

Travel, sport and leisure

Having a spinal cord injury need not be a barrier to participating in the activities that you enjoy, and continuing to do things that give you pleasure is essential to living a meaningful life. Whether this be sport, other leisure activities or travelling in Australia or overseas, there are many websites to help people with a disability find the kind of activities in which they would like to get involved.

A number of websites and organisations are listed below. In addition to these specialist disability services, you can always enquire with any group or activity in your local community about accessibility. Have a go at new activities if you are unsure of what you like and remember, everyone can feel nervous and uncomfortable when trying new things regardless of their ability. Just get out there and have a go!

Travel and transport

- The City of Sydney website has a page with CBD accessibility information and links to other organisations: www.cityofsydney.nsw.gov.au/aboutsydney/CBDDisabledAccess/Default.asp (02) 9265 9333
- Easy Access Australia is a travel guide for people with a disability or mobility difficulty. It lists wheelchair and easily accessible transport, accommodation and attraction options to those who want to travel and explore Australia. www.easypassaustralia.com.au 0407 317 397
- Apparelyzed is a US website with an internet-based peer support network. It has a very informative section about world travel, with postings by members who have been to a wide variety of world destinations. www.apparelyzed.com/index.html
- The Community Transport Organisation is a peak body that represents a large number of community transport operators across NSW. Its providers' list

will help you locate community transport in your area. www.cto.org.au (02) 9635 8980

- The Mobility Parking Scheme, administered through the RTA, provides parking concessions to people with mobility disabilities www.rta.nsw.gov.au 13 22 13
- The Taxi Transport Subsidy Scheme assists people with a disability, who are unable to use public transport, by subsidising up to 50 per cent of taxi fares. There are strict eligibility criteria which can be found on the website www.transport.nsw.gov.au/ttss (02) 8202 2200
- People with a disability who use a motor vehicle for work may be eligible to buy a motor vehicle GST free. Information can be found on the website of the Australian Tax Office www.ato.gov.au/individuals/keyordlist.asp?k=Disability 13 28 61
- The Companion Card Scheme allows travel and venue concessions for carers of eligible people with a disability www.companioncard.gov.au 1800 893 044
- Most airlines have services for people with a disability and their websites usually have some information about the special services they offer. If you intend to fly be sure to contact the airline in advance to confirm what it can provide and what you need to organise.



- Many local councils have access maps for their local government areas. Contact your local council for more information or to obtain an access map for your local area or town centre.

Sport & leisure

- Wheelchair Sports NSW supports and conducts a wide range of wheelchair sporting events and programs for athletes of all ages and skill levels, in Sydney and across most of the state. Currently it caters for 14 different sports including athletics, tennis, basketball and rugby. www.wsnsw.org.au (02) 9809 5260
- Burn Rubber Burn is an exercise program developed for individuals with a spinal cord injury. It is a circuit-based exercise program, incorporating resistance and cardiovascular training focused on health and wellbeing. www.pycnsw.org/prime_sparts_burnrubber 0402 776 868
- d-Ability.org is a website to explore and learn more about life's possibilities following a disabling injury or illness. It gives you direct links to the websites of people and organisations from around the world. You will find links to anything from mouth painting to mountain biking, fashion to wheelchair football, ten-pin bowling to international travel. Use these links to get in contact with people and learn more about your own abilities and potential from others who have created lifestyle opportunities for themselves following injury or illness. www.d-ability.org/main.php
- The Australian Paralympic Committee website has information about elite athletes, history of Australian participation and a program for people in rehabilitation to learn about sporting opportunities. www.paralympic.org.au (02) 9704 0500
- Disabled Surfers Association of Australia, popularly known as Surfers helping Surfers aims to ensure surfers continue enjoying the waves, despite their level of disability. It has branches in Sydney, the Central Coast, the Hunter, the Mid-North Coast, the Far-North Coast, Hastings, and the South Coast regions as well as other states and in New Zealand. www.disabledsurfers.org
- Sailability Australia's objective is to encourage and facilitate sailing and boating for people with disabilities in social, recreational and competitive activities. www.sailability.org/au/australia (02) 8424 7408
- Can Access is a disability service directory for the ACT with a diverse range of listings. www.canaccess.org.au (02) 6248 7988
- Accessible Arts is the peak arts and disability organisation across NSW. It promotes and provides opportunities for people with disabilities to participate in arts and cultural activities either as audience members (attending galleries, theatres, museums and festivals) or as participants (art, drama, music, dance and multimedia activities). www.aarts.net.au (02) 9251 6499
- Nican is a database of information on recreation, tourism, sport and the arts for people with disabilities. It supports an Australian society where any recreational opportunity values diversity, supports freedom and choice, and strengthens inclusive communities. www.nican.com.au (02) 6241 1220
- e-Bility.com is a website with links to a wide range of information, resources, services and products of interest to people with disability, their families and carers. www.e-bility.com

