

RESOURCE GUIDE TO NAVIGATING THE WORLD for Persons with a Disability

Ellington Youth Services

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Made in 2020



RECREATION & COMMUNITY

ACTIVITIES



APRAXIA CAMP FOR ME

A* Camp for Me is a one-week, half day program for children ages 4-10 with an Apraxia Speech disorder or other similar speech disorders. This camp allows the children to meet other children who face similar challenges, while also learning new strategies to assist their language.

- Tuckahoe, CT or New Canaan, CT
- francinegurtler.com/apraxia-camp-for-me

ARTHUR C. LUF CHILDREN'S BURN CAMP

Arthur C. Luf's camp is for youth ages 8-18 who have survived life-altering burn injuries. This outdoor camp allows campers to overcome anxieties and develop or enhance their physical skills.

- Union, CT
- www.ctburnsfoundation.org/arthur-c-luf-childrens-burn-camp/

CAMP RISING SUN

A camp for youth aged 5-17 who has faced a diagnosis of cancer and is in treatment or remission. It is an overnight camp that allows the camper to be in a safe and nurturing environment to grow and learn from their experiences. There is also a camp designated for the siblings of someone who has faced a cancer diagnosis.

- Held at Camp Jewell in Colebrook, CT
- www.camprisingsun.com/

CAMP RYAN WOODS AUTISM FOUNDATION (RWF)

Camp RWF allows children and young adults on the Autism Spectrum and other special needs to come together to gain social skills and build confidence together through fun activities and field trips!

- Cromwell, CT
- ryanwoodsautismfoundation.org/

CAMP STARFISH

Camp Hawvago is a 'try-it' camp for ages 7-17 who are on the Autism Spectrum. They are one-on-one with camp counselors and get to try out an overnight camping experience that is structure, safe, and nurturing for youth with ASD. Campers get to experience crafts, campfires, boating, cabin life, and much more.

- Rindge, NH
- campstarfish.org/camps.html

CONNECTICUT SCIENCE CENTER

This museum offers sensory friendly days that children with special needs can experience traditional activities at the museum but with a quieter and calmer environment.

- Hartford, CT
- ctsciencecenter.org/community/visitors-with-special-needs/

DOREEN'S DANCE CENTER

Adapted dance classes designed for students with special needs that would otherwise prevent them from a traditional dance class. Group classes or one-on-one options are available.

- Colchester, CT
- www.doreensdancecenter.net/adapted-dance-1

EASTERSEALS OF OAK HILL

Offers programs for children, young adults, and caregivers that ensure everyone has an equal opportunity to live, learn, work, and play in their community. Easterseal's Camp Hemlock is an accessible camp for youth and adults with special needs.

- Amston, CT
- www.easterseals.com/oakhill/our-programs/camp-hemlocks/

FOCUS CENTER FOR AUTISM

Provides social programs, learning opportunities, and various sensory activities and classes for children or young adults with Autism. The center offers intense clinical support as well as life skills training, social skills training and academic and employment support.

- Canton, CT
- <https://focuscenterforautism.org>

HIGH HOPES THERAPEUTIC RIDING

All ages welcome! Serves people with all types of disabilities such as autism, attention deficit disorder, traumatic brain injury, cerebral palsy, Down syndrome, visual and hearing impairments, amputation, and many more. Activities include therapeutic riding, therapeutic carriage riding, lessons, summer camps, and much more!

- Old Lyme, CT
- highhopestr.org/

JACQUELINE ALEXANDER

SUMMER CAMP

Summer camp for ages 10-26 with Autism Spectrum Disorder, Anxiety, ADD/ADHD, NLD that will focus on transitional skills, life skills, social skills, and management of the specific need. Offers other services such as social skills groups, therapy (group, individual, family) and life skills programs for ages 4 to adult.

- Camp is in Charlton, MA. Office is in West Simsbury, CT.
- www.jackiealexander.com/

NEW CANAAN MOUNTED TROOP

Designed a Super Trooper Program that has Therapeutic Horse Riding and Equine Care Programs for children and adults with special needs. Participants will learn how to care for horses as well as create a bond and ride the horses.

- New Canaan, CT
- www.newcanaanmountedtroop.org

THE PILOT HOUSE

Offers social programs, life skills, therapeutic services and support to serve the diverse needs of children, young adults and adults with special needs, to promote their continuing growth and progress.

- Fairfield, CT
- www.thepilothouse.org/

SPECIAL NEEDS

UNDERGRADUATE SWIM LESSONS

Yale Students provide swim lessons free of charge to children with special needs. Lessons are one on one and catered to each individual child's needs.

- New Haven, CT
- www.facebook.com/SNUGSa-tYALE/

STEPPING STONES MUSEUM FOR CHILDREN

Stepping Stones has two sensory friendly programs: My Ability and ACCESS-ability. These programs are designed for children with special needs and will benefit from a calmer learning environment.

