

Adaptive Sports

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Recreation Therapy

Therapeutic Recreation is based upon a holistic framework that allows the focus to be on all aspects of improving an individual's health and functioning. By providing structured and unstructured therapy driven services, Therapeutic Recreation may be used for:

- Improving physical abilities
- Building confidence
- Promoting greater self reliance
- Development and/or enhancement of leisure awareness and leisure skills
- Strengthened interpersonal skills
- Empowering veterans to advocate for positive self growth and change
- Explore options for rehab. & health through adaptive sports, recreation, and leisure
- Enrichment and creation of a meaningful, quality of life

Recreation Therapy within VAPAHCS SCI

Focus:

To address rehabilitation goals and needs as pertinent to the individual and their lifestyle through use of recreation and leisure interests.

Domains Addressed

- Physical
- Emotional
- Cognitive
- Social



Goals

- Physical Goals:
 - Improved balance
 - Improved strength
 - Increased endurance
 - Increased pulmonary function
 - Independence in DME use
 - Community mobility independence
 - Independence with non-modifiable community lodging
- Psycho/Social:
 - Community reintegration
 - Depression management through exercise/activity
 - Pain management through exercise/activity
 - Decreased need for caregiver support

Services of Recreation Therapy

- Assessment of leisure functioning
- Developing programs based on assessed needs
- Implementation and evaluation of programs
- Discharge leisure planning
- Community reintegration outings
- Public transportation education and utilization
- Community resource development
- Adaptive sport or recreation participation
- Evaluation of adaptive equipment
- Stress management
- Relapse prevention
- Coping techniques
- Leisure education with veterans and their families
- Fitness and wellness programs



Adaptive Sports

- Archery
- Baseball
- Basketball
- Biathlon
- Boccia
- Bowling
- Canoeing
- Cross-country Skiing
- Curling
- Downhill Skiing
- Equestrian
- Fishing
- Golf
- Hand Cycling
- Hiking
- Kayaking
- Martial Arts
- Mountain Biking
- Paddling
- Rafting
- Rock Climbing
- Rowing
- Running
- Sailing
- Sailing
- Scuba
- Shooting
- Skateboarding
- Sled Hockey
- Snowboarding
- Snowshoeing
- Soccer
- Strength Training
- Surfing
- Swimming
- Table Tennis
- Tai Chi
- Tennis
- Triathlon
- Volleyball
- Waterskiing
- Wheelchair Racing
- Windsurfing
- Yoga



Adaptive Sports: What is it?

- Adaptive sports is a term used to describe sports for those with physical, cognitive (e.g., PTSD, TBI) or visual disabilities
- Most adaptive sports have been modified or adapted in some way, either by allowing special equipment or modification of rules

Who benefits from adaptive sports participation?

- Disabled Veterans of all ages
- Adaptive sports have been shown to improve health, well-being, confidence and professional goal attainment
- Families, friends and caregivers benefit since regular physical activity aids in the emotional and physical healing of disabled Veterans

Adaptive Sports in the VA

- The Department of Veterans Affairs has been a leader in adaptive sports since the end of World War II
- The National Veterans Sports Programs & Special Events Office is about providing Adaptive Sports to as many Veterans as possible, 52-weeks out of the year. Mission ReDefined.
- VA recognizes that adaptive sports provides not only recreation, but also improves mobility, independence, self-esteem and a higher quality of life.
- Our office has created the Sports Finder web site to provide the resource for our Veterans to continue what they learned when they return home from our events.
- NVSP&SE has a strong partnership with the U.S.O.C to develop local resources for Veterans in their home communities

Benefits of Adaptive sports

Disabled Veterans who participate in adaptive sports lead healthier lives.

- Physical activity reduces dependency on pain and depression medication, reduces stress and fosters independence
- According to a 2009 survey commissioned by Disabled Sports USA: 90% of the disabled Veterans surveyed, severely injured while serving in Iraq and Afghanistan, believe their quality of life has significantly improved as a result of physical activity
- 82% of the physically active disabled Veterans surveyed report that their health has improved as a result of physical activity
- Six out of 10 (59%) of the disabled Veterans surveyed believe that being physically active has resulted in an increase in responsibilities in the workplace. *Source:* <http://www.dsusa.org/>

National Program Office

In 1999, VA brought together four existing recreation therapy events under management of a national program office:

- National Disabled Veterans Winter Sports Clinic
- National Veterans Wheelchair Games
- National Veterans Golden Age Games
- National Veterans Creative Arts Festival

In 2008, VA added two new adaptive events to this national office:

- National Veterans Summer Sports Clinic
- National Veterans TEE Tournament

In 2010, VA enacted first Paralympic grant agreement with the U.S. Olympic Committee (USOC); this program is developing synergies with its predecessors and complementary programs to maximize rehabilitative opportunities for disabled Veterans and Servicemembers

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of National Veterans
Sports Programs & Special Events

