

# 10 Ideas For Inclusive Family Activities

Taking a day out to do something fun. It's what the weekends are about. Enjoying family time when you've got a disabled family member is just as important. Daily routine can wear on everyone and getting out of the house will be a great help. Your child will also benefit greatly.

But what are some activities that are inclusive of all family members? We've talked to our community and have the following ideas:



## Using this checklist

Simply print off or save this document to your computer or tablet, then check off each item as you go.

## Family Activities

- Visiting the museum** - larger museums are almost always well-equipped for those with mobility challenges, catering for as diverse a range of tourists and age groups as possible.
- Sensory-friendly live performances** - if your child has sensory challenges, jump on line and look for 'low sensory' events, such as music or theatre where the volume and light use will be designed to accommodate all levels of sensory needs.
- Visit the local Zoo** - an outing that can last a few hours or all day depending on what you're after, these parks are typically designed with flat or steadily inclining pathways that allow elderly and disabled people to get around and up close with nature.
- Take the family out to lunch** - take turns choosing places to eat and make a monthly ritual out of it! Call ahead to the establishment and ensure they're wheelchair friendly first.
- Live community sports** - you may even have a family member who has weekend sports that the whole family can attend. Otherwise, find out what sports teams are playing in community facilities and enjoy a relaxing afternoon of entertainment.
- Backyard camping** - young kids absolutely love setting up and enjoying being inside a tent. If you're keen to have the backup of creature comforts close, there's no need to go camping in the wilderness. If you've got a backyard big enough for a tent, set up there instead! This is also an excellent option for children with sensory challenges - and pretty relaxing for mum and dad, too!
- Going to the movies** - any good movie theatre will be only too happy to accommodate customers in a wheelchair. While a good idea to ring ahead to ensure your booking will make this possible, movies are a pretty safe bet for an outing everyone will enjoy.
- Socialising with family friends** - making new connections with people outside of the immediate family can help your disabled child's confidence. Attend that birthday party and make the summer BBQ invite!
- Shopping at the mall** - shopping malls are among some of the most accessible places one can go to. If you're a family of shoppers, it's a really practical option for a day out. With disabled parks close to the entrance and disabled bathroom facilities, your needs should be covered.
- Take a road trip** - exploring the world around where you live is a wonderful way to wind down from the daily routine. Plan out some destinations, a place to eat and get in the car! Whether it's to the countryside, the beach or in the mountains, a change of scenery is something everyone in the family can enjoy. Simply make sure you've got enough bathroom breaks planned and bring enough provisions and equipment to support your disabled loved one in the event of an impromptu overnight stay!

Read more about families and disability  
Interested in learning more about navigating mobility  
impairment in a family?  
Head over to our [dedicated guide](#).