



The Effectiveness of Adaptive Recreation Manuals

Rileigh Rodriguez, OTS; Dr. Valerie Perry, OTD, OTR/L; Andrew Skinner
West Coast University - Center for Graduate Studies, Department of Occupational Therapy



Description of The Site

Triumph Foundation is a 501(c)(3) non-profit organization located in Valencia, California. The population they serve are individuals who have sustained a Spinal Cord injury (SCI) or condition associated with paralysis. For these individuals, Triumph offers a variety of services including but not limited to: advocacy through their Ambassador program (which consists of peer supporters that offer resources and information regarding their condition), Adaptive Recreation events, durable medical equipment exchange, and opportunities to be involved in the community.

Student Learning Objectives

Objective 1

The **first learning objective** was that by the end of 14 weeks, the capstone student would create an **operational manual** for Triumph's Adaptive Recreational Program.

Objective 2

The **second learning objective** was that, by the end of 14 weeks, the capstone student would have **increased administrative skills** through the improvement of Triumph's Ambassador Program.

Objective 3

The **third learning objective** is by the end of 14 weeks, the capstone student will have **increased leadership skills** pertaining to program implementation.

Discussion & Conclusion

The **manuals** proved to be **beneficial** for staff and volunteers to **reference information** and **better understand** how the event will take place. In turn, this helped to increase event organization; improving the flow of events for staff, volunteers, and participants. Time constraints placed **limitations** on the capstone student's ability to determine the **long-term effects** of the Adaptive Recreation manual and its implementation.

All **programs evaluated yielded positive results** for **convenience** and **accessibility**, which is of utmost importance in ensuring that participants will be compliant in the implementation and use of the **Ambassador training program, Ambassador application process, and Adaptive Recreation manuals**. All programs **yielded positive results** for **information/content** with the **exception** of the **Ambassador application process**, which **yielded mildly positive results**. These results show that the Adaptive Recreation manuals were useful and informative when volunteers and staff had any questions about the Adaptive Recreation event. Additionally, this shows that the Ambassador application process sufficiently prepares future Ambassadors for their roles and responsibilities. Lastly, these results show that the **Ambassador online training program is effective**, and the capstone student concludes that, at this time, there is no need to make changes to the program. However, qualitative data revealed a suggestion for following up online training with **optional in-person training**, which may help to **improve the informative/content** score of this program.

Summary of Needs Assessment

Primary Need: One of the primary focuses of Triumph Foundation is to provide peer support through Ambassadors. The previous capstone student had developed an online Ambassador training process that had yet to be evaluated.

Secondary Need: A second need was expressed by the founder of Triumph for an operational manual for their Adaptive Recreation events.

Third Need: The founder of Triumph Foundation expressed a need for an updated application process for Ambassadors

