Recreation:
Improving
Quality of
Life
Outcomes

How to Have Fun While Building New Skills

Meg Robertson COMS Marie Hennessey Ski for Light



Recreation

- ·Is a pleasurable and enjoyable activity conducted during leisure time
 - May be sedentary
 - · May be active

Importanc e of Recreation

- Improves
 - · Quality of life
 - · Self esteem
 - · Health outcomes
 - · Helps relieve stress
- Opportunities to
 - · Make new friends
 - ·Learn new social & physical skills
 - ·Become more involved in Community

Fitness / Active

- "To be fit is to be independent in your daily activities: being able to do everything you want need without extra physical help or having to rest before finishing the task." WalkRun for Fit (APH.org)
 - Surgeon General recommends every day moderate physical activity for at least
 - · 30 minutes for adults

Why do we need active recreation ?

- US has the highest level of obesity in the world
- Children and adults do not move anymore
 - · Car centric society
 - Screen time has taken over for outdoor time....

- Movement is a essential component of a healthy happy life...
- There are limited recreational opportunities for individuals with visual impairments to take part in outdoor recreational activities for pleasure or sport.
- · Movement is a sensory experience.
 - Marla Runyan, TVI & Olympian

We want Individuals we work with to

- Move freely in the environment
- · Solve problems
- · Communicate to optimize social & vocational relationships
- · Learn continuously

· (From "Move, Touch, Do" APH)

Adults with vision loss

- ·Learn best by doing
- ·Don't get a lot of exercise
- Miss a lot of concepts
- Don't realize what they don't know

Meg's Observations

. . .

- The best travelers seem to be those who have been very active in their lives...
 - However active does not mean super blind
 - Michael May
 - Trevor Thomas
 - Erick Weihenmayer
 - Randy Pierce
 - Marla Runyan
 - · Dan Kish

Older Adults

- Studies have indicated that recreation is an area of vital importance to older adults with vision loss.
 - O&M for Independent Living Skills: Griffin-Shirley & Bozeman 2016

- Good's study/2005
 - Recreation was the activity most highly correlated with positive life satisfaction for older people with vision loss.

Fall Risk for Older Adults



- · Tai Chi
- ·Yoga
- Walking
- Fall
 Prevention
 Exercise
 programs
 (Matter of
 Balance
 Programs)

Inclusive or not

- · YMCA
- Local Recreation Departments
- · Yoga Programs

- SpecialOlympics
- Adaptive Recreation programs

Blind Sports

- Tandem biking
- ·Goal ball
- ·Running with guide



Beeper Ball around since 1976



Recreation and O&M

- ·Route Planning
- ·Getting there
- ·Getting around the site/area
- Spatial and body concepts

O&M and Recreation

- *Bridging O&M lessons to reallife application gaps/supports
- *Families and staff can reinforce O&M skills.
- *Enhances vocabulary when describing
 - *different environments,
 - *smells & sounds,
 - *anticipating surface & slope changes,
 - *seasonal differences

