and forearm. Other devices attach your fishing pole to a lawn chair or a wheelchair and can even cast and reel in your line automatically.

Games: Giant sized and enlarged print playing cards are available for individuals who have trouble seeing or who may have difficulty using the smaller cards. A variety of card holders can help you to hold your cards if you have difficulty doing so. For those who are blind, playing cards and board games are available in Braille.

Exercise Equipment: For those in wheelchairs, modified exercise equipment is available. These gym style units allow the individual to get a good workout while remaining in a sitting position.

Gardening Equipment: If grasping objects is difficult, you can use special gardening tools that attach to your forearm to provide more support. Some tools also come with enlarged rubber handles to make them easier to grip.

Swimming Devices: These devices allow individuals with limited mobility to remain active in the water. Swim gear, rafts, and floats support the body while in the water. Swim lifts may be used to make swimming pools more accessible.

Things you can do to stay active:

- Join local senior citizens organizations. Traveling, tours, games, and other fun activities are usually part of their programs.
- Many shopping centers now have early morning walking programs. This is a safe way to take your morning walk and it's a great place to meet your friends.
- Join a health club to keep in shape.
- Volunteer at a local charity. By keeping active you'll be helping yourself and others at the same time!
- Call your City and County Parks and Recreation Department for information about their programs.