

Leisure Activities

The word leisure means different things to different people. Leisure can be reading a book, playing a sport, or watching a movie. Everyone enjoys different leisure activities. Some people express their creativity through leisure. Others enjoy the challenge and rush of extreme activities. When you have a spinal cord injury, it is often possible to take part in many types of activities. Staying active and having a hobby is an important part of a balanced lifestyle. Here are some examples of creative and extreme activities:

Creative Pursuits	Extreme Sport Pursuits
Writing	Rock climbing
Painting	Sky diving
Pottery	Bungee jumping
Scrapbooking	Hang gliding
Knitting	Jet skiing
Photography	Scuba diving
Playing a musical instrument	Snowboarding

What Is Needed to Participate in Creative Pursuits?

Equipment/Supplies: Many activities require equipment or supplies. Create a list of what you will need before buying anything. You might be able to borrow some items from a friend, or find some items around the house.

Location: Some creative activities can be done in your own home. Other activities might require a different setting. Choose a location that you find comfortable and inspiring.

Instruction: Take a class if this is a new activity, or a skill you would like to improve. Special interest classes are offered at local community centres. Look into places you can go to pursue your creative activity. Ask about prices, accessibility, and supplies you might need to bring. Maybe taking a class isn't an option. Consider asking a friend who does the same activity for a lesson.

Contact your Recreation Therapist for more information.

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Cost: Check to find out if you have access to any fee subsidy programs or discounted rates within your city / town. For example, if you qualify for the Welcome Policy through The City of Toronto you can get credits towards many recreation programs.

Adaptations: Sometimes, you might need to adapt equipment so that it can work for you. Your therapist can help you find resources for adapted equipment.

What is Needed to Participate in Extreme Sports?

Equipment: Most extreme activities require general and safety equipment. You might be able to borrow some items from an organization or a friend. A lot of the time, equipment is specialized and needs to be purchased.

Location: Many extreme activities take place in an outdoor setting. Learn about prices, accessibility, and equipment. Also find out if formal instruction on the activity is available.

Instruction: If this is a new activity, or a skill you would like to improve, you may wish to receive some training. This can help you learn the skills you'll need to participate safely. If formal instruction isn't an option, ask a friend or colleague for some informal training.

Adaptations: Specialized adapted equipment is often required. Speak to your therapist who can help you find resources for adapted equipment.

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