

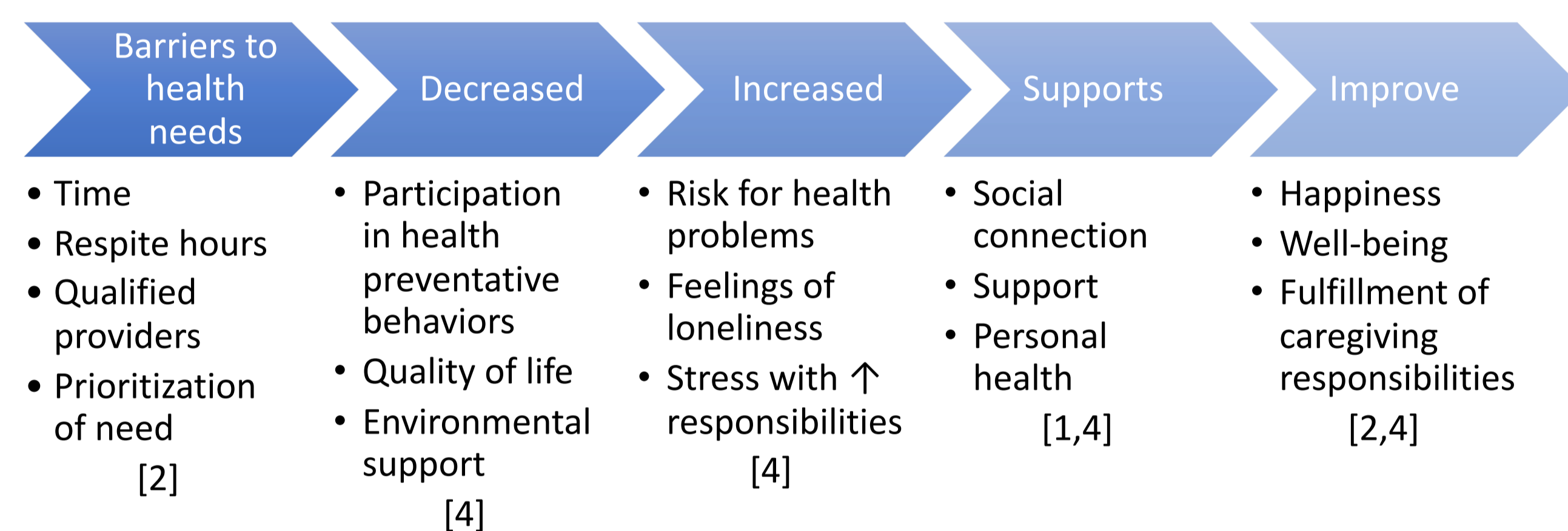
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Background & Significance

New England Disabled Sports (NEDS):

- Non-profit organization offering year-round adaptive sport programming for individuals with lifelong disabilities^[3]
 - Winter programming: Alpine skiing, snowboarding, and snowshoeing
 - Program Locations: Loon Mountain & Bretton Woods (BW)
 - OT student intern opportunities: DEC, Fieldwork level I & II
- **Purpose:**
 - ↑ organizational awareness of social and emotional needs of families
 - Provide meaningful experience for NEDS clients and families

