

Inclusive Recreation in the Community

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American Academy of Pediatrics
Institute for Healthy
Childhood Weight



BACKGROUND

Obesity prevalence among people with disabilities is 38% higher in childhood, and 58% higher in adulthood vs. people without disabilities.

Obesity and physical inactivity increase the risk for many medical conditions.

Physical activity improves fitness, helps to decrease obesity, and has numerous other health benefits. It also builds peer relationships and social wellbeing.

Awareness of existing opportunities for recreation for children with disabilities is lacking among families, community organizations, and medical providers.

Benefits of physical activity and leisure for your wellbeing:

- lower risk of health problems and early death
- improved muscular strength
- stronger bones
- improved mental health and sleep quality
- improved cognitive function
- learning for peers, building social skills, optimization of growth and development

OBJECTIVES

Primary Measurable Outcome

Increased awareness by families and professionals of available inclusive recreation in the Rochester community, resulting in increased participation in existing programs.

ADDITIONAL OBJECTIVES

- Expand understanding of the medical impact of obesity and benefits of recreation.
- Increase the discussion amongst the medical community of the importance of recreation and leisure in the overall wellbeing of individuals, families, and the community.
- Increase discussion of need for inclusivity in all aspects of our community.
- Empower all families to identify and participate in community leisure programs with confidence in the program's capability to adequately engage and support every individual.
- Encourage medical providers and support organizations to discuss obesity and recreation with their patients, giving them a useful resource to aid in conversation of goals.

PROJECT SUMMARY

The goal of this CARE project is to increase utilization of existing and sustainable inclusive recreation opportunities in the Rochester community and to help families of children with disabilities recognize the importance of leisure, recreation, and physical activity in health and wellbeing. We hope to accomplish this through the development of a researched user-friendly resource tool for families that covers programmatic aspects of existing recreation and their inclusivity, as well as with focused educational teaching for providers.

FUNDING

- Received grant funding from American Academy of Pediatrics and Special Olympics to support project.

Draft of Inclusive Recreation Resource Tool

Inclusive Recreation Guide

Locations in our area
where all kids can be active.



Location Guide

	Sports/ Activities	Family Integrated	Low Cost or Financial Resource available
AbilityYoga			
An integrative yoga, mind, body, and movement approach for individuals with disabilities of all ages.			
Adapted Recreation Services			
Community integration for people of all abilities through adaptive fitness, sports, and recreation.			
AIMS Adventures in Movement and Sensation			
An adaptive experience of fun or ability levels, or if they are in motion or sensory based physical therapy. A sensory gym, adaptive gym, adaptive trampolines, adaptive swings, slides, a lymph wall, zip lines, and more.			
Artists Unlimited			
Artistic dance company that offers adaptive, self-contained dance classes and a new class for dancers with autism spectrum disorders.			
Autism Nature Trail			
An outdoor adventure designed specifically for visitors with ASD, their families, teachers, and caregivers.			
Autism Up			
Adaptive fitness classes to those with autism such as A.U. Fit, beginners fitness, personal training, and paddling and skills and drills.			
Camp Aspire			
Camps for children with autism and other disabilities, year-round programs for children on the autism spectrum.			
Camp Good Days and Special Times			
We are a platform of activities tailored to the needs of each child, including adaptive sports, adaptive recreation, and adaptive therapies.			
Camp Puzzle Peace Family Camp			
A place for children with autism and their families to come together and experience the magic of summer camp.			
Challenger Miracle Field of Greater Rochester			
Fields in Chili, Fairport, Greece, Irondequoit Falls, Macedon, and Webster, New York, designed specifically for children with disabilities.			
CP Rochester			
Provides opportunities for individuals with disabilities to develop lifetime recreation and leisure skills such as swimming lessons and fitness classes.			
Equestrian			
Promotes personal growth and individual achievement of people with disabilities, using adaptive equipment and adaptive techniques.			
Frederick Douglass R-Center			
Provides adaptive sports, including basketball, soccer, game rooms, gym, play apparatus, water skills classes, and a weight room.			
Genesee Valley Rotary Camp			
A free one week summer camp for those ages 8 to 21, with various disabilities. This camp includes adaptive trampolines, swimming pools, recreation, bedrooms, and dining halls.			
Gigi's Playhouse			

COMPLETED WORK

- Assisted with development of a multidisciplinary curriculum toolbox with the Rochester Regional Center for Autism Spectrum Disorder to provide inclusivity training to local organizations. My contribution specifically focused on physical, mental, and social benefits of recreation.
- Completed training through Inclusion U, SUNY Cortland, on inclusivity assessment of community sites.
- Hired summer student assistant focusing on inclusivity model when hiring. He assisted with recreation site assessments and input into national Inclusive Recreation Resource Center database.
- Partnered with non-profit graphic designer Andrew Soucier to help with design of final product.
- Partnered with Kids Thrive 585 for online distribution of final product.

FUTURE DIRECTIONS

- Complete data collection on local community recreation sites and organize into user friendly resource for parents to easily assess program offerings and inclusivity.
- Decide on the design
- Disseminate final product to physician offices, community agencies, and KidsThrive585.
- Develop educational teaching session to provide to local providers and community organizations to educate on importance of recreation and empower providers to discuss obesity with their patients.