

Maine CITE welcomes you to today's webinar!

Recreation Without Limits: Adaptive Recreation and Equipment

Alessa Foley, AOEC

May 21, 2026

The webinar will begin soon.



Adaptive Recreation

Making Outdoors Accessible

With the Adaptive Outdoor Education Center (AOEC)

Who we are

The Adaptive Outdoor Education Center (AOEC) opened in December of 2015 to enhance the quality of life for all people with disabilities through adaptive recreation and education programs.



What is adaptive recreation?

Adaptive Recreation includes modifying instruction, providing accommodations, and using specialized equipment and practices to support individuals with disabilities in accessing recreational opportunities.



Why?

“It’s cool to be doing something where the kids at school will think of me as more than just the kid who can’t see well.”

Recreation provides important physical, mental, social, and community benefits that everyone deserves.



How?

Inclusion is intentional. It is about identifying and adapting to barriers so that everyone can participate to the best of their ability.

- Equipment
- Instruction
- Support



What does AOEC offer?

- Skiing
- Sailing
- Rock climbing
- Paddling
- Waterskiing
- Nature Programs
- Retreats + Clinics
- Accessible Trail System
- Accessible Lodging
- Adaptive Gear Library



Horizons Skiing

- **In collaboration** with 6 mountains in Maine
- **Equipment:** Tethers, outriggers, poles, sit skis
- **Supports:** Token board, social story, breaks



Support example: Social Story

This is Sugarloaf Mountain



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When you arrive at Sugarloaf you will be directed to park.

After you park car, you will get on one of these shuttle buses that will take you to the base lodge.

 The buses may be loud and full of other skiers!

**If you prefer to walk up to the base lodge you are welcome to!
Depending on what lot you are parked in, it may be a 5-10 minute uphill walk.*



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Horizons Ski Program will meet at Ski School in the lower level of the Base Lodge.

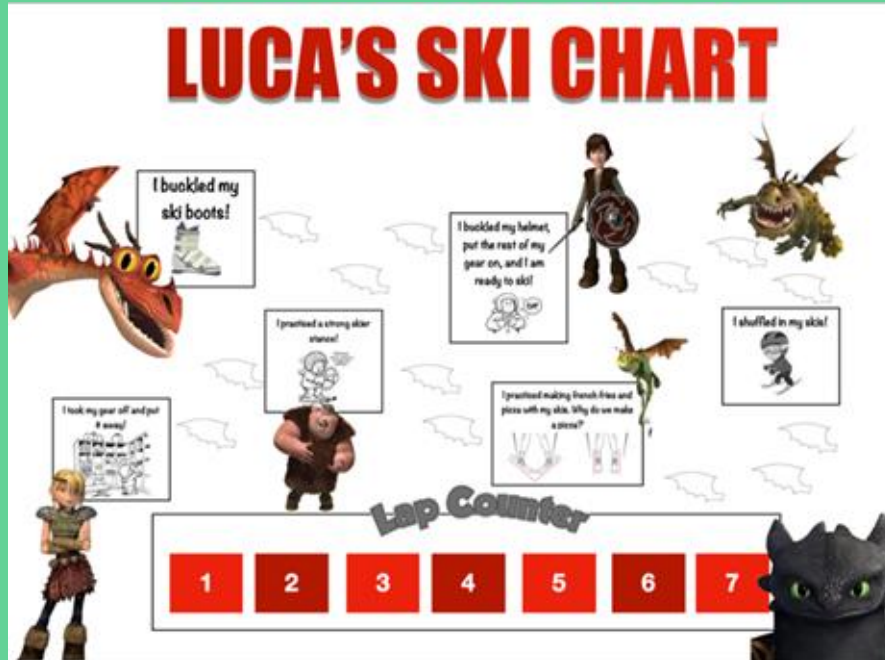


A Horizons Ski Buddy will meet you at ski school. They will be wearing a **green** jacket like this.



The Horizons Ski Buddy will stay with you during your entire ski lesson and help you.