2017 NATIONAL EVENTS SCHEDULE

www.va.gov/adaptive/sports

**NATIONAL DISABLED VETERANS
WINTER SPORTS CLINIC**
Snowmass, CO - March 26 - 31, 2017

Registration:
August 1, 2016 - December 15, 2016

Tereza Parks
(970) 263-5040
teresa.parks@va.gov

**NATIONAL DISABLED VETERANS
TEE TOURNAMENT**
Iowa City, IA - September 11 - 15, 2017

Registration:
December 15, 2016 - May 1, 2017

Kirt Sikkels
(319) 356-5963
kirt.sikkels@va.gov

**NATIONAL VETERANS
WHEELCHAIR GAMES**
Cincinnati, OH - July 17 - 22, 2017

Registration:
January 2 - April 15, 2017

Dave Toetenrude
(206) 445-9519
david.toetenrude@va.gov

**NATIONAL VETERANS
SUMMER SPORTS CLINIC**
San Diego, CA - September 17 - 22, 2017

Registration:
November 1, 2016 - March 1, 2017

Tristan Heaton
(858) 642-6126
tristan.heaton2@va.gov

**NATIONAL VETERANS
GOLDEN AGE GAMES**
Biloxi, MS - May 7 - 11, 2017

Registration:
February 1 - March 1, 2017

Carla Carmichael
(202) 461-0429
carla.carmichael@va.gov

**NATIONAL VETERANS
CREATIVE ARTS FESTIVAL**
Buffalo, NY - October 23 - 29, 2017

Local Competition:
January 1 - March 31, 2017

Elizabeth Mackey
(320) 255-6351
elizabeth.mackey@va.gov



National Veterans Winter Sports Clinic

- March 26 – April 31
- Snowmass Village, CO
- VA & the Disabled American Veterans
- Instruction in adaptive winter sports
- Over 400 participants annually



National Veterans Wheelchair Games

- July 17 – 22
- Cincinnati, OH
- VA & Paralyzed Veterans of America
- 17 Competitive Events
- Over 600 Veterans in 2011



National Veterans Golden Age Games

- May 7 – 11, 2013
- Biloxi, MS
- VA & Veterans Canteen
- 15 Competitive Events
- Over 788 Veterans annually



National Veterans Summer Sports Clinic

- September 17 – 22
- San Diego, CA
- VA & Veterans Canteen
- 8 Adaptive Sporting Events



National veterans TEE Tournament

- September 11 – 15
- Iowa City, IA
- VA
- Introduction in Adaptive Golf & Bowling
- Over 300 Veterans annually



Sport Club Finder

UNITED STATES
DEPARTMENT OF VETERANS AFFAIRS

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SPORTS CLUB FINDER

LOCATE AN ADAPTIVE SPORTS CLUB NEAR YOU

SPORTS CLUB FINDER

Home > Sports Club Finder

The Sports Club Finder connects you with community-based programs, including Paralympic Sports Clubs that have been developed to provide sports programming and physical activity opportunities for disabled Veterans along with youth and adults with disabilities, regardless of skill level. All programs and activities at these organizations are based in the community and are run by the local organization.

SEARCH BY STATE OR ZIP

FIND A SPORTS CLUB

Search for programs by ZIP:

Locations Within: 20 miles

SHOW LOCATIONS →

ADVANCED SEARCH →



Click on a state to see all programs in that state or enter a zip code and search radius. You may also use the interactive map below to zoom and see details of each organization as well as get directions. Simply click the star icon to get more information. The name of each organization is a link to their page with comprehensive details.

Community Partners

- Paralyzed Veterans of America
 - Bay Area & Western Chapter
- Riekes Center (archery, biathlon, strength/cond., etc)
- BORP (Bay Area Outreach & Recreation Program)
- Timpany Center (aquatics)
- Team River Runner (kayaking)
- Break the Barriers (Fresno, CA)
- Disabled Sports USA
- Achieve Tahoe
- Wounded Warrior Project
- City of Sacramento/Reno/San Jose
- Challenged Athletes Foundation
 - Operation Rebound

Adaptive Cycling



Ordering Adapted Equipment

Exercise Log for the month of

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
Time:	Time:	Time:	Time:	Time:	Time:	Time:
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
Time:	Time:	Time:	Time:	Time:	Time:	Time:
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
Time:	Time:	Time:	Time:	Time:	Time:	Time:
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
Time:	Time:	Time:	Time:	Time:	Time:	Time:

Ordering Process, Palo Alto VA

Veteran identifies interest in requesting adaptive sports equipment.

- Veteran's primary care physician places assistive technology consult.
- Veteran attends adaptive sports clinic for initial assessment and education regarding the program.
- Veteran trials various equipment to determine the most appropriate option.
- Veteran demonstrates qualification: participation log, independence, maintenance, storage, transport.
- Veteran attends adaptive sports clinic for equipment evaluation.
- Equipment approval
- Assigned therapist completes necessary paperwork (assessment, prosthetic request, quote from vendor)
- Paperwork turned into Prosthetics
- Prosthetics has 5 business days to review the request and send it to Contracting (if over \$3,000).
- Contracting has 10 days to approve/deny and complete purchase order.
- Vendor completes order and mails equipment to the VA medical center.
- Equipment is processed through the warehouse and is sent to Prosthetics.
- Prosthetics assembles equipment and notifies ordering therapist that the equipment is ready for distribution.
- Veteran is scheduled for adaptive sports clinic
- Veteran attends clinic for final fitting and training, and if no modifications are required, takes equipment home with them.