

# Adapting Recreation

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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

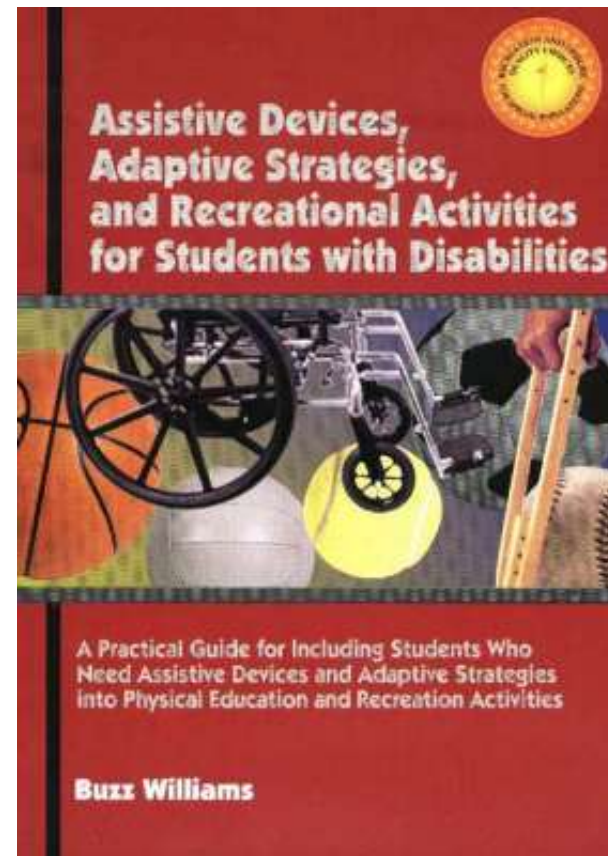
- Activity preferences
  - Preferred: Physical and recreational activity, formal activities
  - Actual: Self-improvement activities, informal activities
  - Incongruence shows lack of self-determination
- The impact of nature
  - Best predictor of physical activity in early childhood
  - Accessibility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