

Adapting Recreation

Aimee Copeland

GATE Seminar

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Outline

- Why Recreation?
- Importance of Play
- Barriers to Play
- Research on Play and Children with Disabilities
- How to Adapt Play
- Georgia Play Opportunities
- Advocacy
- My Dreams for Play

Why Recreation?

- Personal interests
 - Ecopsychology
 - Rock climbing
 - Kayaking
 - Yoga
 - Trail Running
 - Backpacking
 - Camping
- Professional Interests
 - Wilderness Therapy
 - Research



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

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

Research

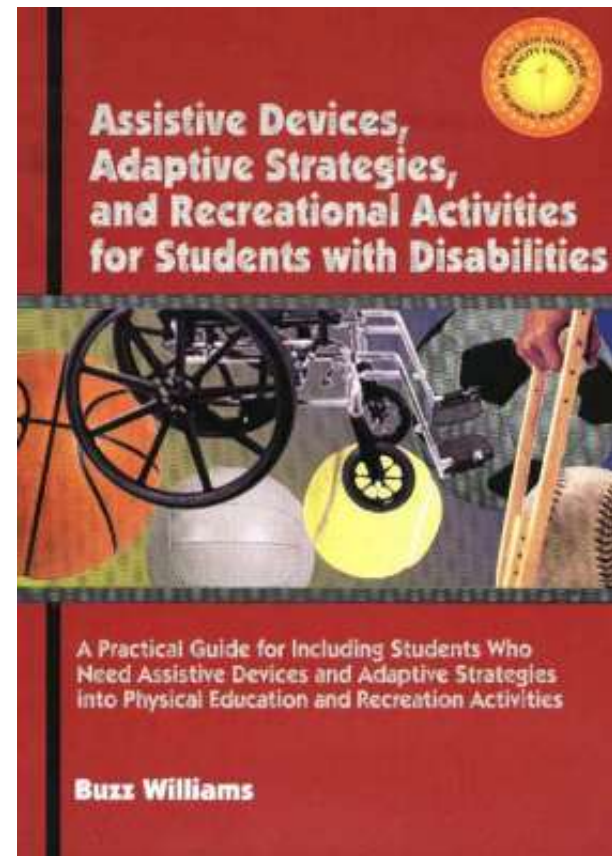
- Activity preferences
 - Preferred: Physical and recreational activity, formal activities
 - Actual: Self-improvement activities, informal activities
 - Incongruence shows lack of self-determination
- The impact of nature
 - Best predictor of physical activity in early childhood
 - Accessibility of 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!

Main Take-away

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

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](#)



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 congruency
5. Adapt for availability

Examples

<http://www.disabledsportsusa.org>



Shepherd Sports

- Fencing
- Riflery
- Track
- Basketball
- Swimming
- Waterskiing
- Power soccer
- Quad rugby
- Softball
- Bass fishing
- Hand-cycling

Blaze Sports

- Activities offered:
 - Swimming
 - Wheelchar basketball
 - Track and field
 - Watersports
 - Bowling
 - Climbing
- BlazeDays in your school/community
- Technical assistance
- Equipment loan

Camps

- Camp Twin Lakes
- Amputee Adventure Camp
- Camp Sunshine
- Camp Dream
- MDA Summer Camp

Advocacy

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

How I Play

- Yoga
- Pilates
- Biking
- Walking
- Camping
- Weight-lifting
- Kayaking
- Concerts
- Traveling



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