



TIPS FOR SOCIAL PARTICIPATION

“Spending time and doing activities with others”

1. Create or find opportunities that will help you reach your social participation goals

- Check bulletin boards, flyers, local newspaper, and the Internet to find out about activities and special events
- Talk to others who might know and could help you (family, teachers, friends, students, neighbors)
- Visit in person and observe the activity & place where it occurs
- Find out about the activity or place and possible ways it could be both easy and challenging to participate.
- Create your own activities that you could do with others

2. Teach others about things that may help or interfere with your social participation

- Let others know what usually helps and interferes
- If you need help when you are participating, be sure to ask someone
- Let others know what you specifically need help for

3. Change things about the activity so you can participate

- Think about the parts of the activity and situation that you are able to do AND the parts that might be too hard for you to do
- Change how the activity can be set up or done so you can participate (e.g., take rest breaks or extra time, use assistive equipment, sit or stay near helpful people or where there are less distractions; prepare and practice beforehand)
- Have Fun!