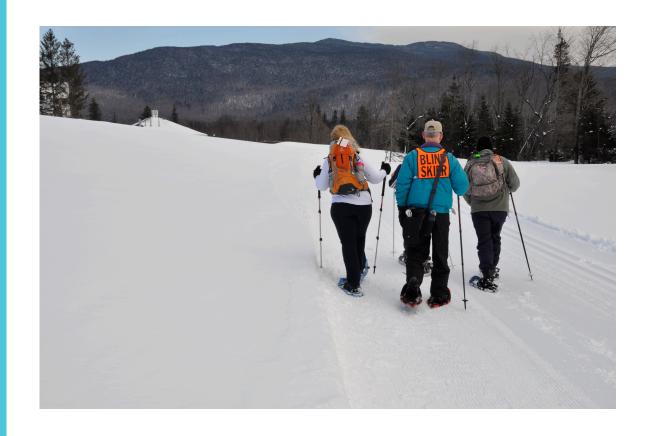
NE Ski for Light



Cross Country Skiing



Snowshoeing

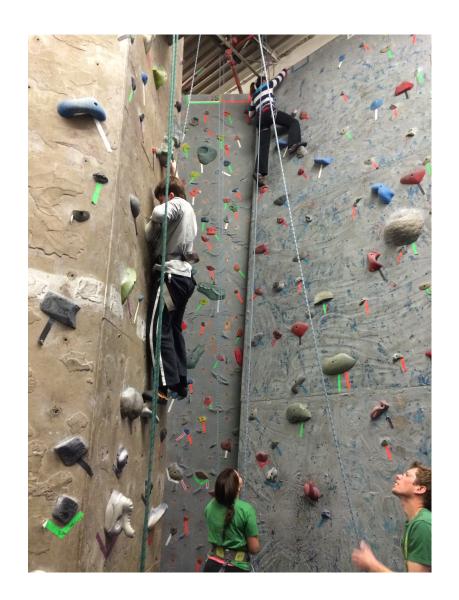




Kayaking



Rock Climbing



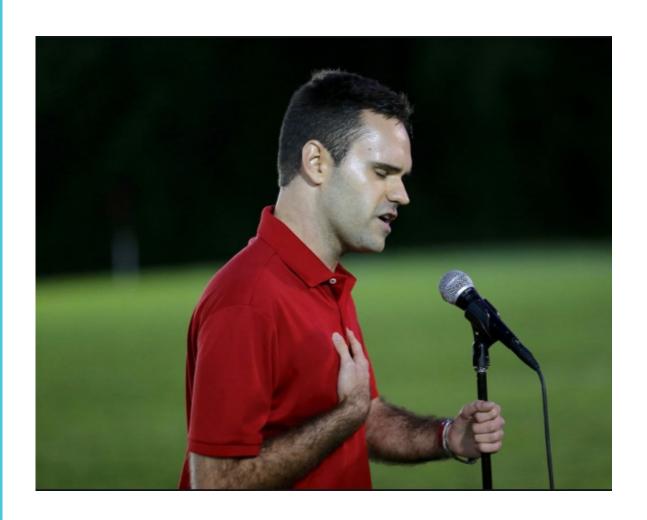


MAB Community Services





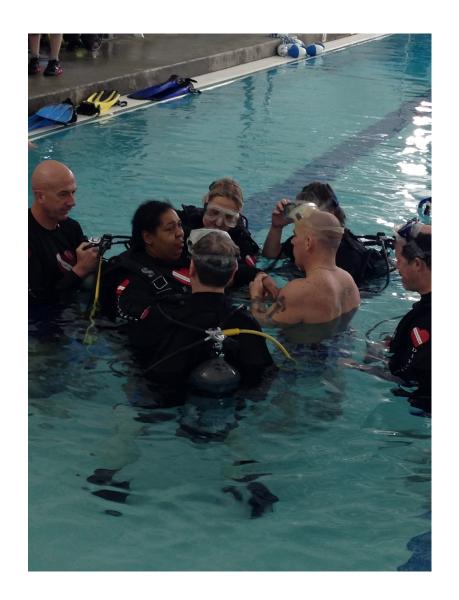
Participation can take place on different levels.



MAB Move Field Day

 https://www.facebook.com/mabvi/videos/ 1500825303311554/

DIVEHEART



Sit Ski



Walking Routes

- Mall Walking
- Recreational walking route
- Hiking
 - Paved Road
 - · Fire road
 - Rocky path
 - · Steep vs gradual or flat



White Cane Geocache Event



How to get more involved

- Check out Recreation opportunities within communities.
 - Encourage families and staff on recreational activities to expand experiences.
 - Is there a hiking/walking group in the community?
 - Introduce clients to local recreation staff
 - YMCA
 - Recreation departments
 - Senior Centers
 - Public Gyms

- Adaptive Sports Partners of North Country
- Waypont Adventure
- · Sensory Trails
 - · Mass. Audubon
- Special Olympics MA
- · Spaulding Adaptive Sports Center
- · Universal Access Program
 - Adaptive equipment
 - · Scheduled events

APH Free Resources

- MCB Quota Account <u>www.aph.org</u>
 - · Talking Glow Dice
 - · Tactile Board Games
 - Sound Balls
 - Walk/Run for Fitness Kit
 - 30-Love Tennis Kit
 - Jump Rope to Fitness Kit

·How can you improve access to active Recreation opportunities?

Suggestion for next steps?

Thanks for Coming



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