

Inclusion FAQs

What is Inclusion?

Inclusion is people with and without disabilities participating in recreation together! Reasonable accommodations are made for individuals with disabilities so they can participate alongside peers as independently as possible.

Who is eligible to receive Inclusion Services?

- Any individual who registers for a San Ramon Parks and Community Services program and has a special need or disability is eligible for inclusion services

What are the minimum requirements for successful inclusion?

The same minimum requirements which apply to a person without a disability also apply to a person with a disability. These include:

- Meeting the age and registration requirements of the program
- Following the Code of Conduct (with or without reasonable accommodation)
 - Safety is our top priority. Unsafe and uncontrollable behavior is not permitted. A participant who continually exhibits unsafe behavior may be dismissed from programs
- Voluntary participation: recreation programs and activities are voluntary in nature. Participation will be encouraged and aided, but not forced
- Level of participation: with or without reasonable accommodations, the participant will engage in scheduled activities for the majority of the program time
- Ability to use a consistent form of communication to indicate basic needs and follow simple directions
- Ability to tolerate and function, with assistance, as a member of a larger social group (12 or more people)

How do I receive Inclusion Services?

- Register for the program of your choice AT LEAST 2 weeks in advance
- Mark the 'Special Accommodations' box on the registration form
- The Therapeutic Recreation Staff, in cooperation with you or your family member, will discuss any specific needs and make necessary accommodations on a case-by-case basis
- A Therapeutic Recreation Staff member will periodically observe the program to provide support and answer questions
- Communication between the Therapeutic Recreation Staff, the course instructors, and the individual and/or family is continued throughout the cooperative inclusion process
- Contact the Therapeutic Recreation Office at 925.973.3272 or email at jreaber@sanramon.ca.gov, Attn: Therapeutic Recreation Office, and inform them of your registration

What accommodations are available?

- Disability awareness training given to staff
- Activity modification
- Behavior management support
- Adaptive equipment
- Inclusion Support personnel that provide basic redirection and assist the whole class

What is Inclusion Support personnel?

- Inclusion Support personnel can be staff or volunteers, often from the Future Leaders in Training (FLIT) program
- Inclusion Support personnel receive training to support recreation programs and to provide *basic* redirection
- Inclusion Support personnel can help repeat directions and model requested behavior
- Inclusion Support personnel are provided as an accommodation on a case by case basis and are for the benefit of the program overall so all participants can get the most out of the program
- Inclusion support is meant to create a smaller staff to participant ratio. If a participant needs more supervision or assistance, it is recommended that the parent accompany the participant or provide their own aide



San Ramon Parks & Community Services

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Can I bring my own ABA therapist or personal aide?

- Yes, you or your child may attend with an ABA therapist or personal aide. The aide may also be another allied health professional, such as Occupational Therapist
 - Attending with the same aide the individual works with at home provides continuity in their personal therapy and tends to make the transition into programs smoother
- Please inform Therapeutic Recreation Staff so they may alert the instructor of the program

Can I provide my child's IEP to Therapeutic Recreation Staff?

- Therapeutic Recreation Staff will take IEP's into consideration when preparing information for instructors; however, personal therapy goals may not be covered within the program
- All notes provided will be used to provide a sense of the best accommodations possible for the individual in the program they are enrolled in

What is the cost of Inclusion services?

- Reasonable accommodations are provided at no cost through the San Ramon Parks and Community Services Department
- Participants pay the regular program fees

What are the benefits of Inclusion?

- Ensures that all residents are given the freedom of choice
- Fosters an increased sense of independence in leisure activities
- Provides an opportunity for all residents of a community to learn more about each other, to appreciate individual differences and to celebrate diversity
- Provides services focused on meeting the needs, interests and abilities of each individual
- Enhances the quality of life for all involved in the process

What services are not parts of an inclusive program?

Inclusion services do not include the following:

- One-to-one personal assistance from staff/volunteers
- *Physical restraint or intervention beyond gentle, side-guided redirection*
- Provision of a separate area or alternate activities for a significant portion (more than 25%) of the scheduled program
- Exception to minimum compliance with the program's rules and regulations, with or without accommodations, established for the safety of all program participants and staff
- Hiring, selection, or guaranteed assignment of a specific staff member
- Individualized therapy within a program
- Provision and/or purchase of personal custom devices
- Guarantee of Inclusion Support availability at desired time of program
- Assistance feeding or using the restroom

However, inclusion support personnel may be provided to enhance the existing recreation program by providing basic redirection and minimal personal assistance which program leaders and instructors are unable to offer.



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