Occupational Therapy and Accessibility in the Outdoors and Summer Camps

David M. Lewis  
*University of St. Augustine for Health Sciences, d.lewis1@usa.edu*

Susan MacDermott  
*University of St. Augustine for Health Sciences, smacdermott@usa.edu*

Becki Cohill  
*University of St. Augustine for Health Sciences, bcohill@usa.edu*

Follow this and additional works at: [https://soar.usa.edu/otdcapstonessummer2020](https://soar.usa.edu/otdcapstonessummer2020)

**Recommended Citation**  
[https://soar.usa.edu/otdcapstonessummer2020/2](https://soar.usa.edu/otdcapstonessummer2020/2)

This Conference Proceeding is brought to you for free and open access by the OTD Capstone Symposia at SOAR @ USA. It has been accepted for inclusion in Virtual OTD Capstone Symposium, Summer 2020 by an authorized administrator of SOAR @ USA. For more information, please contact soar@usa.edu, erobinson@usa.edu.
Positive Youth Development and Camp
Quality of Life and Social
Inclusion in Camps and Outdoor
Applications of OT Foundations

Expanding roles in outdoors & camps
Identity, Independence, and
Staff education

Review and discuss strategies,
Cumulative product of research, review,
EHP, PEOP, MOHO

Aron Hall, Director of Education and
Target audience: Outdoor recreation and
Community partnerships
Facility and program evaluations
Grant writing and fundraising
Develop an understanding of the current roles
Anonymous OTR/L, working in an
Consulting and recommendations
Review current inclusion and accessibility
Angela Hanscom, OTR/L, creator of
Develop an understanding and synthesis of the
Elizabeth “Otter” Hueter
WEBSITE DESCRIPTION
METHODS
BACKGROUND
Multiple studies indicate the positive,
sustained impacts that outdoor recreation
and summer camps have on youth and
adolescents of all abilities (American
Camp Association, 2005; Devine et al.,
2015; Halsall et al., 2016; Hanscom,
2014; Snider & Farmer, 2017). These
experiences promote physical, social,
emotional, and spiritual development that
has further generalizable benefits in
many areas of occupational performance
and participation (Buskirk-Cohen, 2015;
Largely influential components of these
experiences are environment and
context. Occupational therapy
foundations allow for further
understanding of how environment and
context can either facilitate or hinder
occupational performance and
participation in the outdoors and camps.
Applying these foundations and an OT
perspective supports the development of
inclusion and accessibility practices in
these settings to best facilitate
occupational performance for individuals
of all abilities.

PROBLEM
There remains a need in understanding
and developing occupational therapy roles
regarding inclusion and accessibility in
outdoor recreation and camp programs.

PURPOSE
To develop the potential roles of
occupational therapy in addressing
inclusion and accessibility in
outdoor recreation and camp
programs.

PROJECT OBJECTIVES
• Develop an understanding of the current roles
  OT has in outdoor settings and camp programs
• Review current inclusion and accessibility
  organizations and trainings designed for
  outdoor recreation and camp staff
• Develop an understanding and synthesis of the
  Americans with Disabilities Act (ADA)
  guidelines, universal design principles, and
  accessibility standards for outdoor recreation,
  camps and facilities, and how these are put in
  practice
• Review, understand, synthesize, and promote
  the process for programs to apply for inclusion
  and accessibility fundraising and grant
  opportunities
• Develop an understanding of outdoor recreation
  and camp programs and facilities, as well as
  perceptions, experiences, and input regarding
  inclusion, accessibility, and areas of need
• Develop an understanding of outdoor activity
  adaptations and gear available for outdoor
  recreation and camp programs
• Synthesize research, resources and
  collaboration with contacts to create a website
  utilizing an OT scope for addressing inclusion
  and accessibility in outdoor recreation and
  camp programs
• Review and discuss strategies,
  recommendations, and/or plans for
  implementing the resources and information
  from the website to address needs and
  potential adaptations that benefit outdoor
  recreation and camp programs
• Advocate for and communicate the role of OT
  in optimizing inclusion and accessibility to
  better promote occupational participation and
  performance in outdoor recreation and camp
  programs

LITERATURE REVIEW
• Positive Youth Development and Camp
  Experiences
  • Quality of Life and Social Participation
  • Identity, Independence, and Leadership
• Camp Experiences for Children with
  Disabilities
• Inclusion in Camps and Outdoor
  Recreation
• Physical Environment and Occupational
  Performance
• Camps and Occupational Therapy

Collaborations
• Elizabeth “Otter” Huerter-Willoughby,
  Program Director at Pathfinder Ranch
• Angela Hanscom, OTR/L, creator of
  TimberNook and author of Balanced
  and Barefoot: How Unrestricted Outdoor
  Play Makes for Strong, Confident, and
  Capable Children
• Aron Hall, Director of Education and
  Training at National Inclusion Project
• Michelle Cook, Accessibility Program
  Manager at National Center on
  Accessibility
• Anonymous OTR/L, working in an
  outdoors and nature-based outpatient
  pediatric setting

WEBSITE DESCRIPTION
Access Outdoors Occupational Therapy
• Cumulative product of research, review,
  collaboration, and synthesis of available
  information and resources pertaining to
  project objectives.
• Target audience: Outdoor recreation and
  camp program staff, therapists interested in
  working outdoors and in nature, those wanting
  to learn more about inclusive and accessibility
  practices in the outdoors and camps

OT Impact
• Applications of OT Foundations
  • EHP, PEOP, MOHO
• Childhood & Adolescent Development
• Expanding roles in outdoors & camps

Envisioned Next Steps
• Community partnerships
• Staff education
• Facility and program evaluations
• Consulting and recommendations
• Grant writing and fundraising

Acknowledgement: Special thanks to Elizabeth “Otter” Huerter-Willoughby, Aron Hall, Angela Hanscom, & Michelle Cook