“Life is a daring adventure, or nothing”
– Helen Keller
Our History

1991 – American With Disabilities Act passed
1992 – First river trip down the Colorado River with disabled adults
1993 – River of Dreams 501(c)3 formed
1994 – First River Rampage youth trip
2000 – Program grows to year-round Daring Adventures
2008/2009 – City of Phoenix cut the program
2012- MOU Created with the City to operate the program
2014- Board adopts 5 year Strategic Plan to become sustainable
2018 – Program continues to grow and in 2017 provided 1966 participant days and 130 activity days
Adaptive Recreation to Fit Every Person’s Needs

We make it safe to have fun!
Our Mission

Improving the lives of people with disabilities and significant life challenges through the power of outdoor recreation
Who We Serve

*Daring Adventure serves youth and adults with disabilities, both visible/invisible or significant life challenges that affect a person’s daily life*
Core Programs – conducted throughout the year

* Kayaking
* Cycling
* Hiking
Kayaking

Pool Training

On the Lake......
Cycling

Multiple ways to ride-
Hand Cycle ~ Tandem ~
Recumbent
Or on your own
Hiking

- We utilize and enjoy the beautiful accessible trails around Phoenix.
- Hikes for different skill levels
Glen Canyon Overnight Kayak & Camping trip
Backpackking

Overnight backpacking trips to Mogollon Rim, Superstition Mountains and Flagstaff Nordic Center
Camping

Camping is a great family activity! We offer trips to Camp Colley as well as the Grand Canyon and other locations.
Sled Hockey

Fun way to get out of the summer heat
All ages and families welcomed
Cross Country Skiing

- Where – Flagstaff Nordic Center
- When – Whenever it snows
Adventure Hiking
Phoenix Summit Challenge
November Each Year

Organize and Lead -
- Phoenix 4 Trails
- All Abilities Trails
White Water Rafting
Adult Trip & Teen Trips

Mainstream - Spring 2019
River Rampage – July 19-24 2018
Healthy Day and Respite Recreation

- **Healthy Day** Supports Day Programs and Group Homes in their efforts to assist individuals with disabilities improve their holistic health through the power of outdoor recreation.

- **Respite Recreation** is a seamless program where members receiving DDD benefits participate in all of our scheduled activities.

- All activities directed by a Certified Recreation Therapist.
Why Healthy Day and Respite Recreation

Healthy Day and Respite Recreation looking towards the Healthy People 2020 Initiative

- According to the Healthy People 2020 initiative focused on disability and health, individuals with disabilities, compared to the general population, are:
  - Less likely to receive recommended preventive health care services
  - At a high risk for poor health outcomes such as obesity, hypertension, falls-related injuries, and mood disorders such as depression
  - More likely to engage in unhealthy behaviors that put their health at risk, such as cigarette smoking and inadequate physical activity
Studies show that outdoor recreation drastically improves the holistic health of individuals with disabilities. Researchers have found immediate mental, physical, and emotional improvement in individuals with disabilities who regularly enjoy outdoor recreation of some sort on a weekly basis.

A specific 2013 study conducted by Department of Neuroscience at the German Sport University in Cologne, researchers concluded that physical exercise enhances cognitive performance in individuals with intact cognition as well as in individuals diagnosed with intellectual and developmental disabilities.
• Individuals with developmental disabilities have **fitness levels significantly lower than the general population.** Their ability to run, jump, swim, climb stairs, lift weights, play golf or do anything that is physical in nature is inferior to the rest of the population.

• **Most individuals with developmental disabilities get very little physical activity and carry high amounts of body fat.** These traits do not develop from their condition, but rather from their lifestyle.
Healthy Day Recreation Outcomes

**Physical**
- Increased endurance (aerobic capacity)
- Decrease BMI (weight loss)
- Promotes an active lifestyle
- Increased physical independence/mobility
- Develops fundamental motor skills

**Emotional**
- Increased mood
- Reduced symptoms/risk of depression
- Reduced anxiety
- Greater self-esteem/confidence
- Relieves stress
- Improved overall life satisfaction

**Social**
- Improved social communication
- Dampens risk of social isolation
- Enhances perceived freedom

**Cognitive**
- Improved attention/concentration
- Improved executive functioning (planning, scheduling, sequencing)
- Improved memory
Healthy Day Recreation Vision

- **Healthy Day Seasonal programing (October-May)**
- **Healthy Day Recreation** includes our three core activities: cycling, kayaking and hiking as well as additional programming such as disc golf, pickleball, adaptive baseball, scavenger hunt and more.
- **Respite Recreation** scheduled year-round with activities such as camping, hiking, cycling, sled hockey, cross country skiing, kayaking, backpacking and more.
- **Goal:** To improve the physical, social, emotional and cognitive health of individuals with disabilities through inclusive enjoyable outdoor recreation.
Through Healthy Day and Respite Recreation, Daring Adventures is deliberately and organically counteracting the country’s critical issues surrounding the health of individuals with disabilities while the individual is having a FUN time!
Assessments

- Participant and Volunteer Intake Forms
- Detailed information about disability, support, interests
- Assess skills, self-perceived well-being, community engagement, physical, social, recreation skills
- To measure progress and program evaluation
Community Partners

- The H.E.A.R.T. Center
- City of Phoenix
- Arizona Spinal Cord Injury Association
- Choices Day Treatment Services
- Gompers Habilitation Center
- Barrow Neurological Institute
- St. Joseph's Hospital and Medical Center
- Ability360
WEBSITE:
www.daring-adventures.org

River Rampage applications are now being accepted for participants and sidekicks until March 1st 2018. Click HERE for more information.

Our Mission-
Daring Adventures is a nonprofit organization committed to improving the lives of individuals with disabilities and significant life challenges through the power of outdoor recreation.
Go to the calendar tab to see what events are being conducted and how to sign up for an activity.

Check the website for monthly calendar of activities.

‘double Click’ on an activity and it provides you with more information.
How Can You Get Involved?

* PARTICIPATE
* VOLUNTEER
* DONATE

- Visit our website – www.daring-adventures.org
Our Information

Web Site: www.daring-adventures.org
Email: info@daring-adventures.org
Phone: 602-290-0214