

ACTIVITY CENTER RESOURCE GUIDE



What Are They?

Activity centers are Adult Day Programs that serve adults with disabilities. Generally speaking, these adults have acquired most basic self-care skills, have some ability to interact with others, are able to make their needs known, and respond to instructions. Activity centers provide inclusive opportunities such as adaptive sports, arts and crafts, sensory experiences, and community outings. These programs are designed to promote skill development, social interaction, self-advocacy, recreation, and employment. Typically these centers are supervised at a staff to client ratio of 1:6 (with provision within regulation for approval to staff at 1:7 or 1:8). Families can find options through disability-focused organizations like the National Ability Center or by searching locally for terms like adaptive recreation or inclusive community programs.

Types of Activity Centers & Programs

Recreation & Sports Centers:

Organizations like the National Sports Center for the Disabled and the National Ability Center provide adaptive sports and accessible outdoor adventures.

Community & Day Programs:

Many local organizations offer day programs that include art and craft sessions, music, dance therapy, gardening, community outings, field trips, and volunteering/work opportunities.

Skill-Building Centers:

Some centers focus on developing independent living skills, such as personal hygiene, budgeting, and cooking.

Example of Activities

Arts & Crafts: Painting, drawing, pottery, and other sensory-stimulating crafts.

Fitness: Seated exercise classes, adaptive yoga, and accessible video games.

Outings: Community trips, gardening, and nature walks.

Sensory Activities: Using water beads, modeling clay, and other tactile materials for stimulation.



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Finding a Local Center

1. Use Online Directories:

Search online for terms like "activity centers for adults with disabilities," "accessible recreation," or "adaptive sports near me".

2. Check Nonprofit Websites:

Visit the websites of major disability organizations such as Special Olympics for resources and program listings.

3. Contact Local Agencies:

Reach out to your local disability resource centers or empowerment centers, which can provide guidance on local programs and services.

California Resources

1. UCP of Sacramento & Northern California Adult Day Programs

<https://ucpsacto.org/programs-services/adult-programs>

2. EasterSeals Superior California

<https://www.easterseals.com/superior-ca/our-programs/adult-services>

3. California Association for Adult Day Services

caads.org/provider-resources/find-a-center.html

4. Aim Higher Adult Disability Services

aimhigherinc.com/what-we-do

5. Futures Explored

<https://www.futures-explored.org>

6. Yolo Healthy Aging Alliance

yolohealthyaging.org/resourcesadult-day-health

7. Easy Days

easydaysadp.com

8. Ask Your Regional Center Case Worker

dds.ca.gov/rc/lookup-rcs-by-county

