Collaborating with Multiple Community Recreation Partners.
Canyons, 2/2/2013

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Creating Sustainable Recreation Collaborations

- Locate providers in your region.
  - Identify the organizations core programming.
- Establishing a relationship with the organizations key personnel.
- Identifying your patients recreational goals and barriers to participation.
- Educate your patients about the resources that are available and how to advocate for programming that is not available.
- Utilize IPC Classification educate about disability and “Relevant Others” to emulate.
Parks and Recreation

- Core Programming
  - Golf, Fitness, Aquatics, Indoor Rock Climbing, Basketball, Soccer, Baseball, Track and Field, Archery.
- Key Personnel
  - Mayor & Council.
  - Adaptive Recreation, Inclusion Coordinator, or Therapeutic Recreation department.
- Equal or Equivalent programming required
  - Achieve Equal Success.
Disable Sports USA

- [www.dsusa.org](http://www.dsusa.org)
  - Wounded Warrior Project
- Over 100 Chapters
- Core Programming
- Special Events
- Key personal= Executive Director
Paralympic Sport Clubs

• 250 clubs listed by state.
  ▫ http://www.teamusa.org/US-Paralympics/Community
• Covering all individuals with permanent disabilities except for the deaf who still host their Deaflympics games separately.
• Athlete Pipeline from Grassroots through Elite.
• Classification system used to create fair competition classes.
• Olympic Sports, Cycling, Track and Field, Aquatics, Judo, Sailing, Sledge Hockey, Alpine Skiing, Equestrian, and more.
Salt Lake City V.A. Medical Center Collaborations

- Salt Lake County Parks and Recreation
  - FITNESS, Basketball, Rugby, Archery, Rock Climbing, Golf, Sledge Hockey, Disc Golf and more.
- U of U Therapeutic Recreation and Inclusive Lifestyles.
  - Cycling, Alpine/ X Country Skiing, Sailing, Fitness +
- SPLORE
  - River Rafting, Snowshoeing, Outdoor Rock Climbing +
- National Ability Center (Chapter, DSUSA)
  - Alpine Skiing, Equestrian, Challenge Course, Water Skiing,
- Camp K
  - Equestrian, Challenge Course
SLC VA Medical Center and SLCo Parks and Recreation

- Initial meeting in 2007 with V.A. directors and County Directors.
  - Very Slow Start, limited effect, painful is a word to describe the first meeting.
- TR departments discuss opportunities.
  - Golf programming starts in 2008 utilizing adaptive discount fees, education of discount fitness passes.
  - Initial Population primarily PTSD and Older patients to serve current needs of VA Recreation Therapy Staff.
- TR departments write grants together in 2010.
  - NRPA return restore funded in 2011 and 2012.
  - Fitness, Disc Golf, Golf, Trainings, Sporting Events, Team Sports, and closer relationships.
- Future needs develop a plan for V.A. Directors to meet with County Council and Mayor + fundraise and write grants.
  - Tampa Model shares an employee between Parks and Rec and James A. Haley V.A. Medical Center.
Local Leisure Assessment (LDB)

- Leisure Diagnostic Battery
  - Past recreation
- List available programming in region.
- Include the Family
- Options for participation are very broad. My wife, Paralympian Muffy Davis, often says
  - “It’s a good time to be disabled”
Regularly Scheduled Programming

- Develop an annual calendar with community partners.
- Therapeutic introductory clinics
- Educate how to sign up on their own.
  - No therapeutic intervention required
- Prescribe healthy lifestyle activities
- Plan on regular communication.
- Direct people to the programs.
Advocacy

• If programming does not exist in your region there are many ways to advocate for it.
• Educate beyond architecture and highlight participation and the benefits.
• Write letters to local politicians requesting services.
• Support, US Paralympics, demand coverage.
Learning from Paralympic Athletes

• Involved in multiple sports.
• Tested the equipment that fits them the best for their **functional ability**.
• Pay attention to the equipment, instruction style, guiding, etc. of the majority of individuals in a specific class.
• The best thing that happened during the 2012 Paralympics was Channel 4 coverage of the London games and the LEXI (still not available in the US)
Athlete Classification

- http://lexi.channel4.com/
Example of a Swimming Class
## National Team Standard


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Educate about the importance of the entire pipeline. Local, Regional etc. Only a few make it to the Games.
100 mile White Rim Trail Moab, UT
Salt Lake County Flight Park
Sledging, on old red.
Alpine Skiing
Bobsled Driving
Climbing Mt. Shasta 14,152
New Zealand, no lawsuits allowed
Muffy and her #1 fan, London 2012