- Norwalk, CT
- www.steppingstonesmuseum.org/families/access

SUMMER AT LANDMARK

The summer programs at Landmark serve youth with dyslexia and other language-based learning disabilities. The program allows students to thrive and gain the confidence and skills necessary to succeed inside and outside of the classroom.

- Beverly, MA.
- www.landmarkschool.org/summer#

SWIM ANGELFISH

Swim Angelfish offers adaptive swim programs and therapies designed for children with Autism or sensory processing issues.

- Twenty locations across CT, NY, MA, and NH.
- www.swimangelfish.com

THE TALCOTT CENTER FOR CHILD DEVELOPMENT

Activities and programs available for ages birth to 21 years old. The Talcott Center offers Summer Camps, Adaptive Exercise classes, Special Camps, Social Skills Groups, Handwriting Group, Comprehensive Autism Day Programs.

- Farmington, CT
- www.thetalcottcenter.com

ADVOCACY



CONNECTICUT PARENT ADVOCACY CENTER

Their mission is to educate, support, and empower Connecticut's diverse families of children and youth with disabilities, chronic conditions ages birth to 26, and the professionals who serve them.

- cpacinc.org/

DISABILITIES RIGHTS CONNECTICUT

DRCT is a non-profit with a mission to advocate for human, civil, and legal rights of people with disabilities in CT. Their website equips users with the ability to self-advocate and get involved with board meetings and workshops.

- Hartford, CT
- www.disrightsct.org/

EDUCATION ADVOCACY, LLC CONNECTICUT SPECIAL EDUCATION ADVOCATE

Offers assistance to parents individually to advocate at their child's schools. Also offers workshops and presentations.

- www.educationadvocacyllc.com/

NATIONAL ORGANIZATION FOR RARE DISORDERS

Leading the way in voicing the needs of the rare disease community, driving supportive policies, advancing medical research, and providing patient and family services for those who need them most.

- rarediseases.org/advocate/

SCALZI ORIGINALS FOUNDATION

This foundation is designed to assist youth, adults, and senior citizens with special needs with a focus on building community that revitalizes neighborhoods, empowers individuals, and gives support to others who are like-minded. Provides one-on-one coaching for individuals with any range of disability to strengthen confidence and skills.

- Fairfield County, CT
- www.scalzioriginals.us/

SPECIAL NEEDS TRUST FROM COMMONWEALTH

Commonwealth Community Trust is a non-profit organization who serve people with special needs across the United States. They provide people with special needs and their families a Needs Trust that supplements SSI and Medicaid. They provide resources and educational tools to learn about the benefits of trusts.

- commonwealthcommunitytrust.org/

EMPLOYMENT AND POST - SECONDARY EMPLOYMENT



DEPARTMENT OF VOCATIONAL REHABILITATION SERVICES

Vocational Rehabilitation Program is to assist individuals with significant physical and mental disabilities to prepare for, obtain and maintain employment.

- Hartford, CT
- portal.ct.gov/AgingandDisability

FIT LEARNING

Evaluates, assesses, and creates individualized learning programs for children of all ages and ability levels.

- Greenwich, CT
- www.fitlearners.com

LIGHTHOUSE VOC-ED CENTER

Offers transitional classes, vocational training, life coaching and many more options to prepare for a life after school! Helps young adults with autism transition into a semi-independent lifestyle.

- Niantic or New London, CT
- www.lhcampus.com/

TUTOR DOCTOR

The tutors can provide in-home or online tutoring to all ages and ability levels. Provides a customized learning program designed to fill the gaps in knowledge and boost confidence by teaching in a comfortable environment.

- Eastford or Westport, CT
- www.tutordoctor.com/our-programs/special-exceptional-needs/

WOOF GANG & CO.

An organization that provides vocational training to young people ages 18+ with physical, intellectual and developmental disabilities. Offers hands on vocational experience through making dog treats and various other supplies that the store then sells!

- Fairfield, CT
- www.woofgangco.org



HEALTH AND MEDICAL

HOSPITAL FOR SPECIAL CARE

The Center's multidisciplinary approach includes psychology, developmental pediatrics, speech/language therapy, occupational therapy, and child and adolescent psychiatry. The center offers individualized evaluations based on the child's needs and may include psychological evaluation, psychiatric evaluation and developmental pediatrics evaluation. Features adaptive sports programs, adaptive sport camps, therapeutic riding, aquatic and fitness classes.

- Hartford, Middletown, New Britain, CT
- hfsc.org/specialties/autism-center-at-hsc/

THE TRAVELING BARBER

A barber or hair stylist will provide in home services to individuals who find it difficult or are unable to make it into a salon.

