

Adaptive Awesomeness: Finding and establishing wheelchair activities for a lifetime.

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SCOTTISH RITE



Adaptive Awesomeness:

Finding and establishing wheelchair activities for a lifetime.

And, if you don't have anything presently, how to start your own.



Adaptive Awesomeness

- **Learning Objectives:** By the end of the session, learners will be able to:
 - Identify 2 Therapeutic Recreation Programs or Services offered to spina bifida patients served by Scottish Rite for Children.
 - Name 2 community based adaptive sports and/or recreation programs.
 - Express how they will take back 1 idea to implement at their own organization/setting.



🏠 → [Services](#) → Therapeutic Recreation

Therapeutic Recreation

Helping your child safely participate in recreation, leisure, and sports in your community.



Some Outcomes of Therapeutic Recreation

- Independence
- Self-esteem
- A healthy lifestyle
- Developing social skills
- Making friends
- A Sense of belonging
- Improved physical functioning
- Reduction of secondary disabilities
- Improved coping skills/adjustment to disability



When is Therapeutic Recreation Appropriate?

When a person's medical condition has a **negative impact on their ability** to function in play, recreation and leisure, it is appropriate to have a recreation therapist work with them.



Therapeutic Recreation – Range of Services

- Therapeutic Recreation is the provision of **treatment services** and **recreation services** to **persons with illness or disabling conditions**.
- **Treatment services** restore, remediate or rehabilitate to improve functioning and independence as well as reduce or eliminate the effects of illness or disability.
- **Recreational services** are about providing recreational resources and opportunities to improve health and well-being.



Therapeutic Recreation

- Inpatient services require a provider's orders
- Outpatient & A/C services require a provider's orders
- Community Outreach services – No provider's orders required.
Patients/families self-select.



Inpatient services

*Outpatient &
A/C services*

**Community Outreach
services**



TR - Community Outreach Programs

Tennis All-Stars

Adapted Cycle
Evaluations

Learn to Golf

Camps

Tennis All-Stars

Tennis All-Stars is a four-week program for Scottish Rite for Children patients ages 6 to 14. It emphasizes fun, fitness, and healthy competition. Don't miss this great opportunity to learn the game of tennis!

Register for our 2025 Tennis All-Stars!

Offered three months out of the year, for four Wednesday evenings of those months: 6:15 p.m. – 8:00 p.m.

[Click here](#) to register.

Adapted Cycle Evaluations

Patients with physical and/or cognitive challenges may require adapted equipment to participate with family and friends in typical recreational activities. This is often true when it comes to riding a bike. Fortunately, our Therapeutic Recreation team specializes in adapting bikes to all different types of patient needs.

Scottish Rite for Children also serves as an AmTryke demonstration site, and we have therapists available to conduct evaluations for patients to obtain an adapted cycle from an AMBUCS Chapter. National AMBUCS, Inc. is a nonprofit service organization dedicated to creating mobility and independence for people with disabilities. Part of their mission is to provide AmTryke therapeutic tricycles to individuals unable to operate a traditional bike. [Watch video.](#)

Learn to Golf

Learn to Golf is a statewide program that gives Scottish Rite Hospital patients throughout Texas with physical challenges a hands-on introduction to the game of golf. The program provides the tools and instruction needed for patients to participate in and reap the rehabilitative benefits of the game. [Learn more.](#)

Camps

The goals of camp are for Scottish Rite Hospital patients to foster independence and self-confidence while developing and improving communication and problem-solving skills in an enjoyable "can do" setting. [Learn more.](#)



Adaptive Hand Cycles

- Adaptive hand cycles are specially designed bicycles (or tricycles) that allow individuals with limited mobility to ride using their arms.
- Freedom
- Independence



Adaptive Golf: Adjusted rules, specialized equipment, and tailored instruction



[2026 U.S. Adaptive Open Golf Championship](#)

[Learn to Golf - Pediatric Orthopedic Specialists | Scottish Rite for Children](#)



[USAGA - U.S. Adaptive Golf Alliance](#)





GET INVOLVED

MEMBERS

TEAMS

EVENTS

LEARNING

ABOUT

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DONATE



**THE HEART OF ADAPTIVE SPORT.
THE POWER OF INCLUSION.**

Select Language

SCOTTISH RITE

FOR CHILDREN



Long Road to Greatness...



