

## Get Up & Go!

**Get Up & Go!** with Inspire! This program is for adults ages 21 and up who have a developmental disability and the desire to move about. Members must be physically able to participate in a variety of sports and physical activities. **Get Up & Go!** provides participants the opportunity to develop good physical fitness habits within the safety of a supervised group setting. Additionally, this program promotes the development of social skills and friendship. The group meets twice a month.



## For More Information

about Inspire, please visit us on the web at [www.inspirecp.org](http://www.inspirecp.org)



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## To Inquire

### Jill Rothschild

Respite/Habilitation Manager  
(845)294-7300 x239  
[jrothschild@inspirecp.org](mailto:jrothschild@inspirecp.org)



2 Fletcher Street  
Goshen, NY 10924



Social & Recreational Groups



Supporting  
**Children**  
Young Adults  
With  
Developmental Disabilities

## Sunshine Kids

**Sunshine Kids Summer Respite** program is a collaborative effort with Orange County's Thomas Bull Memorial Park. The Program provides a variety of activities for children with developmental disabilities such as kick ball games, water play, flying kites, arts and crafts, golfing, live entertainment and more!

## The "Anybody but Parents" Kids Club

**The Anybody But Parents Kids Club** helps children to build social skills and encourages independence. This program is for children between the ages of 6-12 who have a developmental disability. Siblings are also welcome. Participants will engage in a variety of age appropriate activities in the community. Some favorites include bowling, mini-golf, swimming, games and more. The group meets monthly.



## Saturday Respite

**Saturday Respite** is for children between the ages of 3-12 who have a developmental disability. At Saturday Respite, children will enjoy social interaction, free play, and various activities at Inspire's Goshen campus.

**Saturday Respite** participants are grouped together by age due to the popularity of this program. Those between the ages of 3-6 will be placed in one group; accordingly, children between the ages of 7-12 will be placed in another. Each group will attend on alternating Saturdays so as to ensure that all children are able to participate in the program.

As **Saturday Respite** is designed with the whole family in mind, siblings are also encouraged to participate. This gives parents and caregivers the opportunity to attend to errands, other siblings, or simply gives them time to relax while their children play in a fun and safe environment.



## Opportunities

The **Opportunities** program is designed for teens and tweens with developmental disabilities between the ages of 12-16 years old. Participants should be on the autism spectrum or function with similar behaviors. Participants should have some functional communication and a desire to socialize with peers.

The program includes two social skills training meetings per month. At these meetings, participants will select and organize a monthly community outing for the group.

## Introductions

The **Introductions** program encourages participants to make their own choices and to assert independence. This social club is designed for teenagers and young adults between the ages of 16-26 who have a developmental disability. The group meets twice a month,

With the assistance of a staff coordinator, group members will select and organize a monthly community outing. To date, these outings have included dinners, sporting events, trips to the movies and more.

The **Introductions** program familiarizes participants with real world situations within the safety of a supervised group setting. This promotes social interaction with peers and members of the community.

