



# Apex Specialized Recreation

## Wake County Resource List

### Educational Services

- **Wake County Special Education Services** provides support to students with disabilities. Visit [wcpss.net/Page/19079](http://wcpss.net/Page/19079) for information about the special education process.
- **NC State Elevate** is a new inclusive postsecondary education program for students with intellectual and developmental disabilities. More information about this four-year non-degree program can be found at [elevate.ced.ncsu.edu](http://elevate.ced.ncsu.edu).

### Employment Services

- **Project SEE with Triangle Disability & Autism Services** is a paid internship program for high school age students with intellectual and/or developmental disabilities. Find eligibility criteria and program goals at [triangledisability.org](http://triangledisability.org).
- **Work Together NC** aims to assist individuals with disabilities and their families in navigating support systems in the transition to adulthood and to increase access to work, education, and community participation.

### Health Services

- **UNC Child & Adolescent Psychiatry Developing Diverse Abilities Clinic** works with patients ages 13 to 30 with developmental and/or intellectual disabilities to provide therapy, treatment recommendations, and more.
- **Carolina Institute for Developmental Disabilities Clinical Services** offers clinical services for all ages such as diagnostic evaluations, treatment planning, specialty provider consultation services, and group-based services.

### Caregiving/Day Services

- **Triangle Disability & Autism Services Day Program** serves adults with intellectual and/or developmental disabilities. This program features trained staff, a structured daily schedule, and a focus on life skills, socialization, and creativity.
- **3 Bluebirds Farm** offers a summer day camp for teens and adults and will be launching a new adult day camp beginning this fall. Social skills and life skills are a main focus of both programs.

### Transportation Services

- **GoWake Access & GoApex Door-to-Door** provides door-to-door shared ride transportation services for individuals with disabilities. Questions about eligibility, services, or reservations, call 919-212-7005.
- **GoApex Route 1** is a fare-free public transit option with stops throughout Apex. Call 919-485-RIDE (7433) or visit [www.apexnc.org/GoApex](http://www.apexnc.org/GoApex) to plan your trip and view the route schedule.



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### Recreational Services

- **Town of Cary Specialized Recreation & Inclusion** provides program offerings such as art, dance, performing arts, culinary, fitness, nature, outdoor recreation, sports, social gatherings, special interests, and special events including a “Share and Care” resource fair held each February.
- **City of Raleigh Specialized Recreation & Inclusion Services** offers two summer camps, Camp Friendly for ages 6-12 and Camp Exploration for ages 13-21. Campers are required to complete camper forms and interviews. Contact [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov) for more information.
- **Camp Royall** in Moncure is the nation’s oldest and largest camp for people with autism. Summer camps, family camps, weekend retreats, and social clubs are offered.
- **Abilities Tennis** promotes fitness, community, and inclusion for individuals with intellectual disabilities through tennis. Free clinics are offered throughout Wake County for ages 8 and up in Apex, Cary, Raleigh, and Wake Forest.
- **Journey League** is an adaptive basketball program for ages 13 and up and has several locations in the Triangle including Apex, Garner, Wake Forest, Pittsboro, and Durham.
- **Miracle League of the Triangle** offers youth and adult baseball leagues for individuals with special needs in the spring and fall. Locations are in Cary, Durham, and North Raleigh.
- **Special Olympics Wake County** offers 18 seasonal sports throughout Wake County for ages 8 and up. Unified Sports opportunities are also available throughout the Triangle. Visit [sonc.net](http://sonc.net) for the latest information and how to register.

### Support Group Services

- **Family Support Network of North Carolina** provides support groups for families of children with disabilities, mental health challenges, and special healthcare needs. Visit [fsnnc.org](http://fsnnc.org) to find the closest group to you.

### Additional Resources

- **Triangle Disability & Autism Services** has a great list of additional leisure and recreation opportunities in the area on their website.
- **The North Carolina Council on Developmental Disabilities (NCCDD)** provides a resources list with state agencies, organizations, and nonprofits across the state that work with individuals with disabilities.