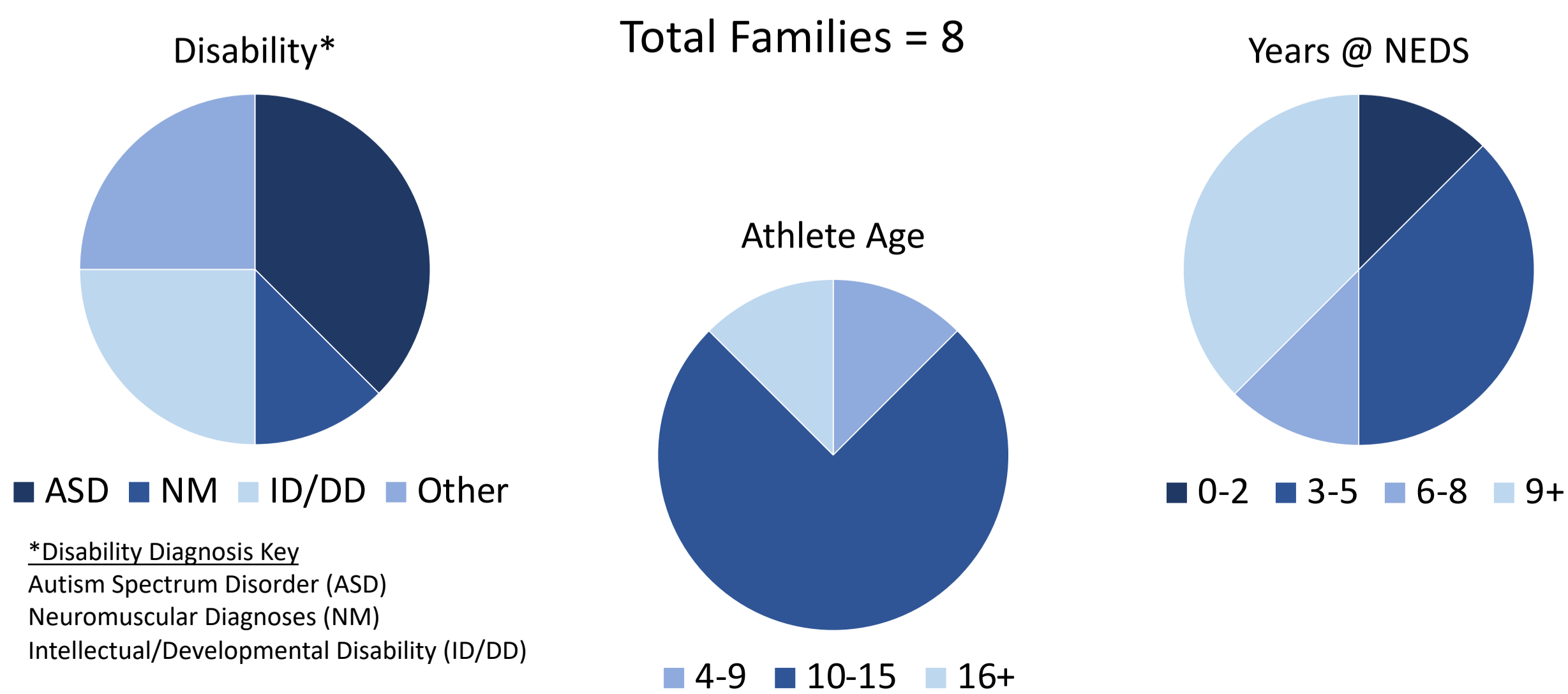
Literature Review



Aims

1. Conduct needs assessment to understand how current NEDS programming meets the social and emotional needs of parents, caregivers, and guardians of student athletes
2. Speak with a variety of NEDS community members to learn more about how NEDS programming supports parents, caregivers, and guardians of student athletes
3. Develop program recommendations for NEDS in relation to addressing any identified gaps within NEDS programming, including social and emotional needs

