

Introduction

New England Disabled Sports (NEDS)

501(c)(3) not-for-profit organization

Provides adaptive sports programming to student athletes with various cognitive &/or physical disabilities

Stakeholders include, but are not limited to: Student Athletes, Student Athletes' Families/Caregivers/Friends, Volunteer Coaches, & NEDS Board Members & Staff

Headquartered at Loon Ski Resort in Lincoln, NH & Bretton Woods Ski Resort in Carroll, NH

Literature Review

- Adaptive sports provide notable benefits: increase in physical & psychosocial health, self-concept, & social-integration & decrease in secondary health conditions, chronic diseases, anxiety, & depression.^{6, 7, 8, 10, 11}
- Participation in adaptive sports is critical for engagement in physical activity.³
- Lack of knowledge about adaptive sports decreases access for athletes & coaches.¹⁰
- Development, education, & marketing are essential for a nonprofit organization to increase awareness & gain support from the community through distribution of brochures, flyers, or other literature.⁴

The Gap

General lack of awareness of NEDS

OT's Role

Ensure inclusivity, accessibility, & client-centered care

Need for materials to share a unified NEDS' mission

Recruitment through word of mouth &/or redirection to NEDS' website

Increase health literacy to promote occupational performance, engagement, & participation

Apply Person, Environment, & Occupation (PEO) model to this emerging practice area⁴

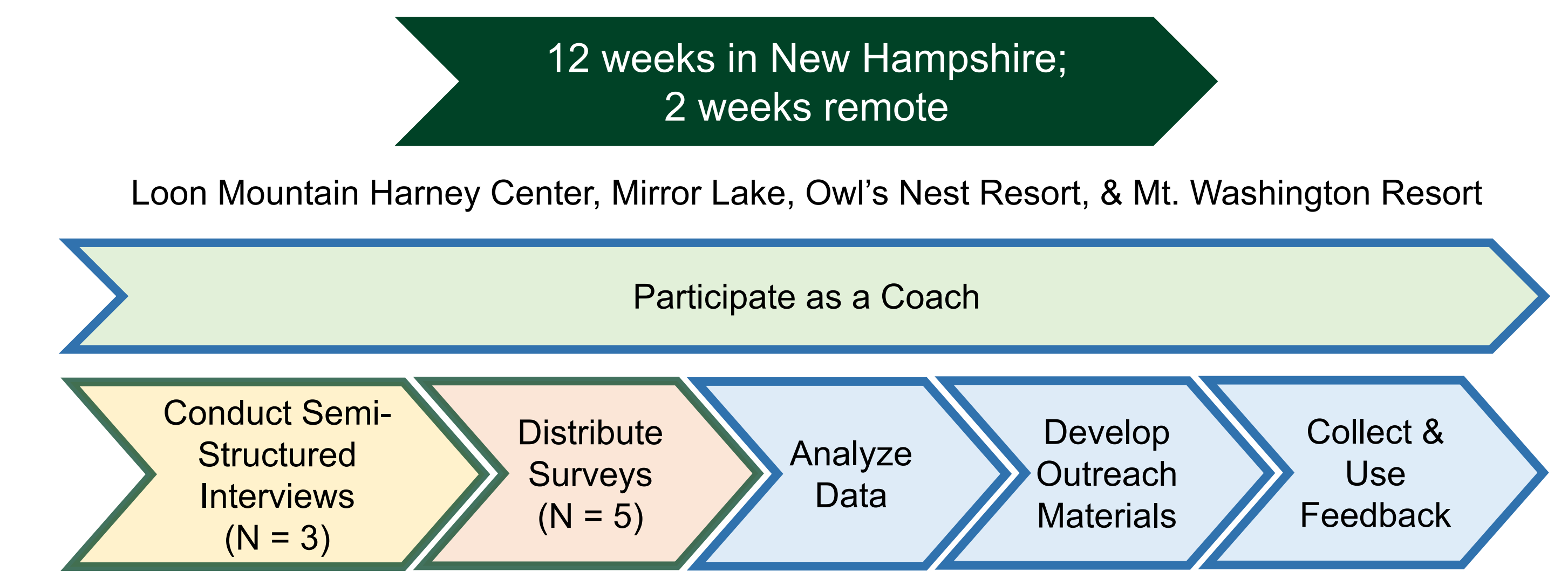
Aim

Develop materials that spread a unified NEDS' mission

Objective

Create presentations, infographics, pamphlets, & posters

Methods



Outcomes

Semi-Structured Interview Results (N = 3)

Interviewees' involvement in NEDS included roles of student athlete (n=1) & volunteer coach (n=3)

Interviewees' duration of NEDS involvement included 1, 6, & 12 years

Respondents' NEDS Sports Involvement

Golf	8.3%
Pickleball	8.3%
Paddling	16.7%
Road Cycling	25.0%
Alpine Skiing	25.0%
Nordic Skiing	8.3%
MTB	8.3%

Survey Results (N = 5)

Respondents' involvement in NEDS included roles of Board member (n=1), student athlete (n=4) & volunteer coach (n=1)

Respondents' duration of NEDS involvement included 1, 2, 5, 7 & 28 years

Respondents' NEDS Sports Involvement

Golf	13.3%
Pickleball	6.7%
Paddling	26.7%
Road Cycling	6.7%
Alpine Skiing	26.7%
MTB	20.0%

Coach Participation, Interviews, & Surveys provided:

Student Athlete & Volunteer Coach Testimonials

Further Understanding of NEDS' Impact on Student Athletes & Volunteer Coaches

Pictures of Student Athlete & Volunteer Coach Participation

Discussion

Therapeutic Use of Self throughout coaching^{1, 2, 9}

Use of the Person Environment Occupation (PEO) Model⁵:

Person: learn more about the student athletes & coaches

Environment: capture photos of the experience, equipment, & environment

Occupation: understand how NEDS, & adaptive sports generally, impacts the student athletes & coaches

Collaboration throughout lesson planning/execution & editing materials

Materials Development:

- PowerPoints:** General, Student Athlete, Volunteer Coach Versions
- 5 infographics:** "Why Should I Join NEDS?" (2 versions), "What Sports Can I Participate In?", "Join Our Team!", "Learn More About NEDS!", "Hear From Our Student Athletes!"
- General Informational Pamphlet**
- 5 Minute Photo Montage** Highlighting All Sports Offered

Linked in the QR code below!

Bridging the Gap:

- Addressing lack of promotional materials & awareness of adaptive sports
- Promoting participation in & benefits of adaptive sports:
 - Demonstrating the importance of a meaningful occupation
 - Encouraging client-centered, strengths-based participation

Conclusion

Applying the PEO model allowed for the development of organization-centered outreach materials that spread a unified NEDS' mission. The materials support the recruitment of new student athletes & volunteer coaches to promote participation in a meaningful occupation in a client-centered manner. This closes a sizeable gap for NEDS by providing impactful information for key stakeholders.

Acknowledgments:

Thank you, Jason, Sarah, Mary, & everyone at NEDS for your mentorship, guidance, & endless support during this project!

References & Materials: Please scan this QR code or contact Chloe Witt to access the reference list and materials.

Contact: Chloe Witt, OT/s, chloe.witt@tufts.edu

References & Supplementals:

