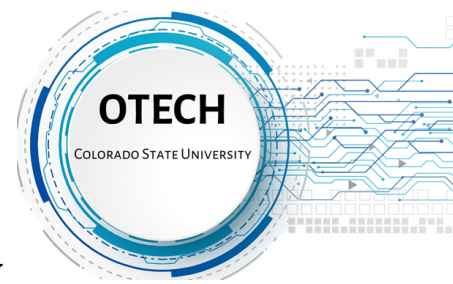


# ADAPTIVE RECREATION



OTECH AT COLORADO STATE UNIVERSITY

FEBRUARY 2022 NEWSLETTER

## WHAT IS ADAPTIVE RECREATION?

- **Adaptive Sports and Recreation (ASR)** are "any modification of a given sport or recreation activity to accommodate the varying ability levels of an individual with a disability" (Lundberg et al., 2011, p. 206).
- Studies show that adaptive recreation programs can provide numerous benefits for people with disabilities including:
  - Provide more opportunities for engagement in physical activities
  - Lead to an increased overall quality of life and mood
  - Aid in community reintegration and provide an overall greater sense of community (Iverson et al., 2020, p. 592-593).
- Modern advances in **adaptive recreation equipment** have greatly expanded the number and types of activities people with disabilities can participate in.

## FUNDING AND VENDORS

- **Funding Adaptive Equipment:** Because this is not always covered by insurance, there are many grants offered to support funding of adaptive sports equipment
  - Exero and Shirley Ryan Ability Lab offer extensive lists of grant opportunities for funding adaptive sports equipment
- **Where to Buy Adaptive Recreation Equipment:** The Kelly Brush Foundation website provides a list of vendors based on type of activity

### SPOTLIGHT ON VIDEO GAME ACCESSIBILITY:

Active Video Games (AVG), also known as exergames, refers to a category of video games in which game play, progress and scoring require substantially greater levels of body movement. They can use a velcro adjustable controller similar to the Dance Dance Revolution.



Wheelchair accessible pad (W-AVG) accommodations to the standard stomp pad include:

- Larger pad area (accommodates wheelchair)
- Built-in lateral stabilization supports (i.e., handrails)
- Adjustable sensitivity for making shifting of center of gravity more or less challenging

Settings (areas of use)

- Community setting
- Rehabilitation centers

Benefits

- Similar to Wii Fit, AVG and W-AVG provides light CV routines to replace passive screen time increase HR, O<sub>2</sub> consumption, improve balance and gait, and reduce fear of falling.



# ASSISTIVE TECH IN RECREATION

Below are a few examples of assistive technology aiding participation in outdoor recreation, sports, and other leisure activities.

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## OUTDOOR RECREATION

### ADAPTIVE SKI EQUIPMENT -

There is a wide variety of ski equipment such as mono-skis that allow people with a range of abilities to enjoy a day of snow on the mountains!

### ADAPTIVE WATERBOARD/WATERSKI EQUIPMENT -

Adaptive waterboarding/skiing is still a relatively new area of adaptive recreation. Adaptive water-sport equipment aids in experiences for individuals of all abilities to experience the joys and benefits of water sports.

### WHEELCHAIR ACCESSIBLE TENTS -

Outdoor gear companies have begun to design and make accessible tents that allow room for wheelchair storage, vestibule space, and accessible pole set-up.

### ALL-TERRAIN WHEELCHAIRS -

All-terrain wheelchairs come in different types, powered, manual, and lever drive. Some have specific strengths, such as being top performers on loose terrains like sandy beaches or gravel paths or in snow. While other all-terrain wheelchairs are designed for general off-road use.

## SPORTS

### REGULATION SOCCER BALL WITH RATTLE PODS -

Rattling disks evenly distributed inside this soccer ball continue to make sound a few moments after motion has stopped. Although this ball was traditionally designed for those with low vision, it can be used to encourage full inclusion play for a broad range of abilities.

### SINGLE RIDER GOLF CARTS -

With many golf courses requiring golf carts on the green to keep everyone's game on time, those with disabilities found many inventive ways to keep up, one of which is the Single Rider Golf Car. The traditional golf cart does not accommodate to people who play from a seated position.

### BOWLING RAMPS -

Bowling assist ramps are durable and can be used while standing or sitting, as the wide arched base allows easy wheelchair access. To use position the ramp at the end of the lane, place your ball on the top, and give it a little push to score the perfect strike.

### ADAPTIVE FISHING POLES -

Ken's Power Caster is one type of adaptive fishing rods. An individual can cock, cast and reel in by pushing switches with their chin or hands, or by sucking/blowing into sip and puff switches.

## LEISURE

### ADAPTIVE GARDENING TOOLS -

Adaptive garden hand tools with ergonomically angled handles help keep your hand and wrist in a natural position, taking the strain and discomfort out of gardening. Garden tools with long handles can help to garden from a seated position and help protect your knees and back.

### PAGE-TURNERS FOR READING & WRITING -

Constantly turning pages can be strenuous for individuals with limited dexterity. Book page-turners can help in turning pages of a book, magazine or newspaper. They are constructed of a stick, which is held in hands or mouth, with a plastic or rubber tip used to turn pages.

### PHOTOGRAPHY -

There are all kinds of tools that you can use to make photography more accessible. Switch-accessible cameras allow the camera shutter to engage with the use of a button, bite stick, and much more. Mounting options and stabilizers also aid in capturing beautiful photos.





# COMMUNITY PROGRAMS

ADAPTIVE AND INCLUSIVE PROGRAMS  
ACROSS THE FRONT RANGE



## ART AND THEATER PROGRAMS

- **Discovery Club EasterSeals-** *Aurora, Fort Collins, Boulder, Northglenn, Highlands Ranch*
  - A day for children and youth to explore and learn in a friendly social setting. Kids will meet new friends and enjoy recreational activities such as sports, games, singing, drama and much more.
- **Center Stage Theater Company-** *Louisville*
  - CenterStage's Tapestry Theatre casts actors, ages 11+, with special needs in lead roles, and peer mentor actors as understudies and support. Lead actors and ensemble members are partnered during the rehearsal and performance process.
- **Access Gallery-** *Denver*
  - Access Gallery is an inclusive nonprofit organization that engages the community by opening doors to creative, educational and economic opportunities for people with disabilities to access, experience and benefit from the arts.
- **Magic Moments-** *Littleton*
  - Magic Moments is an organization that's passionate about theatre integration. We do not think that anyone should be prevented from being able to participate in the performing arts, regardless of their disabilities, age, appearance, experience, or talent.

## SPORTS AND ADVENTURE PROGRAMS

- **National Sports Center for the Disabled**
  - Camping, hiking, river rafting, skiing/snowboarding/ski-bike, water sports, shooting, rock climbing
- **Special Olympics Colorado**
  - leadership programs, young athlete program, unified sports
- **Adaptive Adventures-** *Lakewood*
  - Cycling, snow sports, dragon boat racing, water skiing, climbing, rafting
- **Colorado Trail Explorer – Accessible Trails and Campsite**
  - Hiking
- **Traveling Gnomes**
  - *Littleton based*
  - The Traveling Gnomes offer inclusive, accessible, and sustainable travel experiences locally and globally for neurodivergent and disabled adventure-seekers.



# CITY PROGRAMS

- **Fort Collins Adaptive Recreation Opportunities**
  - Adaptive sports, aquatics, adaptive climbing, cooking, bowling, movie nights, cheer and dance, exercise programs
- **Loveland Adaptive Recreation**
  - Sensory-friendly adaptive swim nights, craft classes, bingo, board games, billiards, fitness classes
- **Adaptive Recreation in Denver Metro Area**
  - Lists programs in the Denver area based on activity type

# ADDITIONAL RESOURCES

- **The United States Association of Blind Athletes** offers sports and recreation activities for people who are blind or visually impaired
- **The Breckenridge Outdoor Education Center** provides adaptive outdoor sports programs at Breckenridge, Keystone, and Copper Mountain
- **No Barriers** provides outdoor recreation opportunities for people with disabilities, caregivers, and youth
- **The Lockwood Foundation** provides adaptive hiking opportunities for people with mobility impairments for trails that are typically not accessible
- **Xbox** offers an adaptive controller for people with disabilities
- **NBC Universal** provided accessible options to watch the Winter Olympics



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