



One of the key components of a fulfilling life for all individuals is the opportunity to take part in hobbies, sports, recreation, the arts, and other interests outside of academics or work. Adaptive recreational equipment can help ensure that individuals with disabilities can participate more fully in recreational activities that otherwise would have difficult barriers to entry. Adaptive tools span a wide range of purposes and costs, and help individuals with disabilities overcome limitations that would otherwise make full participation very difficult.

Recreational adaptive technologies often focus on physical limitations, which can include mobility limitations, congenital physical malformations, or manual dexterity limitations, for example. Devices that fall into this category include [prosthetics](#), orthotics, and adaptive wheelchairs, among the most well-known technologies. Often, these technologies are adapted specifically for high-performance athletes, such as those who participate in the Paralympics.

Adaptive physical education specialists are often consulted when making decisions regarding which adaptive equipment is best for a certain set of disabilities, although occupational therapists are often easier to find and have similar training and/or education.

Learn More About Equipment for Adaptive Recreation:

- [Disabled Sports USA: Adaptive Equipment](#)
- [Recreation Assistive Device Gallery](#)
- [Assistive Technologies for Outdoor Fun](#)
- [RECTech: Engineering Recreational Equipment](#)
- [AT for Recreation and Leisure](#)
- [mATchup Technology Hub](#)
- [List of Adaptive Equipment Providers and Organizations](#)
- [CHALLENGE Magazine](#)
- [Special Olympics: Our Mission](#)
- [Organizations that Provide Grants for Assistive Technologies](#)



- [Achilles International](#)
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Related Resources:

- [Disability Cost Guide](#)