

What is Beyond Boundaries?

The Beyond Boundaries Outdoor Adventure program is progressive recreation program presented by Adaptive Adventures and the Spinal Cord Injury Association of Illinois. The program consists of three days and two nights of activities that bring together teams of spinal cord injured patients (ages 18-60) from rehabilitation hospitals in the Chicago area plus Hines VA Hospital. Beyond Boundaries utilizes camping, hiking, cycling, kayaking, rock climbing, and other outdoor activities as tools designed to promote exercise, experiential learning, and socializing with their peers. This is a unique multi-day opportunity not currently being offered anywhere in the region. Individual participants are welcome and will be placed on a team.

At the heart of this year's Beyond Boundaries experience will be the opportunity to kayak with the Adaptive Adventures Kayak Chicago program, cycle with Project Mobility, and rock climb with Hidden Peaks on the sheer limestone cliffs of Mississippi Palisades State Park overlooking the majestic Mississippi River. Spinal cord injured athletes use both standard equipment and specialized gear and techniques adapted for each activity. Able-bodied participants are given the chance to try the adapted techniques to gain a better understanding of the challenges involved and to demonstrate the "Abilities", rather than the "disabilities" of the participants. One thing is certain, whether you're staff, a volunteer or a team member, the Beyond Boundaries experience will change your perspective on life's many challenges

How many can participate?

Maximum of 21 persons with disabilities, plus therapists, program specialists, and volunteers.

Who has participated with Teams in the past?

Advocate Christ Medical Center
Hines VA Hospital
Marianjoy Rehabilitation Hospital
Oak Forest Hospital of Cook County
Rehabilitation Institute of Chicago
Schwab Rehabilitation Hospital

What is the cost?

\$1000 per team or \$250 per participant