Support example: Token Board



Horizons Sailing

- **In collaboration** with SailMaine and Portland Schooner, and Amped sailing
- **Equipment:** Accessible boat, Hoyer lift on the dock, portable lift, joystick control
- **Supports:** Volunteer crew, portable stadium seat, scavenger hunt, ramps, peer support



Horizons Climbing


- **In collaboration** with EVO, Maine Bound, and Anti Gravity Complex
- **Equipment:** Full body harness, sit station
- **Supports:** Belay buddies, scavenger hunt, social story, color coded and clock prompting





Support example:



ROCK CLIMBING BINGO

C	L	I	M	B
Go down the yellow slide	Play rock paper scissors on the boulder wall	Climb the rainbow wall	Climb an autobelay upstairs	Climb through both tunnels
Tie a figure 8 knot	High five your climbing buddy	Watch a grown up climb in the boulder cave	Climb into the boulder fort	Swing across the playroom rings
Hold onto the wall with just your hands	Climb a top rope with a green rope		Climb a 5.7	Climb an autobelay downstairs
Climb a 5.8	Press a button at the top of a wall	Traverse across a wall	Climb a top rope with a purple rope	Climb a V0
Put on your climbing shoes and harness	Climb a route with 3 colors on the boulder wall	Find a hold you can stand on no hands!	Crawl into the jet fort!	Learn the name of another Horizons climber

I completed ____ squares!



Horizons Paddling

- **In collaboration** with Osprey Echo Sea Kayaking, Stonington and Maine Sport Outfitters, Camden
- **Equipment:** Kayak chariot, transfer bench, active hands, mobi-mat, outriggers
- **Supports:** Tandem paddlers, guides, padding



Support example: Equipment



Horizons Waterskiing

- **In collaboration** with Peterson Waterskiing Kingfield, ME
- **Equipment:** sit ski, outriggers, boom
- **Supports:** Side skier, modeling, jetski jumper



Nature Programs

- **In collaboration** with Sparks Ark, Michael's Llamas, Maine Audubon, and more!
- **Equipment:** All terrain wheelchairs and walkers
- **Supports:** Social stories, multisensory instruction



Support example: Visual Schedule



Activity example: Nature Scavenger Hunt

WINTER SCAVENGER HUNT

Put on your shoes  and jacket  and head out on a scavenger hunt!

FREEZE! Take 10 seconds to stand completely still with your eyes closed. What do you see, hear, and feel in the world around you? Write or draw your observations in the box below.

 LOOK	 Animal Tracks Do you know whose tracks they are?	 Something Red How many red things can you spot?	 Snowman If you can't find one, can you make one?
 LISTEN	 Birds Chirping	 Trees Cracking	 Water Running or Dripping
 FEEL	 Tree Bark What is the texture?	 Ice and Snow What's the difference?	 The weather on your cheeks! How does it feel?

Enchanted Forest Trails

Located at AOEC Brunswick.

A trail system with varied levels of trails to promote outdoor exploration.

Users can discover their personal abilities and learn new techniques for navigating varied terrain in a safe and supportive environment.



Adaptive Gear Library

Over 30 items in our Adaptive Gear Library that individuals can rent for up to two weeks at a time to explore the trails and roads of our beautiful outdoors.

- All terrain wheelchairs
- Hand cycles
- Recumbent bikes
- Nordic sit skis
- Walkers
- Accessible water equipment



Fully Accessible Lodging

- Located in Carrabassett Valley
- Open year round to anyone with a disability and their families.
- Sleeps up to 25
- Individual and group reservations



Day program and event space

- Located in Brunswick
- Accessible campus and trails
- Event center seats up to 125
- Programs include music, gardening, cooking, nature activities, equipment demos, and accessible trail walks



Recognize your impact

- Seek feedback and input
- Capture 'mission moments'
- Share your success!



THANK YOU!

Adaptive Outdoor Education Center

www.adaptiveoutdooreducationcenter.org