

Assistive Technology and Adaptive Recreation: A Perfect Match

Carolyn Phillips, Liz Persaud, and Martha Rust

Wednesday, April 24, 2013 2:00 PM EST



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Credits

- CEUs are approved for .15 clock hours and are administered through Georgia Tech Professional Education
- CRCs are approved for 1.5 clock hours and are administered through the Commission on Rehabilitation Counselor Certification
- To receive your verification form, send an e-mail with the webinar title and date, your full name, organization, city, state, e-mail address and date of birth to Liz.Persaud@gatfl.gatech.edu





Webinar Evaluation

At the end of today's webinar, we ask that you please take a moment to complete our survey:

https://www.research.net/s/TFLwebinar





Join us for Upcoming Webinars!

- Thursday, May 9 at 2:00 PM EST Universal Design for Learning and the Common Core: The Power of THE PACT with Phyl Macomber, Make A Difference, Inc.
- Wednesday, May 29 at 2:00 PM EST Apps and a Closer Look at the Tools for Life App Finder: A Live Demo with Martha Rust, Tools for Life/AMAC

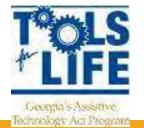
Sign up on the TFL mailing list to receive our email announcements or send an email to Liz - <u>liz.persaud@gatfl.gatech.edu</u>



Join us!

IDEAS Conference, June 3-6, 2013

- St. Simons @ Epworth by the Sea
- Call for proposals is open until April 30
- There will be an interactive Exhibit Hall
- We are expecting more than 700 participants this year!
- For more information visit <u>www.gatfl.org</u>





Agenda

- Welcome and Introductions
- Exploring the Positive Effects of Adapted Recreation & Sports
- Using Assistive Technology
- Apps as a Recreation Tool
- Resources
- BlazeSports
- Sports for those with Vision Loss
- GOAL



This presentation is posted on the TFL wiki: http://www.gatfl.gatech.edu/tflwiki



Positive Effects of Recreation and Sports

- Builds Self-Confidence
- Relieves Stress
- Focuses on Teamwork
- Physical exercise
- Improves physical health and wellbeing





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

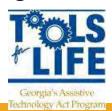
- Quad Rugby
- Basketball
- Golf
- Tennis
- Kickball
- Baseball
- Basketball
- Archery
- Snow Skiing
- Water Skiing
- Racing
- Bowling







- 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

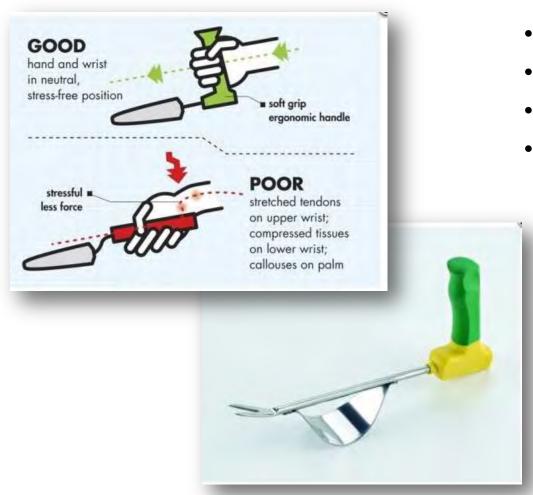


Technology Act Program

www.challengedathletes.org



Adapted Recreation Activities



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

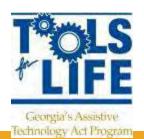




Adapted Recreation Activities



- 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





Apps 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











Contact Us

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Disclaimer

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- BlazeSports America, originally the US Disabled Athletes Fund (USDAF), is a 501(c)(3) nonprofit.
- Formed in 1993 as the legacy organization of the 1996 Paralympic Games held in Atlanta.
- Member of United States Olympic Committee Multi-Sport Organizations Council
- US National Governing Body for sport of Boccia
- USA Member Organization of Cerebral Palsy International Sport and Recreation Association (CPISRA)
- Paralympic Sports Club Atlanta



Vision:

Our vision is that every individual with a physical disability has the access and opportunity to experience the joys and benefits of sport and physical activity in all aspects of their lives.

