

Checklist

- Information about your disability.
- If you already take part in a sport or recreational activity, take something that shows your involvement.
- If you want to take part in a new sport or recreational activity, take information about where and when you can get involved.
- Information about any aids or equipment you need to help you take part. If you can, take quotes that show the cost of these items.
- Information about the transport you need to get to and from your sport or recreational activity. If you have receipts, take them with you.
- Information on your support needs. For example, how many hours will you need a support worker to help you?
- Your list of weekly activities and where sport and recreation fits into this.
- Your list of sport and recreation goals.