



Recreational Therapy for People with Disabilities

“Dedicated to improving the lives of people with disabilities through the game of golf...”

Do you have a disability or know of someone who does? If yes, you should know that special golf carts –known as single-riders – allow people with a variety of disabilities to play golf on their own or with little assistance from others. The carts go everywhere the golfer goes—onto the tees, onto the greens and even into the traps!

Come learn to play golf, enjoy the outdoors and make new friends!

Join Us at Golf 4 the Disabled!

To learn more about ways to become involved, visit us on the web at www.golf4thedisabled.org.

Golf 4 the Disabled is a 501(c)(3) non-profit organization



History: Golf 4 the Disabled

In 1989, Nan Wolbert, a registered nurse, sustained a severe head injury in an automobile accident. Looking for a recreational activity to improve her concentration and balance that she would also enjoy with her husband, she elected to give golf a try.

Nan discovered success with golf as therapy. Her experience offered a renewed sense of self-confidence in life. And the fun, friendship and improved self-esteem she found on the practice green carried over into her non golf-related activities. Because of her success, Nan decided to offer golf lessons to others with disabilities. Hence, *Golf 4 the Disabled* was born! (Formerly Golf 4 Fun)

Accomplishments: Who We Serve

• People with a Variety of Disabilities:

Since *Golf 4 the Disabled's* inception, our PGA professionals have given over 100 lessons each year to people with disabilities due to spinal cord injuries, amputations, stroke residuals, visual impairments, head traumas, cerebral palsy, multiple sclerosis and various other birth anomalies and neuromuscular diseases.



Golf 4 the Disabled Programs: What We Do

- **Classes:** *Golf 4 the Disabled* PGA professionals teach golf with or without the use of any aids. We have our own adaptive equipment including clubs and single-rider carts for use in classes that last for one hour, with both group instruction and individual instruction on the driving range, chipping area and putting green. Volunteers are available to help as needed, providing special assistance on a case-by-case basis. Classes are currently offered at our home site of Broken Tee Golf Course in Englewood, or at our satellite locations in Boulder, Fort Collins and Colorado Springs.
- **Play Day:** At the end of two five week sessions of instruction, students may choose to participate in a scramble event with their classmates. This event is the highlight of the year for our participants, and they may play as many or few holes as they like. Many complete the entire 9-hole, Par 3 course. This mini-tournament is followed by awards and a luncheon at the course.
- **Fundraising Tournament:** *Golf 4 the Disabled* hosts an annual tournament benefiting golfers with disabilities. Individuals both with and without disabilities play together, and prizes are awarded at the luncheon following play. Funds raised from the tournament go back into disabled golfing programs and allow *Golf 4 the Disabled* to continue its mission.
- **Single-Rider Cart Program:** By donating a number of single-rider carts to other courses over the years, we've been able to accommodate a variety of disabilities and needs, and expand access to adaptive golf to even more course locations across the metro area. At present, *Golf 4 the Disabled's* single-rider cart program includes a fleet of over 20 single-rider carts across area golf courses. The carts are available to rent at participating courses and may be free of charge to *Golf 4 the Disabled* students.

Success Stories: Students Say It Best

Students often comment on how much they look forward to *Golf 4 the Disabled* every year due to the camaraderie they experience and the friendships they make...

- “*Golf 4 the Disabled* gives me the freedom to express myself in a way that may not be shown or seen. It gives an individual independence and self-assurance as well as self-respect. These attributes are essential in leading a complete and happy life.”

- **Mary Frances Carroll**

- “I want to tell you how much *Golf 4 the Disabled* has meant to Peter. It has given him such a joy and sense of accomplishment and fulfillment to see what he is capable of doing against all odds. What a wonderful opportunity your organization provides people to challenge themselves in the most caring and supportive environment.”

- **Sondra Pappas**

- “*Golf 4 the Disabled* was great for several reasons. I received excellent instruction and was able to use the special golf cart. I enjoyed the volunteers who added pleasure and humor to the experience. Thank you all.” - **Percy Fry**

- “I honestly never expected to find such joy in such a simple activity, but between the game and the lovely volunteers and participants I’ve met, my morning sessions with *Golf 4 the Disabled* have become like a spiritual exercise that I can’t bear to miss. (And, it doesn’t hurt that my game has improved to the point where I actually DO get an occasional birdie!)” - **Regan Linton**



Mission & Goals

The mission of *Golf 4 the Disabled* is to improve the lives of people with disabilities through the game of golf.

Every year we aim to:

- Provide a recreational therapy activity to our disabled community, including our returning disabled veterans;
- Promote the social and recreational aspect of the game;
- Help students feel comfortable about going out and playing with family and friends;
- Help participants obtain adaptive golf equipment;
- Increase the number of students;
- Establish other *Golf 4 the Disabled* programs statewide;
- Offer assistance in establishing programs nationwide; and
- Raise funds to accomplish all goals.

Program Endorsed By:

The City of Englewood
and Broken Tee Golf
Course

The United States
Golf Association

Craig Hospital

The Brain Injury
Association of
Colorado

Colorado Golf
Association

CO section of
the PGA

Rocky Mountain
Multiple Sclerosis
Center