Mission:

Changing the lives of children and adults with physical disabilities through sport.



Who We Serve:

- 1. Children and Youth with physical disabilities
- 2. Adults with physical disabilities including those who are veterans or active duty military with physical disabilities.
- 3. Service providers and professionals, currently or potentially working with individuals with physical disabilities
- 4. Parents/caregivers and families of the children, youth and adults that we serve.
- 5. Policy Makers and government officials







Youth Programs: Wheelchair Basketball

- Weekly Training. Sept April
- 4 regional tournaments throughout season
- National Championships
- Currently offer teams at prep and varsity level
- New partnership with Atlanta Hawks.
 Now the Atlanta Junior Wheelchair
 Hawks (formerly GA Blazers)
- Prep Team 2012+2013 National Champions

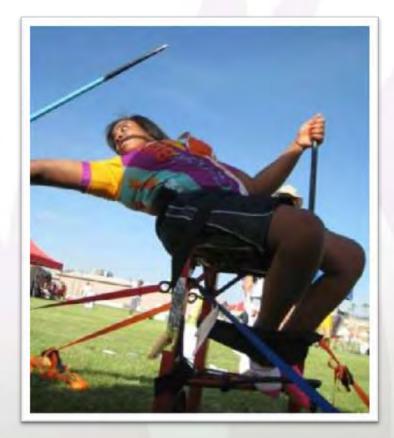


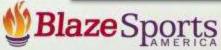


Youth Programs: Track and Field

- Weekly Training. April July
- Dixie Games
- National Junior Disability
 Championships
- Encourage athletes to train and compete with their school track teams.







Youth Programs: Swimming

3 x monthly training - year round

 Coach Fred Lamback (former Paralympic Coach)

Swim Meets: Lakeshore, GTAC, Dixie
 Games, NJDC + numerous USA
 Swimming meets

 Encourage athletes to train and compete with their local community swim club



Youth Programs: BlazeCamp

Annual multi-sports summer camp.

 Open to youth ages 8-18 with physical disabilities.

 Held at Camp Dream on site at the Roosevelt Warm Springs Institute of Rehabilitation.

This year: May 28th – June 1st

Exchange camp with 12 Haitian campers attending.



Youth Programs: Coming this Summer

- Soccer specific camp for youth who are ambulant with physical disabilities (Challenger Sports)
- Blaze All Stars Sports Camp for youth with CP and related disabilities. (Reaching for the Stars)
- Adapted Water Sports Days at Lake Tobesofkee





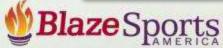
Military Programs

Weekly programs:

- Cycling (Panola State Park)
- Archery (Snellville Archery Center)
- Bowling (Decatur Suburban Lanes)
- Swimming (Fort Gordon)







Military Programs: The Roosevelt Games

Annual multi-sport camp/competition (April)

Held in Warm Springs, GA

 Warrior Transition Units and Veterans compete in teams



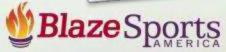


Sport and Community Programs: Other Services

- BlazeDays in Schools/Communities
- Technical Assistance
- Equipment loan program







Sport and Community Programs: How to be Involved

As a Participant

- Contact Us! Speak with a coach or member of staff.
- Complete participant interest form
- Try a sport / arrange equipment loan

As a Volunteer

- Complete Volunteer Application
- Help with variety of events throughout the year
- Assist with regular programs

As a Sponsor/ Donor

- Sponsor a BlazeSports event e.g. BlazeCamp
- Sponsor an individual athlete or sports team
- Donate to BlazeSports America





Sport and Community Programs: Costs

Typical Costs:

All regular programs are offered either at a low monthly cost or FREE e.g

- Wheelchair basketball \$25 monthly
- Swimming FREE
- Military programs FREE

Events/Competitions

- Annual registration to governing body e.g. WASUSA (\$35 new member)
- Entry fee (\$25 \$175)
- Travel Expenses (gas, air fare)
- Accommodation (hotel costs \$80 per room per night)

