



Fact Sheet

Suggestions for Recreation/Leisure Activities

Age 0-3 Years

<u>Activities of Nondisabled Peers</u>	<u>Modifications for Individuals who are Deafblind</u>	<u>Where to find Age-appropriate Materials</u>
Toys	Toys with bright colors, motion lights, and/or sound	Gymboree; Toys R Us
Textured objects	None needed; Multiple textures best	Target; Educational supply stores
Mobiles	Black and white or bright colors; Musical	Same as above
Swimming and/or water play	Sunscreen and visors; Gradual desensitization	Backyard; Mommy & Me; Kitchen sink/tub
Playground equipment	Gradual desensitization; Resonance or co-active movement	Educational supply stores; Playground equipment stores

Age 4-6 Years

<u>Activities of Nondisabled Peers</u>	<u>Modifications for Individuals who are Deafblind</u>	<u>Where to find Age-appropriate Materials</u>
Toys which imitate parent's routines and materials	Adaptations to assist with grasp, reach, size, or to accentuate relevant cues	Hardware stores; Target; Domestic aid catalogs
Dolls	Clothing with velcro and elastic	Yardage stores
Building materials	Bright colors; Textures; Shapes; Light box; Trays	American Printing House for the Blind*
Balls	Bright colors; Textures; Sounds	American Printing House for the Blind; Make your own

Musical instruments; Tape
players/stereos; Radios

Adaptations to assist with grasp, reach,
size, or to accentuate relevant cues

Hardware stores; Target; Domestic
aid catalogs

Age 7-10 Years

Activities of Nondisabled Peers	Modifications for Individuals who are Deafblind	Where to find Age- appropriate Materials
Creative materials	Bright colors; Textures; Shapes; Lighting; Contrasting background; Light box; Trays; Visual aids	Arts/crafts store; Stationery stores; American Printing House for the Blind; Optometrists
Sports	Bright colors; Adaptations to accentuate relevant cues; Sounds; Rule modifications; Textures; Peers	American Printing House for the Blind*; Sporting goods stores; Make your own
Clubs	Peers; Lighting; Enlarged printed materials; Communication systems	Make your own
Collecting/exploring	Visual aids; Adaptations to assist with grasp, reach, size, or to accentuate relevant cues	Hardware stores; Stationery stores; Domestic aid catalogs

Age 11-14 Years

Activities of Nondisabled Peers	Modifications for Individuals who are Deafblind	Where to find Age- appropriate Materials
Creative materials	Bright colors; Textures; Shapes; Lighting; Contrasting background; Light box; Trays; Visual aids	Arts/crafts store; Stationery stores; American Printing House for the Blind; Optometrists
Sports	Bright colors; Adaptations to accentuate relevant cues; Sounds; Rule modifications; Textures; Peers	American Printing House for the Blind*; Sporting goods stores; Make your own
Clubs	Peers; Lighting; Enlarged printed materials; Communication systems	Make your own
"Hanging out"	Communication systems; Mobility aids; Domestic aids; Sunglasses	educational services; Regional Center; Domestic aid catalogs
Music	Adaptations to assist with grasp, reach, or to accentuate relevant cues; Wooden floor; Close proximity to speakers	Hardware stores; Domestic aid catalog; Radio Shack
Makeup (girls)	Magnifying mirror with lights; Peer; Lighting	Cosmetic department

Age 15-17 Years

Activities of Nondisabled Peers	Modifications for Individuals who are Deafblind	Where to find Age-appropriate Materials
Sports	Bright colors; Textures; Shapes; Lighting; Contrasting background; Light box; Trays; Visual aids	American Printing House for the Blind*; Sporting goods stores; Make your own
"Hanging out"	Communication systems; Mobility aids; Domestic aids; Sunglasses	Domestic aid catalogs
Music/Dancing	Adaptations to assist with grasp, reach, or to accentuate relevant cues; Wooden floor; Close proximity to speakers; Peers; Resonance and co-active movement	Hardware stores; Domestic aid catalog; Radio Shack
Cruising	Communication system; Cues from peers regarding appropriate body language	
Shopping	Communication system; Peers; Lots of money; Mobility aids; Braille	Community, educational services
Movies	Seating; Visual aid; Mobility aid; Unlock accessible restrooms; Communication system; Peer(s)	Educational services

18+ Years

Activities of Nondisabled Peers	Modifications for Individuals who are Deafblind	Where to find Age-appropriate Materials
Music/Dancing	See 11-14 and 15-17 charts	
Sports	See 7-10 chart	
Shopping	See 15-17 chart	
Nature	Communication system; Mobility aids; Peers; Visual aids; Braille; Use of senses of touch and smell to accentuate relevant cues	Educational services; Optometrist; Camping stores
Hobby	Bright colors; Textures; Shapes; Lighting; Contrasting background; Light box; Trays; Visual aids; Communication aids	Arts/crafts stores; Stationery stores; American Printing House of the Blind; Optometrist

* American Printing House for the Blind Catalog of Instructional Aids, Tools and Supplies (no charge for the catalog) PO Box 6085, Louisville, KY 40206-0085

For More Information

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Fact Sheets from the Colorado Services to Children with Deafblindness are to be used by both families and professionals serving individuals with vision and hearing loss. This information applies to children and youth, birth through 21 years of age. The purpose of the Fact Sheet is to give general information on a specific topic. More specific information for an individual student can be provided through personalized technical assistance available from the Colorado Deafblindness Project. For more information call (303) 866-6681 or (303) 866-6605.

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