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Rochester Accessible Adventures

Focusing on Inclusive Recreation and Adaptive Sports to Reconnect to the Community

Today’s agenda

- Explore inclusive recreation and adaptive sports opportunities you can utilize in therapy to reconnect people with the community post-discharge.

What is Inclusive Recreation
Access to Recreation

Barriers to people participating in active recreation:
- a lack of adaptive equipment,
- inaccessibility of programs in their home communities, and
- a lack of provider knowledge about disability

– 2005 Surgeon General’s Call to Action to Improve the Health and Wellness of People with Disabilities

http://wxxinews.org/post/watch-rochester-accessible-adventures
http://vimeo.com/208863923
Utilize an RAA Inclusion Specialist to Implement CHI

- Train staff in adaptive equipment and disability culture.
- Create sustainable community partnerships to ensure a great return on the investment in inclusion.
- Maintain on-going partnership for real-time inclusion best practices long after initial training.

Community Health Inclusion (CHI) Model

CHI partners

- Erie Canal Boat Company
- Pickled Power
- Victor Parks and Recreation
- City of Rochester R Centers
- Healthy Highway
- Erie Canal Bike Tours
- Town/City of Canandaigua Recreation

Kayaking

- Erie Canal Boat Company
  7 Liftbridge Lane, West, Fairport, NY 14450
- Adaptive and standard equipment available 7 days a week
- PT/Ots can meet patients there to make the connection
Kayaking Adaptive equipment

OUTRIGGERS  PADDLE PEDASTAL

Kayaking Adaptive equipment

HOYER LIFT  TRANSFER BENCH

High Seat Back
Cycling

- Erie Canal Boat Company
  7 Liftbridge Lane, West, Fairport, NY 14450
- Adaptive and standard equipment available 7 days a week
- PT/Ots can meet patients there to make the connection

Cycling Adaptive equipment

TADPOLE STYLE  MONO MANO

Cycling Adaptive equipment

HAND CYCLE  TANDEM

USS and OSS
Adaptive Sports

Basketball  Sled Hockey

Adaptive Sports - Benefits

<table>
<thead>
<tr>
<th>Team</th>
<th>Inclusion</th>
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<tr>
<td>Skill development</td>
<td>Collective play</td>
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<tr>
<td>Physical exercise</td>
<td>Welcoming</td>
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<td>Social connection</td>
<td>Shared experience</td>
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Pickleball!
Benefits of Pickleball

- Easily adaptable
- Very compelling – physical, mental, and emotional
- Left side/right side engagement
- Reaction time, balance, “full” body play
- Inexpensive
- Available in many communities

Family and Friends Can Play Together

Partners Can Reconnect through Play
Parents and Children Can Play Together

HOW CAN WE HELP EACH OTHER?

Volunteer as a CanalPal or CommunityPal where these sports and activities are being played.
Help us find new CHI partners so we can continue to create new opportunities for active, healthy, and inclusive options for our communities.

Become a Pathways to Inclusion partner with us to directly connect people to active lifestyles post-discharge.

Join us in fundraising efforts which enable us to work with more businesses AND serve as social networking events for families with a member with a disability/diagnosis.
Follow along with us!

- Facebook rochesteradaptiveadventures
- Twitter @RAAdventures
- Instagram rochesteraccessibleadventures

Thank you!

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