Athlete Family Profile



Methods

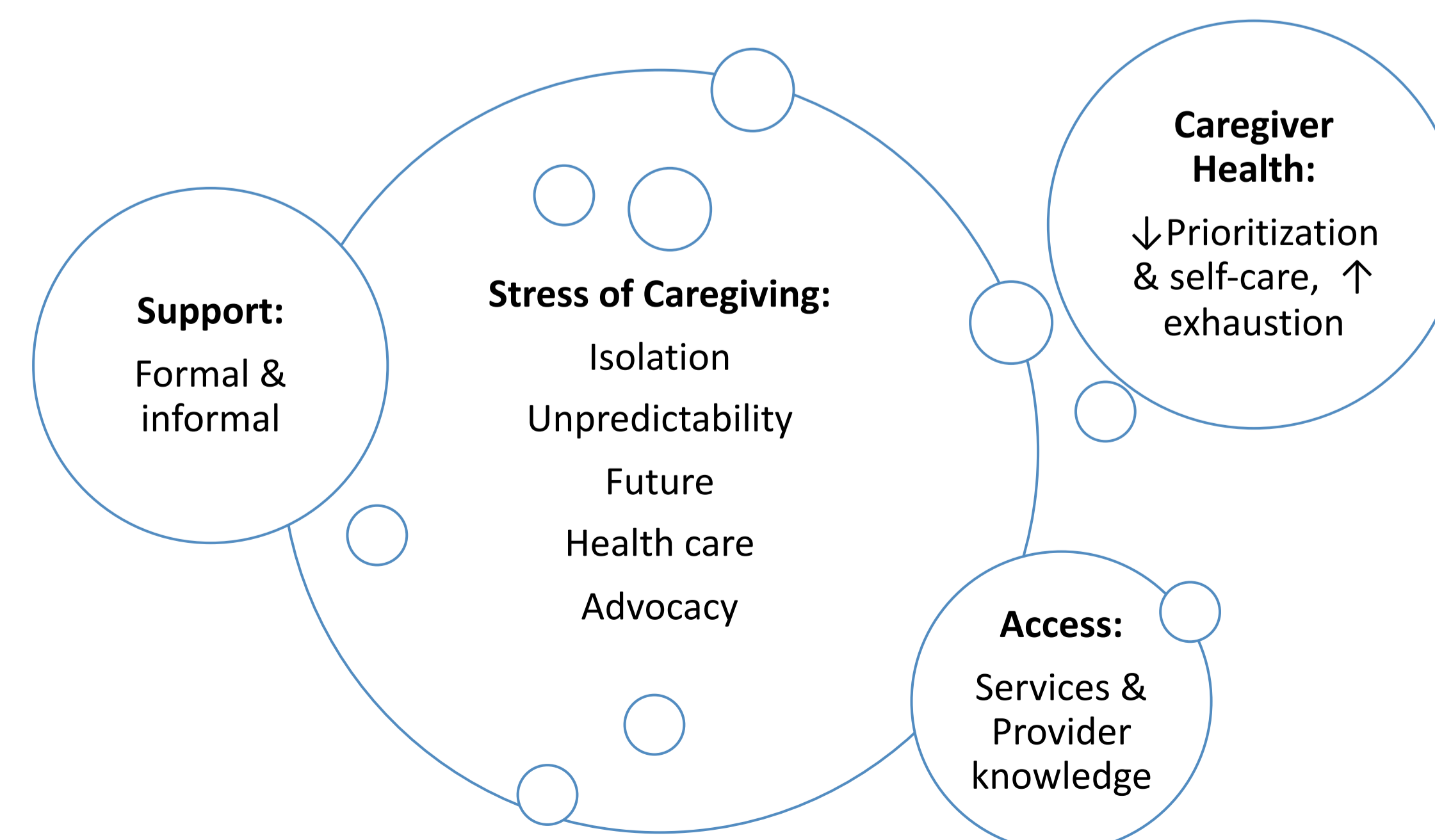


Provided organizational support and coached ski lessons throughout
This study was IRB determined as human subject non-research