BlazeCamp

\$350



Sport and Community Programs: Fundraising

- Individual Athlete
 Fundraising brochures
- Sponsorship for Events/Athletes/Camp Scholarships.
- General Fundraising events:
 - 5K
 - Annual Fall Fundraiser





Sport and Community Programs Division

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www.blazesports.org



Georgia Blind Sports Association



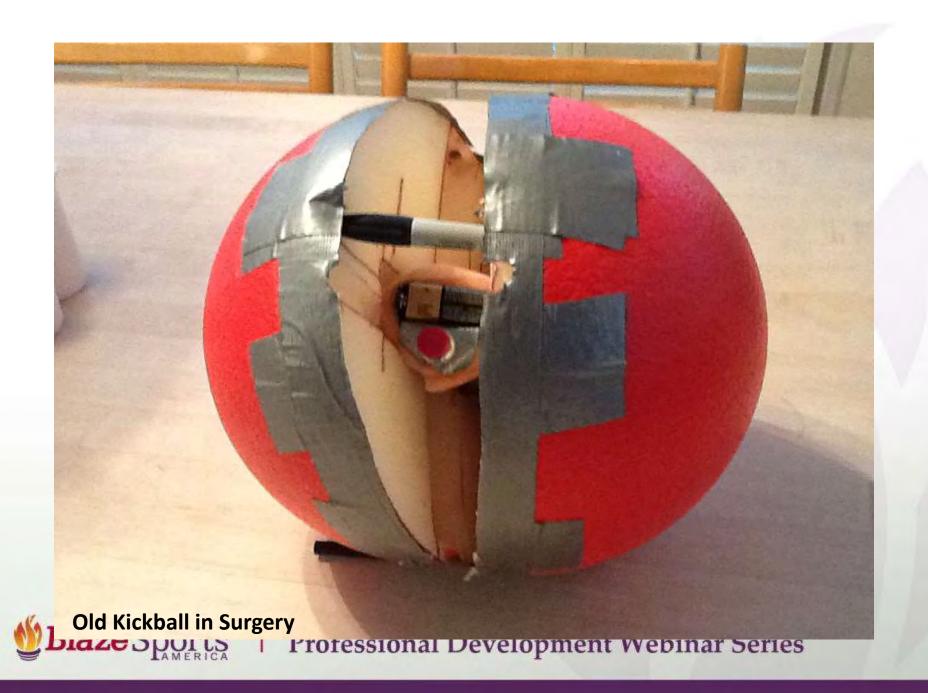
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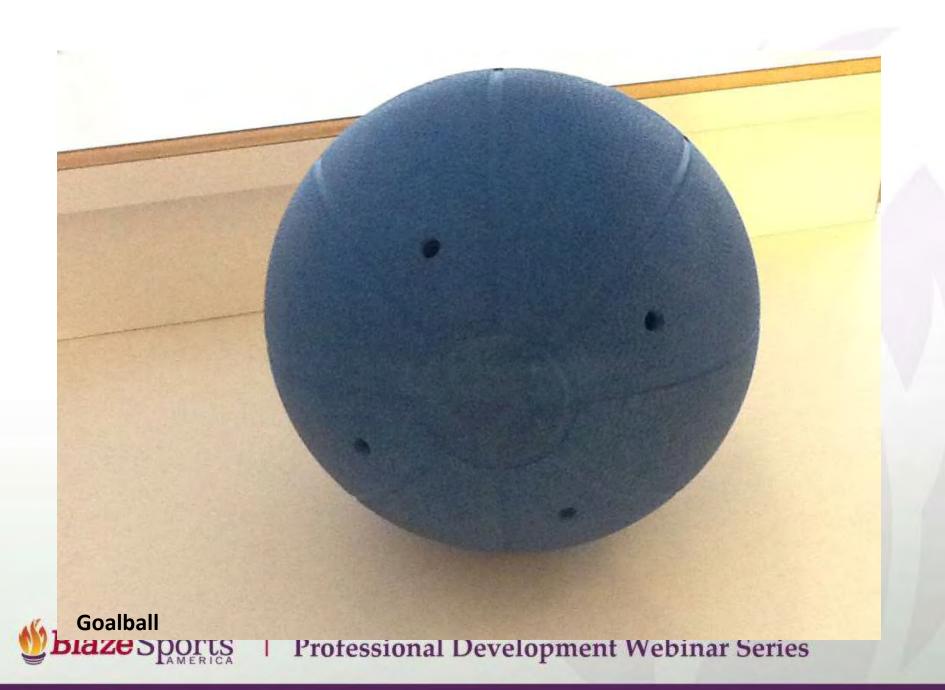


