



Exploring Adaptive Recreation and Its Importance on Inclusion

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Tools for Life

AMAC Accessibility Solutions and Research Center

Georgia Tech

www.gatfl.gatech.edu

www.amacusg.org

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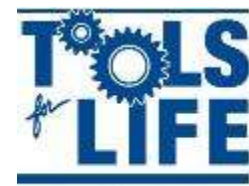


Georgia's Assistive
Technology Act Program

Session Description



- Recreation and socialization are critical aspects to life. However, for individuals living with disabilities, participating in recreational activities might be difficult to achieve and often not even an option. The lack of participation by students with disabilities in recreation sports can lead to ineffective coping mechanisms and even secondary health conditions.
- During this session, presenters will share recent research that sheds light on the gaps and needs of adaptive recreation for children with disabilities.
- Discussion will center on the importance of recreation for students of all abilities as well as share examples and resources of adaptive sports, devices, assistive technology, and socialization opportunities that can make a difference.



Objectives



- As a result of this activity, the participant will be able to:
 - Identify 2 research outcomes on the gaps and needs of adaptive recreation for individuals and children with disabilities.
 - Identify 3 adaptive sports programs and opportunities.
 - Identify 3 assistive technologies that can facilitate successful recreation and socialization.

For Handouts: <http://www.gatfl.gatech.edu/tflwiki>



Outline



- Why Recreation?
- Importance of Play
- Barriers to Play
- Research on Play and Children with Disabilities
- How to Adapt Play
- Examples
- Advocacy
- Resources



Tools for Life Mission



We're here to help Georgians with disabilities gain access to and acquisition of assistive technology devices and assistive technology services so they can live, learn, work, and play independently in the communities of their choice.




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CUSTOMIZED AT TRAINING
for Individuals or Groups



Welcome to Tools for Life

Tools for Life, Georgia's Assistive Technology Act Program, is dedicated to increasing access to and acquisition of assistive technology (AT) devices and services for Georgians of all ages and disabilities so they can live, learn, work and play independently and with greater freedom in communities of their choice.

Tools for Life and the TFL Network work collaboratively together to accomplish

2015 IDEAS CONFERENCE

**JUN
1**

Epworth by the Sea, St. Simons Island

2015 GATE SEMINAR

**DEC
4**

Georgia Tech Student Center

WEBINARS

- Current Webinar Schedule
- Webinar Archives

TOOLS FOR LIFE APPFINDER



...for Living, Learning, Working, and Playing.

AT ONLINE EXCHANGE



AT FUNDING GUIDE

DOLLARS & SENSE
NAVIGATING THE AT FUNDING STREAM

TFL AppFinder



Search by:

✓ **App Name**

✓ **Categories**

- Book
- Education
- Environmental Adaptations
- Hearing
- Cognition, Learning, Developmental
- Navigation
- Personal Care and Safety
- Productivity
- Communication
- Therapeutic Aids
- Vision

Living, Learning, Working, and Playing!

- For a person without a disability, technology makes life easier.
- For a person with a disability, technology makes life possible.



We are all children



‘You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.’

~ Max Ehrmann, Desiderate: A Poem for a Way of Life



The Importance of Play



- The work of children
 - A type of learning
- The foundation for all growth and development
- Important area for therapeutic intervention
- Benefits of participating in recreational activities:
 - Develop skills and competencies (i.e. initiative)
 - Form relationships and develop social skills
 - Self esteem, self efficacy, self determination
 - Develop self identity
 - Acquire a sense of meaning and purpose in life
 - Greater mental, physical and social well-being

Aimee E. Copeland, MA, Advocate



Barriers to Play



- Building and playground design, physical access
- Transportation problems
- Financial concerns
- Lack of properly trained personnel
- Lack of appropriate equipment
- NOT disability in and of itself, but factors in the environment

Aimee E. Copeland, MA, Advocate



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



- ✓ 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



Disabled Sports USA Survey (2009)



- 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%)



Research



- Activity preferences
 - Preferred: Physical and recreational activity, formal activities
 - Actual: Self-improvement activities, informal activities
 - Incongruence shows lack of self-determination
- The impact of nature
 - Best predictor of physical activity in early childhood
 - Accessibility of nature
 - Indoor, sedentary childhood
 - Increases chances of physical and mental health problems
- Mental health in children with chronic disabilities
 - 3.4 times greater risk of psychiatric problems
 - 5.4 times greater risk of being socially isolated
 - Play is a protective factor!