Tennis, anyone?



[USTA: Find a Tennis Tournament & Play Tennis Near You](#)



Let's Dance!



[Jasmine's Beat® - An Adaptive Dance Company for Persons of All Abilities – "What's Your Beat?"](#)



Ayita Wheelchair Dance

3.8K followers • 49 following

A free wheelchair dance class for ages 16 and under

Community



Message

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Wheelchair Archery



Wheelchair Fencing



Adaptive Scuba



Adapt-Able Scuba Experience September 13th, 2026

Experience the magic of weightlessness
in a controlled environment with a team
of highly trained adaptive dive buddies

- Try SCUBA Event for people with disabilities, age 10 and older
- No SCUBA experience required

Contact us at
events@adapt-ablescuba.org

Registration Closes Aug. 23rd
Medical Clearances due NLT Sept. 6th



Location:
Texas Wesleyan
University

1100 Collard St
Fort Worth

Sept. 13th, 2026



www.adapt-ablefoundation.org
817-798-1837



RISE Adaptive Sports

Embracing ability through adaptive recreation

Adaptive Water Sports Park

Location: Park Rd 4, Grapevine, TX 76051
with Camping @ Meadowmere Park
on Lake Grapevine

Frequently Asked Questions

OUR PARTNER

**GRAPEVINE
PARKS & REC**



<https://www.riseadaptivesports.org/>





Water Skiing

Enjoyed by people of all ages and skill levels. Multiple levels of water skiing. From being towed on outriggers to competition water skiing.



Kayaking

Kayaking is a popular water sport that involves paddling a small boat, called a kayak, through water using a double-bladed paddle. Kayaking is a great way to explore nature and experience the outdoors and can be done for leisure or as a form of exercise.



Fishing

Cast a line and reel in the fun from our ADA-accessible dock! Designed for ease, safety, and independence, our dock lets anglers of all abilities enjoy the simple joy of fishing. Whether you're a first-timer or a seasoned pro, it's the perfect spot to relax, connect with nature, and maybe land your next big catch.





Tubing

As the boat picks up speed, the tube and riders are pulled through the water, creating an exhilarating ride with waves and splashes.



Camping

Primitive camping with five ADA-accessible sites, designed to make the outdoors welcoming for all abilities. Enjoy a simple, peaceful setting—fresh air, open skies, and space to unwind—whether you're camping solo, with family, or around the campfire with friends.



Handcycling

Handcycles typically have three wheels, a low profile, and a reclined seat, allowing riders to pedal using their arms and shoulders.



Indoor Gym Programs

Location: [Georgia Farrow Recreation Center, Irving, TX 75061](#)

Frequently Asked Questions

OUR PARTNER



Wheelchair Rugby

Players use specially designed wheelchairs that are reinforced to withstand the physical contact of the game, which can be quite aggressive.





Wheelchair Football

Touch-style game is played outdoors on blacktop or indoors on a multipurpose surface.



Open Gym

Basketball, Pickleball, Sit Volleyball



Name the Recreation & Leisure Needs/Desires

- **Clinician – clients we serve**
 - What are their stated needs?
 - Be more active?
 - Know what's available?
 - Have more friends?
 - Feel better about myself?
 - Try new things?
 - Belong to something?
 - Team
 - Club
 - Social Group
- **Person with spina bifida and/or caregiver**
 - What do I want?
 - How to use my free time to make my life more fun?
 - What do I need to make that happen?



Working Group Activity: Steal This Idea

1. Choose a Program

- Pick one Scottish Rite TR program that inspired you
- Note why it stood out

2. What Makes It Work?

Identify the core elements:

- Key activities
- Equipment
- Staffing
- Accessibility features
- Community partners

3. Translate It to Your Setting

- How could this program look where you work
- What adaptations would you need
- What barriers might you face
- What solutions could help

4. Your 30-Day Action Step

- One realistic step you can take
- Who needs to be involved
- What success looks like



Share-Out: *What's the one idea your group wants others to hear?*

- Each group shares **one idea**:
- The program they chose
- The adaptation they plan to try
- Their 30-day action step



Thank You

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[Therapeutic Recreation & Adaptive Sports | Scottish Rite](#)

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