On Your Mark, Get Set, PLAY! Exploring Adapted Recreation

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Agenda

• Welcome and Introductions
• Exploring the Positive Effects of Adapted Recreation & Sports
• Using Assistive Technology
• Apps as a Recreation Tool
• Resources
The Importance of Play

• The work of children
• A type of learning
• The foundation for all growth and development
• Important area for therapeutic intervention

• (Missiuna & Pollock, 1991; Johnson & Klaas, 2007)
Benefits of Participation In Formal Activities

• Develop skills & competencies (i.e. initiative)
• Greater mental, physical, and social well-being
• Develop self-identity, self-esteem, self-efficacy, self-determination
• Form relationships and develop social skills
• Acquire a sense of meaning & purpose in life

(King, Petrenchik, Law, & Hurley, 2009; Kaitz & Miller, 2009)
Barriers

- Need for and value of play increases, but so do barriers
  - Building and playground design, physical access
  - Transportation problems
  - Financial concerns
  - Lack of properly trained personnel
  - Lack of appropriate equipment
  - NOT the disability in and of itself, but factors in the environment

(Kaitz & Miller, 2009; Harding et al, 2009)
What the Research Says
Children with Disabilities Participate In

• Less varied activities

• More quiet activities

• Fewer social activities, especially spontaneous

(King et al, 2009)
Children with Spinal Cord Injuries

- Top 5 activities were sedentary in nature, conducted indoors with little to no social interaction

- Over half reported no participation in sports, clubs, or youth centers after diagnosis

(Johnson & Klaas, 2007)
# Activity Preferences

<table>
<thead>
<tr>
<th>Preferred:</th>
<th>Actual:</th>
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<tbody>
<tr>
<td>Physical activity</td>
<td>Self-improvement activities</td>
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<td>Recreational activity</td>
<td>activities</td>
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<td>Formal activities</td>
<td>Informal activities</td>
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(Harding et al, 2009)
The Impact of Nature

• Best predictor of physical activity in early childhood

• Accessibility of nature

• Indoor, sedentary childhood
  - physical & mental health problems

(Johnson & Klaas, 2007)
Mental Health in children with chronic disabilities

• 3.4 x greater risk of psychiatric problem
• 5.4x greater risk of being socially isolated

• Play is a protective factor!

(Kaitz & Miller, 2009)
Main Research
Take-Away

• Lack of play opportunities can lead to secondary physical, social, emotional, and psychological disabilities.

(Missiuna & Pollock, 1991)
Positive Effects of Recreation and Sports

• Builds Self-Confidence
• Relieves Stress
• Focuses on Teamwork
• Physical exercise
• Improves physical health and well-being
Positive Effects of Recreation and Sports on People with Disabilities

• Builds Self-Confidence
• Relieves Stress
• Focuses on Teamwork
• Physical exercise
• Improves physical health and well-being
✓ Build social awareness, self confidence, and self advocacy skills
✓ Enhance functional capacity especially among older adults
✓ Helps maintain quality of life and independence
✓ Counters stigmatization
✓ Focuses on abilities and moves disability to the background
Huge Victory!

- January 2013, The Obama Administration is requiring schools to offer students with disabilities the same sport opportunities as other children.
- Must include students with disabilities in existing athletic programs or provide with equal alternatives:
  - Example: Using a visual cue along side of starter pistol
- No firm timelines when this will be put in place.
Disabled Sports USA Survey (2008)

• Those participating in the Disabled Sports USA programs, when compared to other adults with disabilities in the US population

• Findings:
  – Employment (52% vs. 33%)
  – Physically active (64% vs. 30%)
  – Lead a healthy lifestyle (52% vs. 25%)
  – Lead a fulfilling life (72% vs. 46%)
  – Enjoy socializing more (80% vs. 70%)
  – Look forward to the rest of their life (81% vs. 61%)

http://www.disabledsportsusa.org/about-us/survey/
Variety of Adaptive Sports

- Quad Rugby
- Basketball
- Golf
- Tennis
- Kickball
- Baseball
- Basketball
- Archery
- Snow Skiing
- Water Skiing
- Racing
- Bowling

