



Among the beneficiaries of this program will be the Somerset County Park Commission Therapeutic Recreation Program, which is a cooperative effort between the Park Commission and 16 municipalities to provide year-round recreation opportunities for people with developmental disabilities. The goal of the department is to promote an active leisure lifestyle that improves social, physical, cognitive, and emotional functioning and health while enhancing each participant's abilities.

CHILDREN, TEEN AND ADULT PROGRAMS

Recreation Activities: A variety of social, cultural, artistic, culinary, sports, fitness, community outings, horticulture, and overnight trips are available for participants with learning and developmental disabilities. The benefits of participation include social skills, self-esteem, wellness, physical ability, communication skills, and constructive use of leisure time.

T.R.A.I.L.S.: This is an adapted horseback riding program (Therapeutic Recreation Adapted Instruction at Lord Stirling) run in conjunction with Lord Stirling Stable for teens and adults who have a developmental disability.

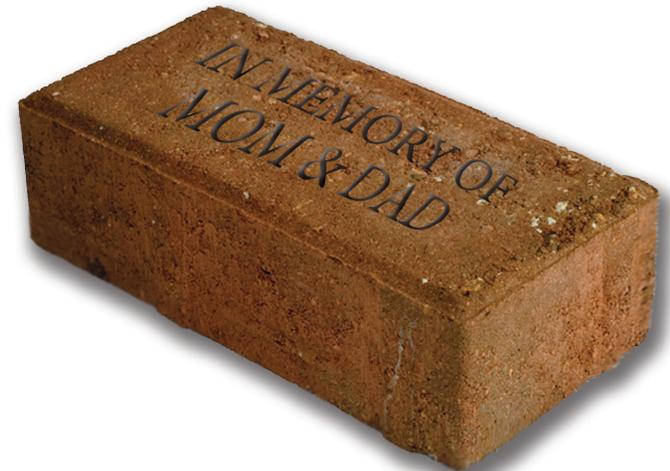
TR Travelers: Four weeks of fun and adventure for high school teens and young adults, ages 15-21, who are receiving special education services due to a learning disability, Asperger's Syndrome, high functioning autism or a mild intellectual disability. The goal is to build self-esteem and confidence, develop friendships, encourage team building, teach independence, and improve life skills through daily trips and activities.

Inclusion Services: The TR staff helps to support inclusion by assisting other Somerset County Park Commission departments and municipal recreation departments with program adaptation or modification, behavior management support, and staff training to allow people with disabilities to choose to participate in programs/camps with persons without disabilities.



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RECREATIONAL PROGRAMS AND SERVICES

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