- thetravelingbarbers.org/

FITNESS

ASD FITNESS CENTER

Offers physical activities for kids and adults with autism, including one-on-one training sessions. Other options include many different types of group classes that range from a general exercise class to sport specific.

- Orange, CT
- asdfitnesscenter.com/

BIOKINETIX

One on one classes, Group Fitness Classes, Adapted Sports, bike lessons, and much more! They have served clients with Autism, Cerebral Palsy, Down's Syndrome, ADHD, Nonverbal learning disability and more.

- New Canaan, CT
- biokinetix.fitness/

CHESHIRE FITNESS ZONE

A child-friendly environment that helps kids of all ability levels learn about exercise and nutrition.

- Cheshire, CT
- www.cheshirefitnesszone.com/special-needs-exercise-programs-for-kids-in-connecticut/

FLIGHT FIT N FUN

Offers a sensory friendly jump hour two Sunday mornings a month. The park is reserved for jumpers who will thrive in a quieter and private environment.

- Holyoke, MA or Manchester, CT
- www.flightfitnfun.com/

OAK HILL ADAPTIVE SPORTS & FITNESS

Their goal is to promote healthier lifestyles by engaging members in adaptive and supportive exercise and health education.

- Hartford, CT
- sportsandfitness.oakhillct.org/about/

SPECIAL OLYMPICS OF CT

Provides year-round training and competitions for children and adults with disabilities. The Special Olympics also promotes a healthy lifestyle.

- www.soct.org/get-involved/become-athlete/



SAFETY

ANGELSENSE INC.

GPS Tracking and voice monitoring device for Kids with Special Needs. Protects Individuals with special needs from wandering, bullying, and more! A discrete and secure wearable device with an advanced monitoring app for parents or caregivers, school staff and first responders.

- www.angelsense.com/

DRIVER TRAINING PROGRAM

Connecticut DMV offers a specialized training program to help those with disabilities obtain a driver's license with any needed adaptive equipment.

- portal.ct.gov/AgingandDisability/Content-Pages/Programs/Driver-Training-Program#Req



HOUSING

CONNECTICUT ASSOCIATION OF CENTER FOR INDEPENDENT LIVING

Assists individuals of all ages and with all types of disabilities find empowerment and self-sufficiency. The Center also provides job opportunities and board positions for individuals with disabilities, so they are able to have a significant role in decision making and advocacy.

- Stratford, CT
- www.cacil.net

FOCUS CENTER FOR AUTISM

Provides residential and mentorship programs. Program offers intense clinical support as well as life skills training, social skills training and academic and employment support.

- focuscenterforautism.org/about-FOCUS

LIGHTHOUSE VOC-ED CENTER

Helps young adults with autism transition into a semi-independent lifestyle with options for community living.

- Niantic or New London, CT
- www.lhcampus.com/

SUPPORT



CT FAMILY SUPPORT NETWORK

Offers support to family members of an individual with special needs. Includes access to parent-to-parent support as well as an array of other support groups and resources.

- Locations available in every region of CT.
- ctfsn.org/

SUPPORT GROUPS AROUND CT

A resource list of different types of support groups. Specific support groups for family or friends of individuals with specific disabilities all over CT.

- www.nymetroparents.com/article/Support-Groups-for-Parents-of-Children-with-Special-Needs-in-Fairfield

FURTHER RESOURCES

APPLIED BEHAVIORAL MENTAL HEALTH COUNSELING

Provides home based behavioral therapy for ages 0-21 on the Autism Spectrum or with other developmental disorders.

- Windsor, CT
- www.appliedabc.com/autism-therapy-assessment/

AUTISM SERVICES AND RESOURCES CONNECTICUT

Provides access to opportunities for persons of all ages on the Autism spectrum with the goal of being fully included and participating members of their communities.

- ct-asrc.org/

CENTER FOR PARENT INFORMATION & RESOURCES

Learn more about your child's specific disability. Find information about other resources, parent centers, and training.

- www.parentcenterhub.org/

CHILDREN & YOUTH WITH SPECIAL HEALTH CARE NEEDS

A resource including information for respite care, at home medical care, and more programs offered in Connecticut.

- cdi.211ct.org/program/children-youth-with-special-health-care-needs/

CT WORKING MOMS-- SPECIAL NEEDS FAMILIES

Offers resources of information on specific disabilities, as well as different ways to get involved in the communities and advocacy opportunities. A blog section with parents personal stories and where you can share yours!

- ctworkingmoms.com/special-needs-families/

MOMMY POPPINS

A resource guide for all museums in CT that offer programs better fit for individuals with special needs. Many other resources for activities to do around CT with your family!

- mommypoppins.com/connecticut-kids/special-needs/sensory-friendly-hours-at-connecticut-museums-aquariums-and-zoos-for