- Track
- Scuba
- Cycling
- Fishing
- Lacrosse
- Wrestling
- Bocce ball
- Goal Ball
- Swimming
- Football
- Soccer
- Canoeing
Challenged Athlete Foundation

- Recognizes the athletic greatness is inherent in all people with physical disabilities and supports their athletic endeavors
- Sports Clinics
- Mentor Programs
- Grants
  - Access for Athletes
  - Operation Rebound

www.challengedathletes.org
Play Foundation

- [www.playfoundation.net](http://www.playfoundation.net)
- Empowering America’s amputees
- 10 annual scholarship awards help fund the activity of the applicant’s choice
Friends of Disabled Adults and Children

- [www.fodac.org](http://www.fodac.org)
- Provides durable medical equipment at low or no cost to people with disabilities
- Operation Remount-Vehicle Modification
Blaze Sports

• The purpose of the Blaze Network is to establish a network of local community-based clubs and organizations providing programs that promote physical activity, healthy lifestyle and competitive sports opportunities for children and adults with a physical disability
Blaze Sports Mission

• Driven by a desire to provide all children and adults with physical disabilities the chance to play sports and live healthy, active lives.

• Money for equipment chairs came from Department of Labor in Georgia when first started

• 26 different Sport programs
  • Geared mostly towards children and teens
  • Do have equipment for adults
Who Can Join Blaze?

• Any sports program, club, parks and recreation department or other organization who is providing opportunities for children and adults with physical disabilities to take part in sport, physical activity and/or fitness.
Loan Program Fees

• No Fees to loan/ borrow equipment
  • Have to be a member of Blaze
  • Fill out written loan agreement form
  • Come in for chair fitting and skills assessment
  • Sign written waiver

• Can loan to groups that have teams
  • Rockdale County, Albany, Augusta
  • Fort Stewart: basketball chairs for military team
Loan Program-Responsibility

• Athletes are responsible for other equipment needed
  • Cushions, tapes, gloves, etc
• Blaze monitors and maintains equipment while in use
  • 6 months to a year
  • Funds for major repairs
Loan Program Equipment

- Variety of equipment
  - Racing chairs
  - Track chairs
  - Tennis chairs
  - All court chairs
  - Rugby chairs
  - Basketball chairs
- Blaze Day in Schools
  - Chairs not in use

- Occasionally loan around Southeast
  - One day events
  - Always with staff
Contact for Blaze

• Jeff Jones, CDSS, CTRS, CPRP
  Director of Sports and Community Programs Phone 1-404-270-2036

www.blazesports.org
Blaze Website

MILITARY SPORT AND RECREATION CAMP
May 27th - 30th 2014

For veterans and active duty service members with a physical disability

Upcoming Events

2014 Certified Disability Sport Specialist (CDSS) Training Dates
June 10-14 BlazeCamp, Registration Open
June 10-14 Trailblazers Leadership Camp, Registration Open

Follow @blazesports

USA Boccia is wrapping up Day 1 of their 2014 National Championships at Michigan State University.

Visit Event Calendar
Beep Kickball

• Created for individuals who have vision loss
• Every player is blindfolded except the umpire
• Kickball and Bases make different beeping sounds
Contact for Beep Kickball

- There is a league in Ga
- Founded in 2010 by Judy Byrd
- Can purchase equipment- around $300 or less
- www.beepkickball.com
- Mission is to enrich the lives of all people, young and old, who are visually impaired through participation in sports
Welcome to BeepKickball!

an adapted sport for the visually impaired

Our mission is to enrich the lives of all people, young and old, who are visually impaired through participation in sports.