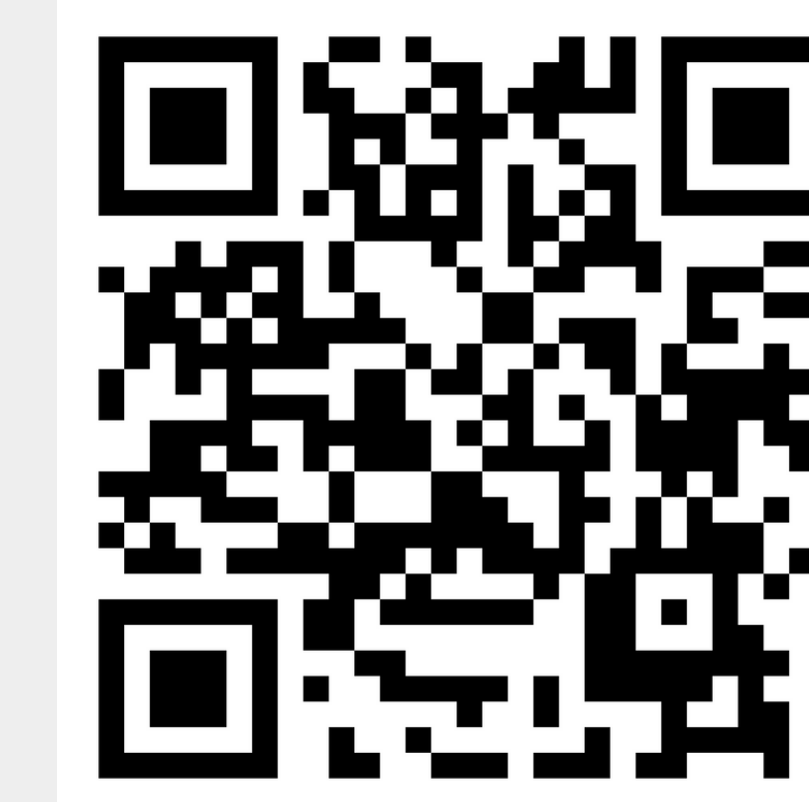
Project Description and Implementation

The capstone student collaborated with the site mentor to **develop** and measure the **effectiveness of Adaptive Recreation manuals** for Triumph Foundations Adaptive Recreation events. After developing a manual for every sport, the capstone student gave the manual to volunteers and staff to use at the events. The capstone student then **developed** and **evaluated** the **Ambassador application process**. The capstone student evaluated these two programs, as well as the Ambassador online training program developed by the previous capstone student, by using follow-up surveys given to Ambassadors, volunteers, and staff affected by the programs.

Project Deliverables

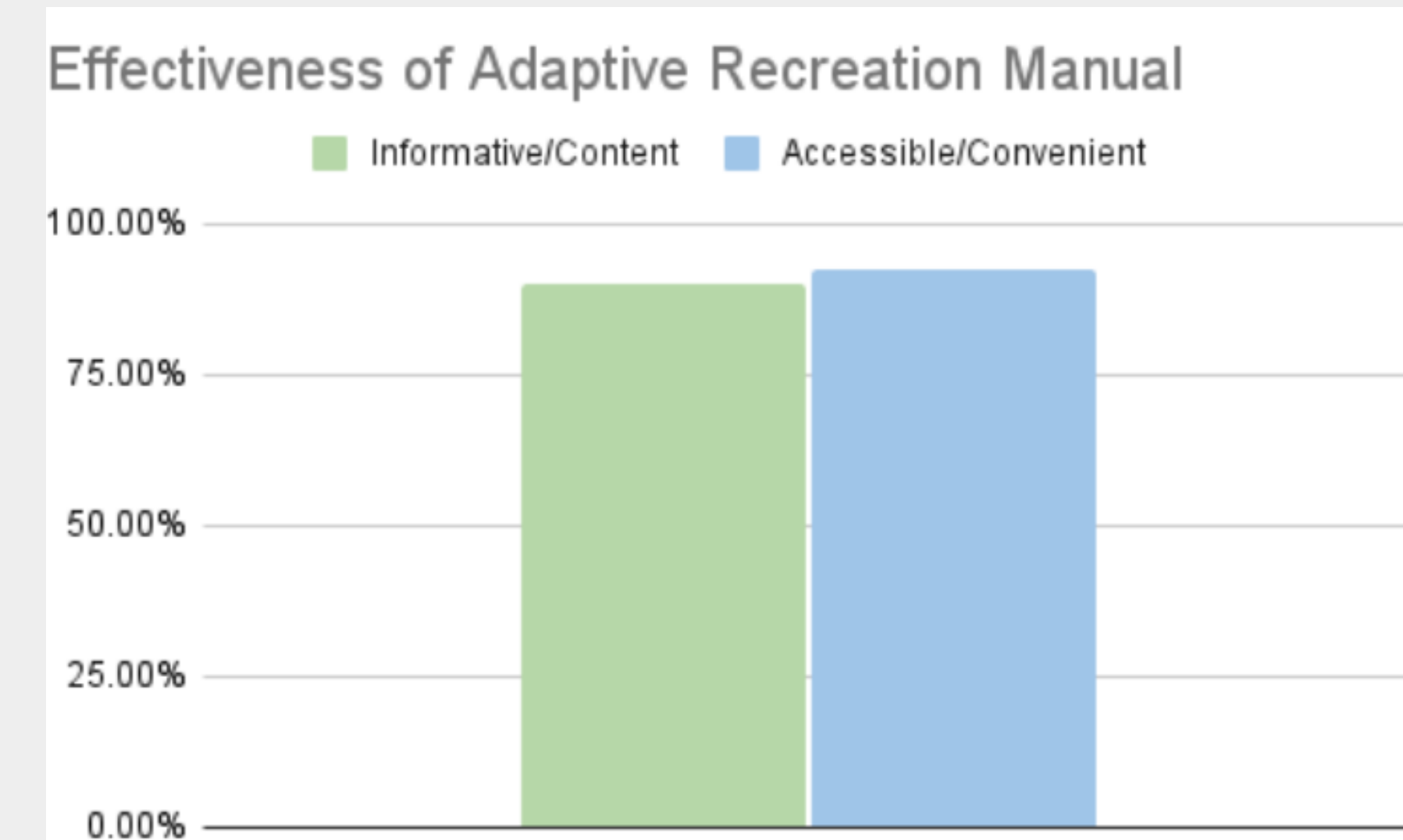
1. Adaptive Recreation Manuals

- sitting volleyball
- wheelchair basketball
- archery
- handcycling
- wheelchair rugby