Atlanta Force - 2011 Goalball Champions











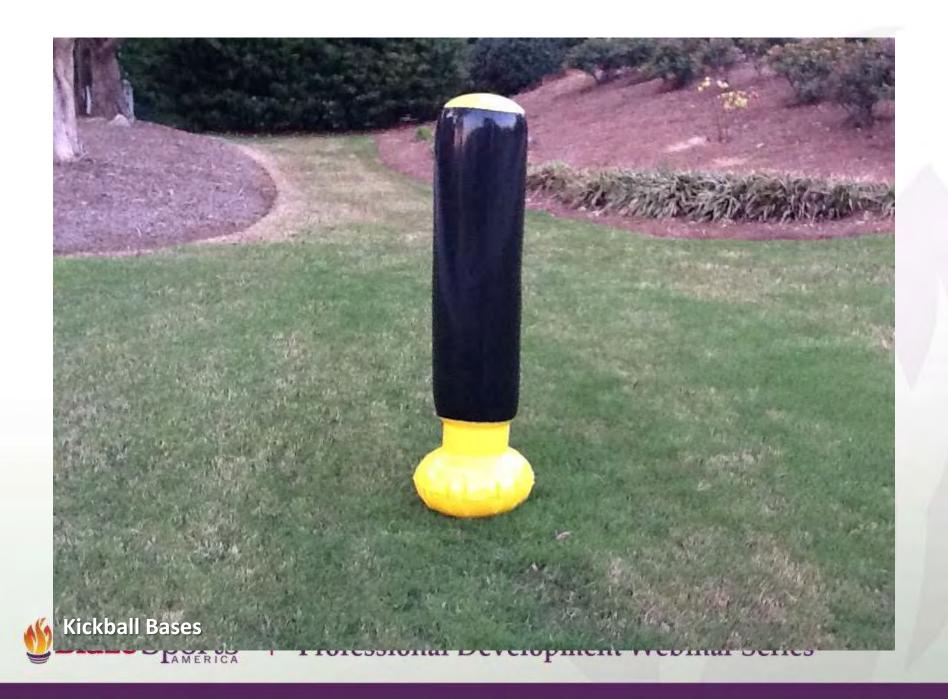




roressional Development Webinar Series



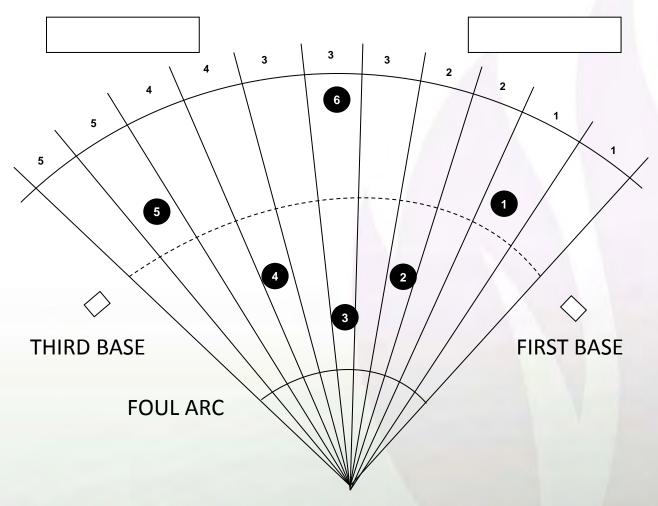






Baseball and Kickball Field

HOMERUN











Professional Development Webinar Series







Professional Development Webinar Series

"If I can do THIS, I can do ANYTHING"



CAMP ABILITIES, COLUMBUS, GA 2012

TAMERICA TOTOLOGICAL DEVELOPMENT OFFICE

Twin Lakes Blind Sports Camp

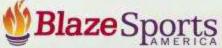






Atlanta Eclipse Baseball Team





Contact us at...

