On Your Mark, Get Set, PLAY! Exploring AT for Living and Adapted Recreation
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  - 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](mailto: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
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Agenda

• Welcome and Introductions
• Exploring the Positive Effects of Adapted Recreation & Sports
• Using Assistive Technology
• Danny Housley- Disability Link
• Heather Ferro-Dicks- Center for the Visually Impaired
• Questions
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
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
Recreation, fitness, sport and leisure

Able Management

Provides access to the Alpine region of Victoria through the development of adaptive equipment and facilities, so that people with disability can participate in sport and recreational activities.

Accessible Yoga Teacher Training

A 400-hour Integral Yoga teacher training certification program specifically designed for training people with disability. This course is available to people who have a disability, chronic illness, or physical limitation and includes Basic Training as well as Yoga for Healing.

Access to Recreation

Innovative equipment for a wide range of recreational activities, including beach access, travel, golf, gardening, water sports and more.

Achievable Concepts

Adapted recreation and sporting equipment for people with disabilities and the aged.

Alternative Cycles wheelchair cycle

The wheelchair cycle is a customised device connecting the person’s manual wheelchair to a front-wheel drive recumbent bicycle. The addition of an electric hub motor enables the cycle to be used on steep hills and eliminates rider fatigue.

Challenged America

Free adaptive sailing programs for people with disabilities, sports and recreational therapists and rehabilitation professionals.
Wheelchair Accessible Trails in Georgia

Arabia Mountain Trail
Rail-Trail
State: GA
Length: 12.4 miles
Surface: Concrete
The Arabia Mountain Trail winds its way through giant rock outcroppings, past rushing streams plunging in woodland waterfalls and among farmland and fields of wildflowers undulating in the breeze. In addition, Klondike Park and the Davidson-Arabia ...

Athens - North Oconee River Greenway
State: GA
Length: 3.5 miles
Surface: Concrete
The North Oconee River Greenway is a 3.5-mile long, 10-foot wide, paved multi-use path open to all types of non-motorized uses. The trail runs from Sandy Creek Nature Center (connecting with Cook’s Greenway Trail), following the North Oconee ...

Atlanta BeltLine (Overview)
Rail-Trail
State: GA
Length: 6.8 miles
Surface: Concrete
The Atlanta BeltLine will link more than 40 neighborhoods, multiple public parks, and mass transit stations in a planned 33-mile trail network throughout the city. Rather than the straight line of a typical rail-trail, the growing BeltLine will ...

Big Creek Greenway
State: GA
Length: 13.5 miles
Surface: Concrete

RTC MAGAZINE
Rails to Trails Magazine
Check out the latest issue of Rails to Trails, the quarterly magazine of Rails-to-Trails Conservancy, for exciting trail destinations, features and other news.

NEW TRAIL REVIEWS
Jim Schug Trail
New York
Shining Sea Bikeway
Massachusetts
Chaparral Rail Trail
Texas

View Results on Map
As seen on the Today Show
Download on the App Store
www.whenwerv.com
Just Kids: Accessible Playgrounds

www.atlantaparent.com
www.meetup.com

• Look for a group
• Create own group
  – Matches people who are interested
• All kinds of activities
• Free
Video Games

• Gaming is HUGE
• Over 33 million gamers have a disabilities
• Advancement of technology has made it more accessible
• Safe Place
  – “Virtual World”
  – “No one can see disability”
  – Quest Magazine, 2013

• Oct. 10, 2012, AbleGamers Foundation opened the world’s first permanent Accessibility Arcade at the Martin Luther King Jr. Memorial Library in Washington, D.C.
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
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.
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.
Blaze Sports

- 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
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
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
and CDSS Online Available
June 10-14 BlazeCamp, Registration Open
June 10-14 Trailblazers Leadership Camp, Registration Open

Visit Event Calendar

Follow @blazesports

USA Boccia is wrapping up Day 1 of their 2014 National Championships at Michigan State University.
About 16 hours ago
Double your donation, #BertAndJoyBurns MatchingChallenge. Change the life of a young person & veteran with a disability.
epurl.com/UeK
May 15, 2014 10:35 am
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
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
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.
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.
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
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

- ORee Crittenden
  - Peer Supporter

- Sandy Waldschlager
  - Peer Supporter

- 706 405 2393
- info@access2independence.com
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Apps for Creativity
About Danny

Assistive Technologist/Social Media Specialist

Been at the Center for 3.5 years

Apple fanboy
About disABILITY LINK

- Center for Independent Living serving Metro Atlanta
- Located in Decatur (but not for long)
- Our mission
Nothing About Us Without Us

Join us for an exciting series of activities that will empower, educate and excite! Each meeting will include different ways of engaging participants, through role play, video, discussions, poetry and other ways of keeping the discussion lively and informative.