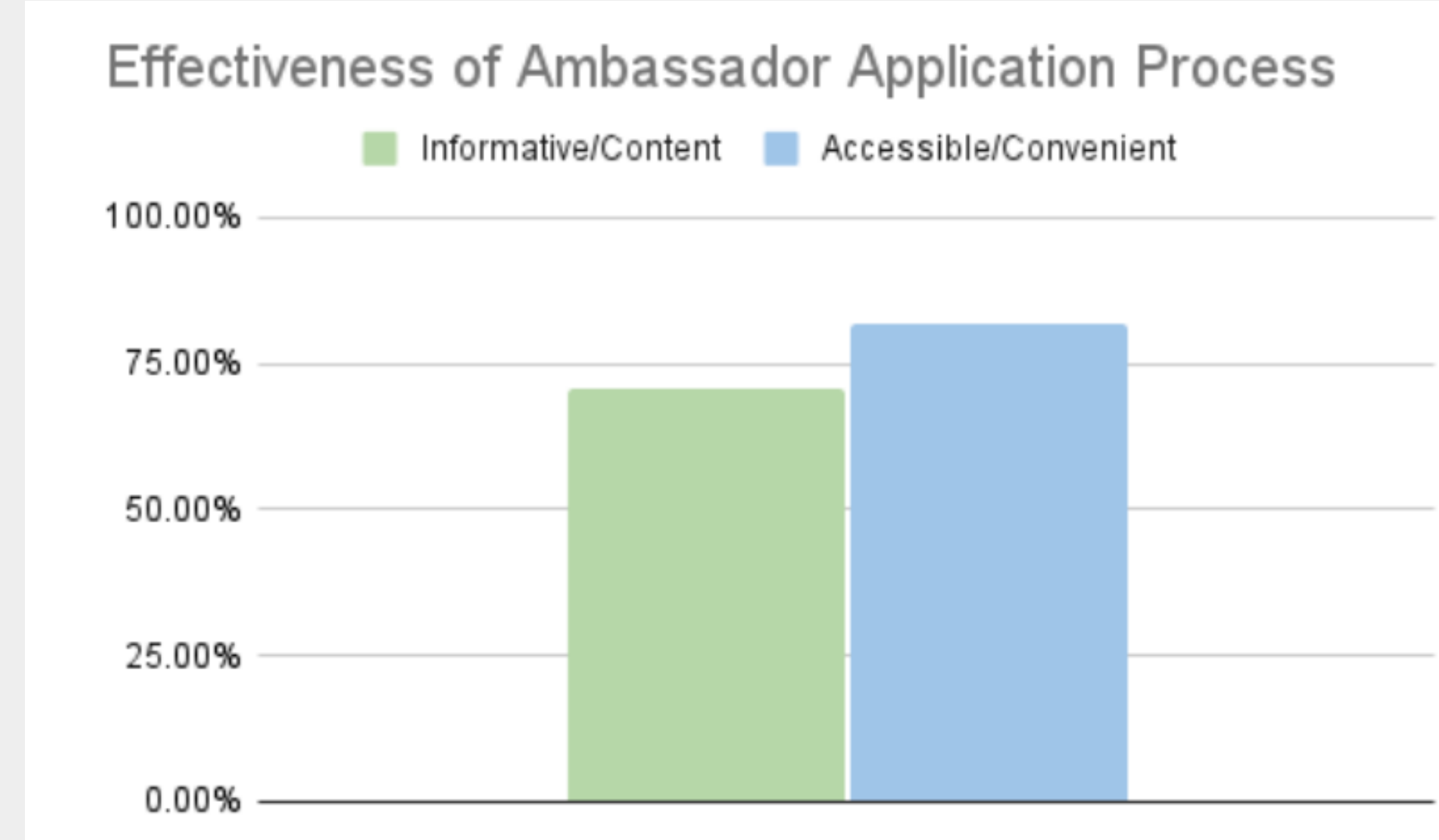


2. Ambassador Application Process

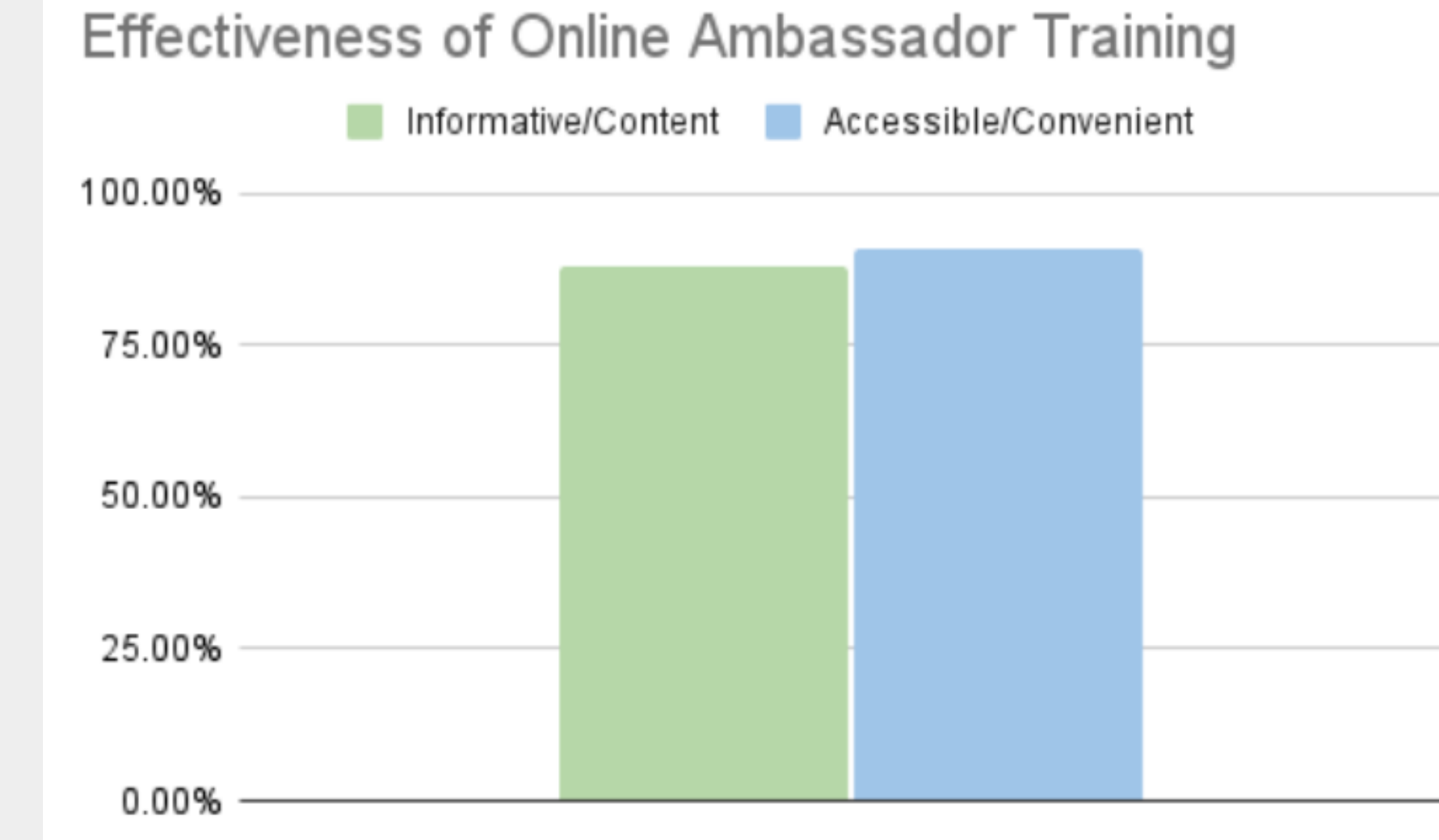
Evaluation & Outcomes



Informative/Content: 89.83%
Accessible/Convenient: 92.56%



Informative/Content: 70.83%
Accessible/Convenient: 81.63%



Informative/Content: 87.94%
Accessible/Convenient: 90.78%

Literature Review

Themes: Adaptive Recreation events provide benefits to individuals dealing with SCI. Participants of online training report increased accessibility of resources and increased satisfaction.

Gaps: There is a lack of research to support effective incentivizing for volunteers to mitigate burnout. The second gap is the lack of information regarding online training for people with conditions of paralysis.



References