

**Feb. 8, 2022**  
**Desiree Stanfield**  
**248-705-4108**

**Oakland County Parks and Recreation marks National Therapeutic Recreation Month**

**OAKLAND COUNTY** – During National Therapeutic Recreation Month in February, Oakland County Parks and Recreation (OCPR) is raising awareness about its adaptive recreation programs.

“Adaptive recreation provides opportunities for individuals of all ages with physical, cognitive or developmental disabilities,” Recreation Supervisor – Adaptive and Senior Programs Sandy Dorey said.

Programming for individuals with disabilities enriches the lives of children and adults and helps them maintain an energetic lifestyle that connects them with others socially and makes fitness more fun.

Sponsored by the American Therapeutic Recreation Association, National Therapeutic Recreation Month focuses on the role therapeutic recreation programs play in improving health and well-being of participants. This year’s theme is “Reignite, Recreate and Reconnect.”

Through outdoor recreation activities like fishing, boating and water play, participants enhance their level of physical activity, increase social interactions with peers and build confidence that reduces stress, anxiety and depression. OCPR’s therapeutic recreation activities are designed to maximize enjoyment of the outdoors and promote fun leisure experiences.

Although programming has been limited due to the COVID-19 pandemic, some events will be returning in 2022. Favorites, like Summer Sizzler, Novi Hoedown, Halloween Happiness and Jingle Bell Ball, will be back on the schedule later this year while new events, such of Flurries of Fun, will also be on the calendar.

Disability Dirt Day is planned for 2022. This popular event at Holly Oaks ORV Park pairs volunteer drivers of all-terrain vehicles with registered participants for thrilling rides around the 106-acre park.

Plus, Dorey is planning a new line-up of sports clinics and programs for individuals with physical impairments. These adaptive programs will introduce participants to the joys of kayaking, fishing, archery, tennis and golf.

To be notified about these and other programming opportunities, sign up for OCPR's email list at [OaklandCountyParks.com](https://OaklandCountyParks.com) and like OCPR's [Facebook](#) page.

In addition to programs and events, OCPR offers a variety of adaptive equipment at its 14 parks, including adaptive golf carts, pedal boats, pool transfer chairs, picnic tables, all-terrain trail and beach chairs and hand cycles. This equipment is perfect for those recovering from surgery or healing from a physical injury as they work to strengthen muscles and increase their range of motion.

Some adaptive golf carts, for example, feature a swivel seat that moves to a standing position and pivots left and right, for maximum movement. It's a good choice for individuals with spinal cord injuries, amputees and other physical impairments. Hippocampe wheelchairs are available for individuals with disabilities to access trails, beaches and cross-country ski trails.

There are also paved trails in the parks and campsites, cabins and yurts with accessible features. A Mobi-Mat, a non-slip portable roll-out pathway with a patented 3-D design surface that allows individuals of all abilities, including wheelchair users, to access the water, is available at Independence Oaks County Park. Paradise Peninsula, located at Waterford Oaks County Park, is a barrier-free playscape for children of all ages.

In addition, OCPR continues to partner with non-profit agencies, schools and sports organizations for individuals with disabilities to cooperatively provide unique recreational options.

With voter approval of the Oakland County Parks and Recreation millage replacement and increase in November 2020, Annual Vehicle Permits are provided free of charge to Oakland County seniors age 62+, active military, veterans and persons with permanent disabilities. The permit provides access to eight day use parks year round.

Free Annual Vehicle Permits for eligible Oakland County residents may be obtained in person at Addison Oaks, Independence Oaks, Lyon Oaks, Orion Oaks, Red Oaks Nature Center and Dog Park and Waterford Oaks at the Recreation Programs and Services Office. A mail-order application can also be downloaded at [OaklandCountyParks.com](https://OaklandCountyParks.com). For eligibility requirements, a list of documents needed to obtain a free permit and other guidelines, visit [OaklandCountyParks.com](https://OaklandCountyParks.com).

For additional information on OCPR's Adaptive Recreation programs, call Dorey at 248-221-8040 or email [Adaptive@oakgov.com](mailto:Adaptive@oakgov.com).

For information on other events, visit [OaklandCountyParks.com](https://OaklandCountyParks.com). Join the conversation on [Facebook](#), [Instagram](#) and [Twitter](#).