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## An Online Educational Resource on Adaptive Sports for People with Spinal Cord Injuries

Rachel Morgan

*University of St. Augustine for Health Sciences, R.Morgan@usa.edu*

Steven M. Gerardi

*University of St. Augustine for Health Sciences, sgerardi@usa.edu*

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# An Online Educational Resource on Adaptive Sports for People with Spinal Cord Injuries

Rachel A Morgan, Steven M. Gerardi, PhD, OTD, MSS, OTR

## BACKGROUND

Individuals with spinal cord injury (SCI) face negative physical, mental, emotional effects that impact their participation in occupations. People with SCI are at risk for significant difficulties with social participation and limitations, resulting in decreased physical independence and mobility. During rehabilitation, sport participation is often overlooked. However, information to increase physical activity is extremely desired, but unavailable or hard to find for people with SCI (Rice et al., 2009). Many potential wheelchair athletes with disabilities lack the necessary information about what programs exist, how adaptive sports differ, and the feasibility of them (Lape et al., 2017).

## PROBLEM

**There are limited resources available that inform people with spinal cord injuries on the benefits of adapted sports or where to go to engage in them.**

## PURPOSE

**To create an educational webpage that will overcome the barriers to sport participation for people in wheelchairs, by providing benefits and links to sport organizations to promote participation.**

## METHODS

- Based on the Model of Human Occupation (MOHO)
- Synthesis of the Literature search to identify topics to be included
- Educational topics and needs assessment evaluated with site mentor, sorted for relevance

**Stakeholders:** Spero Rehab, Lone Star Paralysis Foundation, Austin Adapted Sports

### Activities:

- Interviews
- Survey's
- Observation
- Theme Categorizing
- Participation in Adaptive Sports

Website was developed in four stages over the 16-week capstone experience.

### Stages:

- Weeks 1-7 Data Collection
- Weeks 7-12 Website Development, Simultaneous Revisions
- Weeks 12-15: Feedback Collection and Revision implementation
- Week 16: Final Presentation and Dissemination

Information gathered from the literature and the capstone experience was analyzed and synthesized into the educational website: [Let's Get Adaptive](https://www.letsgetadaptive.com/) (Morgan, 2021).

## WEBSITE DESCRIPTION

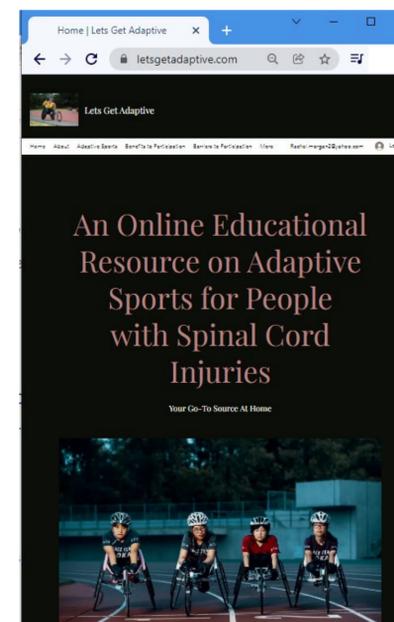
### Let's Get Adaptive

<https://www.letsgetadaptive.com/>

Consists of 10 Sections.

### Topics included:

- Educational blogs,
- Adaptive sports,
- Benefits,
- Barriers,
- Austin Adaptive
- Sports,
- Grant Opportunities,
- Connections in the Community,
- Adaptive Sport Equipment,
- Resources



## DISCUSSION

**Let's Get Adaptive** was created to reduce barriers to participation in adaptive sports among people with SCIs.

The webpage provides free online access to education on the benefits of adaptive sports, provides connections to community resources, and serves to promote awareness of adaptive sport for people in the SCI community.

By utilizing the resources provided on the webpage, individuals with SCI, and occupational therapy practitioners, will have more knowledge of opportunities to get involved with adaptive sports resulting in increased participation, improved wellness and an increased quality of life.

### References

- Lape, E. C., Katz, J. N., Losina, E., Kerman, H. M., Gedman, M. A., & Blauwet, C. A. (2018). Participant-reported benefits of involvement in an adaptive sports program: A qualitative study. *PM&R, 10*(5), 507–515. <https://doi.org/10.1016/j.pmri.2017.10.008>
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- Rice, I., Cooper, R. A., Cooper, R., Kelleher, A., & Boyles, A. (2009). Sports and recreation for people with spinal cord injuries in Sisto, S. Drui, E. & Sliwinski, M. (Eds). *Spinal Cord Injuries. (455)*. Elsevier. <https://doi.org/10.1016/B978-032300699-6.10019-X>

### Website QR code:



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