Aimee E. Copeland, MA, Advocate



Main Take-away



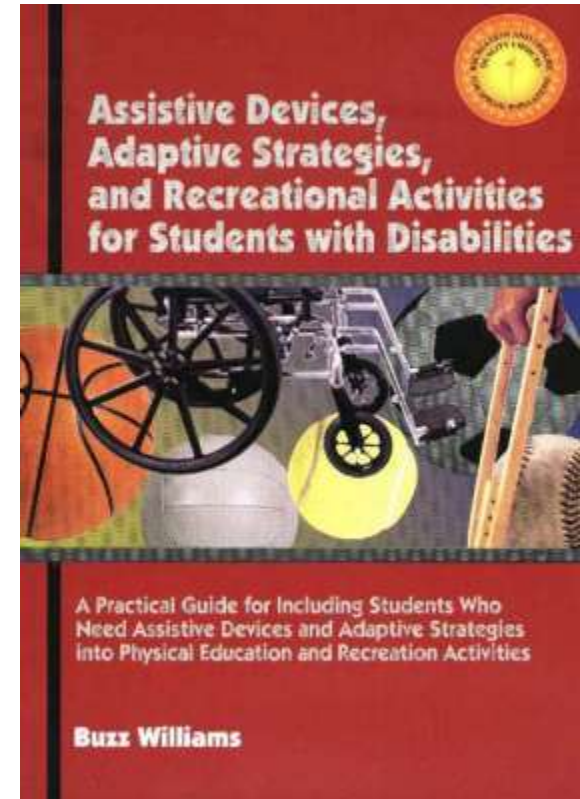
Lack of play opportunities can lead to secondary physical, social, emotional, and psychological disabilities.

Aimee E. Copeland, MA, Advocate



How to Adapt Play

- Self-determination, Strengths Perspective
- Be creative, think outside the box
- Simple adaptations and equipment
- Educate yourself!
 - Occupational therapy journals
 - Books on adaptive recreation
 - [Christopher Reeves Resource List](#)



Aimee E. Copeland, MA, Advocate

Principles of Adapting



National Center for Health Physical Activity and Disability

1. Adapt only when necessary
2. Adapt individually
3. All adaptations are temporary
4. Adapt for availability

Aimee E. Copeland, MA, Advocate



American Association of Adapted Sports Programs



- The American Association of Adapted Sports Programs (AAASP) represents a standardized approach to interscholastic sports programming for students with physical disabilities.
- It's a not-for-profit association dedicated to developing adapted interscholastic sport programs in partnership with national, state, and local educational agencies.
- This cooperative approach represents the most successful model for affording students with physical disabilities access to competitive sport.



ACHIEVING BIG THINGS TOGETHER SINCE 1996

 1700+

interscholastic competitions

 195+

school districts

 2450+

schools

 5600+


seasonal participants

 795+

coaches & officials trained

 82%

graduation rate in 2013

 \$1.2M+

grants & equipment
to schools

Access for All!



- January 2013, The Obama Administration required 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



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



Blaze Sports



- Adapted recreation program for the state of Georgia
- 26 Sports Programs including
 - Archery
 - Climbing
 - Power Soccer



www.blazesports.org



Aimee's Trike

- Built by Cannon Cyclery
- Parts by Freedom Concepts
- Adapted arm supports
- Adapted pedals
- \$8000 (grants)



