

# Recreation: Improving Quality of Life Outcomes

## How to Have Fun While Building New Skills

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COMS  
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Ski for Light



## Recreation

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

# Importance 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

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- 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
- Special Olympics
- 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 real-life 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  
[www.aph.org](http://www.aph.org)
- 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?



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- Suggestion for next steps?

Thanks for  
Coming



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