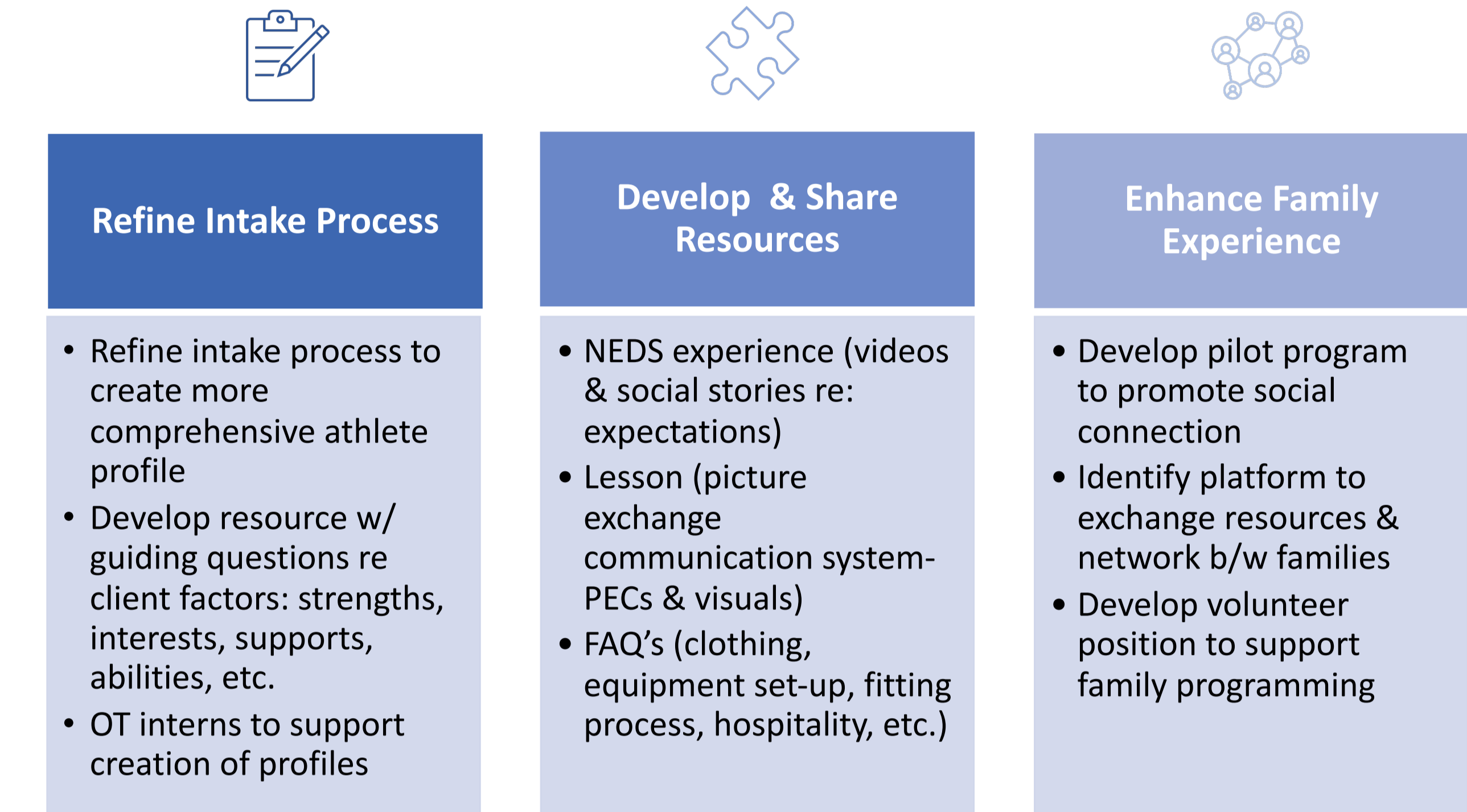
Findings

Caregiving Experience Themes

Findings consistent with literature review



Recommendations/Next Steps



Strengths/Limitations

Student	Strengths		Limitations
	Organizational	Process	Athlete Family
<ul style="list-style-type: none"> - Integrated into NEDS community - Communicated with families across various contexts (admin vs. lessons) - Utilized family-centered approach, & therapeutic use of self 	<ul style="list-style-type: none"> - Stakeholder-engagement throughout process (families, staff & board) - Athlete profile representative of participant demographics (primary disability, age, years @ NEDS) 	<ul style="list-style-type: none"> - Reached saturation w/ 8 families - Findings informed by & consistent with literature review - Sustainability with Summer & Spring DEC students 	<ul style="list-style-type: none"> - Small athlete family sample size (n = 8) - Family demographics: diversity, # new families, & location (Loon & BW)

References

- (1) Blake, L., Bray, L., & Carter, B. (2019). "It's a lifeline": Generating a sense of social connectedness through befriending parents of disabled children or children with additional need. *Patient Education and Counseling*, 102(12), 2279–2285. <https://doi.org/10.1016/j.pec.2019.07.012>
- (2) Murphy, N. A., Christian, B., Caplin, D. A., & Young, P. C. (2006). The health of caregivers for children with disabilities: Caregiver perspectives. *Child: care, health and development*, 33 (2), 180-187. <https://doi.org/10.1111/j.1365-2214.2006.00644.x>
- (3) New England Disabled Sports. (n.d.). About NEDS. <https://nedisabledsports.org/>
- (4) Resch, J. A., Mireles, G., Benz, M. R., Grenwelge, C., Peterson, R., & Zhang, D. (2010). Giving parents a voice: A qualitative study of the challenges experienced by parents of children with disabilities. *Rehabilitation Psychology*, 55(2), 139–150. <https://doi.org/10.1037/a0019473>

Contacts/Acknowledgements

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