This series will be held on the first Thursday of each month from 10am-noon, participants are then welcome to bring their lunch and continue the conversation from noon-1:00pm. Space is limited, please RSVP with Linda Pogue at 404-687-8890 ext 114 or e-mail: greenpogue@disabilitylink.org

Schedule:
- **July 3rd:** "Our Life, What the ADA Has to Do With It"
- **August 7th:** "Back to School, Back to the Classroom? Integration and Segregation"
- **September 4th:** "Accessing Employment and Your Rights"
- **October 2nd:** "From Grabbers to Dogs, Assistance Options and Resources"
- **November 6th:** "Veterans and the Independent Living Movement"
- **December 4th:** "International Disability Rights"
Support the advocacy work of ADAPTers in Georgia. ADAPT is a grassroots organization that travels nationally to ensure that the civil rights of people with disabilities are protected.

Fall Advocacy Fair
Friday, September 5th
10:00am-2:00pm
The Shepherd Center
2020 Peachtree Road, NW
Atlanta, GA 30309

If you are a crafter, baker, artist or small vendor and wish to be at this fair, there will be a $30 table charge or a donation of 50% of your sales. Contact Carol Jones at 404-293-3523 to register.

If you are unable to attend, a donation can be sent to GA ADAPT at:
Georgia ADAPT
c/o disABILITY LINK
755 Commerce Dr,
Suite 105
Decatur, GA 30030
Apps for Creativity
AutoDesk

- Apps for iOS Devices
- App for OSX
- Known for drafting software
- Huge success with their creative products
disABILITY LINK
755 Commerce Drive
Suite 105
Decatur, GA 30030

www.disABILITYLINK.org
www.facebook.com/disABILITYLINK
www.twitter.com/disABILITYLINK
Center for the Visually Impaired

Empowering people impacted by vision loss to live with independence and dignity

Located in MidTown Atlanta
A United Way Funded Agency
Providing services for 52 years
Services We Provide

• Early intervention for infants, assisting in their development and preparedness for the school system
• Youth transitional, social, and academic support for grades K through 12
• Adult vocational rehabilitation, Providing training in all aspects of independence and job preparedness
Services We Provide

Continued

• Senior adult support to maximize independence in the home

• Low Vision Clinic, providing comprehensive evaluations

• VisAbility Store, offering devices and aids available for purchase
Social Therapeutic Academic Recreational Services

Cornerstone programs:
• After School Enrichment Program
• Mentoring
• Summer Camp
• Retreats
• Monthly Social/Recreational Outings
Eligibility and Referral for STARS Programs

School-aged youth (grades K-12) who have vision impairment as a primary diagnosis who have ability to manage personal hygiene needs during participation.

Referrals are accepted from schools, parents, eye care professionals, and self referral. Intake managed by the Program Counselor and involves application and a visit to the Center.
Socialization and Recreation at STARS
The Importance of Socialization and Recreation in Our Program

Recreational activities provide peer connection, increase confidence and abilities in a safe and trustworthy environment.

Socialization breaks down the barrier of fear and uncertainty and helps our students become more self aware and proactive in advocating for their needs.
Examples of Local Adaptative Opportunities

• Goal Ball and Beep Baseball: Recognized as Paralympic sports

• Beep Kickball gaining popularity

• Tandem bicycling

Note: A person does not have to be visually impaired to enjoy these activities!
What to Consider When You Have Youth With Vision Impairment Participating in Your Activities
Resources

The Encyclopedia of Sports and Recreation for People With Visual Impairments
by Andrew Liebs

www.AFB.org

www.usaba.org

www.teachingvisuallyimpaired.com/recreation-leisure
Contact Information

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Director of STARS and Volunteer Services at CVI
Ph. 404.602.4371  E. hferro@cviga.org

STARS General
Ph. 404.602.4369  E. stars@cviga.org

CVI General
Ph. 404.875.9011  www.cviga.org
Thank you!
We want to hear from you!

Please take a moment to complete our survey:

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