

City of Colorado Springs Therapeutic Recreation Program (TRP) Ability Awareness Training

Understanding Individuals with Disabilities

What is the Therapeutic Recreation Program (TRP)?

The mission of the TRP is to provide opportunities for youth & adults with disabilities to acquire skills that enable participation in leisure experiences of their choice and enhance their abilities to function within a community setting.

The TRP also provides advocacy and support for individuals with disabilities to participate in general recreation activities as well as specialized therapeutic activities that include opportunities within the established 5 core areas.

Purpose of Ability Awareness

The TRP's Ability Awareness Training was developed to help gain a better understanding and acceptance of individuals with disabilities. Trainings focus on how one's language, attitude, and bias might impact someone with a disability as well as tips and techniques to interacting with a wide variety of disability diagnoses.

Training Topics

- Facts & Myths about Disabilities
- Hands on Disability Situations
- Words with Dignity, Disability Etiquette and Person First Language
- Common Barriers for Individuals with Disabilities
- Basics of the Americans with Disabilities Act
- Common Characteristics of Various Diagnoses Including:
 - Intellectual/Developmental Disabilities
 - Hearing Impairments
 - Learning Disabilities
 - Physical Disabilities
 - Sensory Processing Disorders
 - Visual Impairments

Goals & Objectives

- Give individuals an opportunity to simulate different disabilities to increase their awareness of abilities vs. disabilities.
- Give individuals an opportunity to examine their own attitudes and feelings about disabilities.
- Increase awareness to improve customer service.
- Support diversity and inclusion in the City of Colorado Springs.

Contact Us to Schedule

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