Visit our Store
Shepherd Center
Therapeutic Recreation

- Focus on returning to an active lifestyle
  - Sports (Quad rugby, basketball, fencing, racing)
- Try before buy
  - Closet with sports equipment
  - Rental program
  - Long-term loan of equipment while playing
- Do not have to be a current patient
Rental

- Individuals can try before making a huge purchase

- $10/day or $25 for weekend

- Written Rental Agreement
  - Responsible for equipment
  - Demonstrates the use

- Variety of equipment
  - Quickie tennis chair
  - Quickie All Court basketball chairs
  - Eagle rugby chairs
  - Eagle and Top End racing chairs
  - Shark, Top End Excelerator XLT, and Excelerator handcycles
  - Red Dagger (solo) kayak
  - Green Dagger (solo) kayak
  - Old Town 2 man kayak
  - Green Canoe
  - Red Canoe
Long-Term Loans

- Athletes that play the sport
  - Quad rugby, basketball, fencing, etc
- Athletes are responsible for equipment
  - Tubes for tires
  - Minor repairs
  - Funds for major repairs
- Athletes are responsible additional items for the sport
  - Gloves, tape, cushions, etc
- Bring back at end of season
- Shepherd cleans and sanitizes after each rental and loan
Contact for Shepherd

• Matt Edens C.T.R.S. Sports Teams Coordinator
  Shepherd Center
  Matt_Edens@shepherd.org
Paddling

• Evens out the playing field for those without use of legs
• Versatile- flat water, white water, sea
• Adaptations can allow even those with upper limb challenges to participate.
Adventure Amputee Camp

- www.adventureamputeeecamp.org
- Nantahala Outdoor Center
- Tennis, Basketball, Soccer, Scuba, Rafting, Ropes Course, Zip Line, Skiing,
Basketball

- Basketball is a widely popular sport for both those who sport expensive sneakers or others that use sport chairs to play.
Wheelchair Rugby

- Wheelchair Rugby is an aggressive sport created to allow individuals who do not have the ability to shoot a basketball to participate in sports competitively. It was invented by quads who felt left out from competitive adaptive sports.
Handcycling

- For getting outside and traveling a distance
  Handcycles are a great choice. They offer the ability to travel further with less effort than a wheelchair via multiple gears. You can enjoy a leisurely trek along a trail or the thrill of racing against others.
Sit-n-Ski

• Water skiing can be enjoyed by those of various levels of function and skill. From those who may need some help with balancing to individuals jumping wakes.
Scuba

- Being on the water is great but once you’re immersed it’s the grand equalizer. Whether you have a disability or not Scuba diving is a wonderful activity. The experience of the weightlessness is immensely therapeutic to those who have limited use of their limbs or use wheelchairs daily.
Power Fish’n and Trigger Finger

- Electronic power assist fishing reel
- Attaches to a fishing pole
- One finger push

- Straightens out trigger finger so that an individual can shoot
Adapted Recreation Activities
Gardening

- Gardening
- Angled ergonomic handle
- Non-slip waterproof finish
- Ergonomically angled handle keeps hand and wrist in a natural position

http://www.wrightstuff.biz/adaptive-garden-tools.html
Adapted Recreation Activities
Swimming

- Swimming
- Pool lifts enable someone who has difficulty or is unable to transfer get in and out of the pool with little to no assistance safely
- Up to 90% of the swimmers’ body is carried by the water
- Improves muscle strength and coordination
Games for Recreation

- Mobile devices and tablets
- Games
- Social Interaction
- Some board games now have an iPad/tablet version
Apps for Recreation

• Social Games
  – Words with Friends
  – Song Pop
• Checkers
• Chess
• Battleship
• Puzzles
• Computer
  – interactive
Advocacy

• What are you doing?
  – Asking questions
  – Encouraging
  – Providing resources
  – Providing equipment
  – Getting involved

• What else?
References


Access 2 Independence

- Mission Access 2 Independence aims to provide members of the disabled community with services, support and advocacy, to empower them to participate in the community and live independently.

- Nichole Davis - Director for Access 2 Independence
- Sandy Waldschlager - Peer Supporter
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- info@access2independence.com
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