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

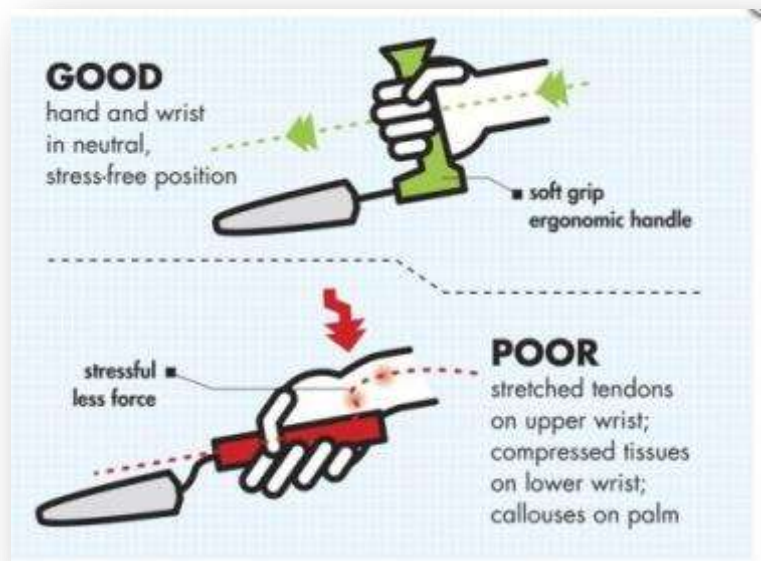


Swimming



- 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

Gardening



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

Accessible Gardening in Savannah, GA



LIFE, Inc. Center for Independent Living



Georgia's Assistive
Technology Act Program

iZen Garden



- Choose from 100s of objects, plants and creatures to place in your garden
- Rake the sand and share your creations
- Helps you to center your mind, relax your psyche and relieve your stress

Apps for Recreation

- Mobile devices and tablets
- Games
- Social Interaction
- Many board games now have a digital version



Colorfy



COLORFY APP



COLORFY APP



COLORFY APP



COLORFY APP



Georgia's Assistive
Technology Act Program

Playstation 4 Media Console



- The PS4 isn't just a gaming console. It is a multimedia center.
 - Apps
 - Internet Browser
 - Social Network
 - Voice Control
 - Controller Input vs Keyboard and Mouse

Playstation 4



- Sony recently updated their firmware for the Playstation 4 **media** console. This update included many new accessibility features appearing on a device of this kind for the first time ever.
 - Remap Inputs
 - Magnification
 - Font Customization
 - Color/Contrast control/inversion

Xbox One with Kinect



- Control your entertainment with your voice
- Netflix, Skype, Youtube, Internet Browser, Music, Television, etc.
- Gesture Control
- Price varies depending on bundle.
- Xbox One ~ \$350
- Kinect ~ \$100

Xbox Elite Wireless Controller



- Customizable components
- Remappable Inputs
- Paddle buttons
- Stores 2 profiles on controller
- \$150

Modified Controllers



- One handed controllers
- Allows full function
- Custom designed
- Prices vary
- www.benheck.com



Xpadder

- Xpadder is a free program for Windows that allows you to configure the inputs on most videogame controller any way that you like.
- You can have media controls assigned to different buttons so you can easily pause or control volume.
- The mouse as well as the keyboard are easily emulated on the controller as well.



MOGAnywhere

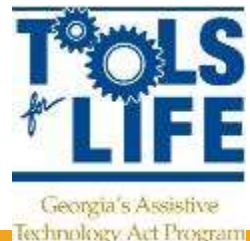
- Enables you to play video games on your Apple or Android phone.
- Great for gamers with limited mobility
- \$29.99 to \$99.99



What can I do?



- ✓ Advocate for training and equipment
- ✓ Fundraisers
- ✓ Mobilize resources
- ✓ Network with others
- ✓ Volunteer



Resources



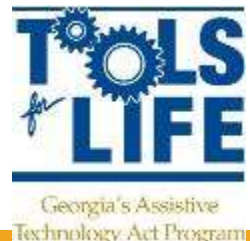
- <http://www.disabledsportsusa.org/about-us/survey/>
- www.blazesports.org
- www.challengedathletes.org
- www.adaptedsports.org
- <http://www.wrightstuff.biz/adaptive-garden-tools.html>



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Questions



Our question to you:
What have you learned today?

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Disclaimer

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