Beep Baseball or Kickball

contact Judy Byrd at 770-317-2035 or JudyByrd@gmail.com

Atlanta Goalball

contact Hal Simpson at 770-833-2061 or HalSimpson@gmail.com

To see a game or practice, come by Coan Recreation Center, 1530 Woodbine Ave, Atlanta- we are out there almost every Saturday in the Fall and Spring!

Go to Facebook and like us:

Atlanta Beep Baseball
Beep Kickball Association
Atlanta Force
Georgia Blind Sports
Camp Abilities

Go to the following websites to find out more:

www.Beepkickball.com www.GBBA.us



Professional Development Webinar Series



Georgia Outreach: Advancing the Lives of those with Special-needs

An agency of Special Olympics Georgia at Georgia Tech

www.goalsoccer.org

Goals.GT@gmail.com



Georgialnstitute
of Technology



The start of our program...

- ▶ Founded in 2010 by a group of second-year Georgia Tech students
- Recognized the important role that team sports played in shaping their lives
 - wanted ensure everyone had this opportunity, regardless of ability
- Became an official Georgia Tech Student Organization in 2011
- Approached by Special Olympics of Georgia to establish partnership
 - Became and official agency of SOGA in 2011
- After enacting SOGA partnership, founding members began fundraising, training coaches, and recruiting players
- All coaches (*Buddies*) are Georgia Tech students trained by Special Olympics











Our Mission:

- Reach out to children in Atlanta with physical and mental disabilities
- Provide an opportunity for children to experience the values of team sports, as well as fun, outdoor, physical activity and an outlet from daily life
- Create a caring and supportive community of volunteers for participants, families, and Special Olympics
- Accommodate Georgia Tech students with a convenient and fun volunteer opportunity outside of everyday experience





The Coaches

- ► Currently, GOALS has a 1:1 ratio of coaches and players
- Coaches are called "Buddies"
 - The idea is that each player is assigned a coach who gets to know the child, his or her ability level, understands his or her preferences, and works each week to help improve skills while having fun and developing a friendship
- SOGA Coaches Oath:
 - "In the name of all coaches, we shall follow written and verbal instructions of Special Olympics officials at all times, have our athletes at the appropriate events and activities at the proper time and abide by the rules and policies, in the spirit of sportsmanship."
- Specifically Trained to work with those of different disabilities
 - ▶ People first language- "Our language shapes our attitudes; our attitudes shape our language; they're intertwined. And our attitudes and language *drive* our actions!"
- Buddies volunteer weekly to coach and spend time with assigned player





The Players...

- We welcome players with any physical or intellectual disability regardless of athletic ability or age
 - ▶ To participate in Special Olympics Summer Games, player must be 8 years of age
- Currently, we have a team of 15 players from Atlanta
 - Varying disabilities
 - Ages 6-13
- Eventually, the goal of the program is to grow and have multiple teams, based upon ability level
 - ► Teams of relatively same ability level can be better coached and interact well together



Be a fan. Bring out the Champion in Everyone







What we do...

- Spring and Fall soccer season
- Weekly practices held on Sundays at 2pm on the SAC Turf Fields at Ga Tech
- Train athletes using various drills and scrimmages
- Also play games and ensure practice is a fun weekly activity for players
- Compete in Special Olympics Summer Games each year
- ► Host an annual Summer Camp (June 24-29)









How to get involved

- Do you know someone that could benefit from our program and would like to be a player on the GOALS team?
 - ► Visit <u>www.goalsoccer.org</u> for registration information
 - Practices are open... come out this Sunday at 2pm! Also see website for directions
- Would you like to volunteer or be a buddy? Visit our website as well to apply
- ► Email us at GOALS.GT@gmail.com or call (770) 910 0644 to speak to the President of the GOALS team, Ashley Jameson

