

## Background

Occupational justice asserts that all people, regardless of age, ability, gender, or social class, have a right to inclusive participation in meaningful occupations. This includes leisure participation, which can be inaccessible to disabled people and their families due to societal barriers and discrimination.<sup>4</sup>

Evidence suggests that **participation in family-centered leisure programming can lead to improvements in family unity, family functioning, and overall quality of life** for families that include a disabled member.<sup>1,5</sup> Evidence also indicates that supporting caregivers' psychosocial and health needs, as well as offering opportunities for community can contribute to maintaining cohesiveness, unity, and health of the family unit.<sup>2,3</sup>

New England Disabled Sports (NEDS) is a community-based organization in the White Mountains of NH that offers year-round adaptive sports programming, including snow sports during the winter months. NEDS' mission is **to enhance lives affected by disability through sports and recreation.**

Using an OT lens to increase family-centered programming and community-building opportunities at NEDS may have beneficial effects on the quality of life and family functioning of NEDS participants' families.

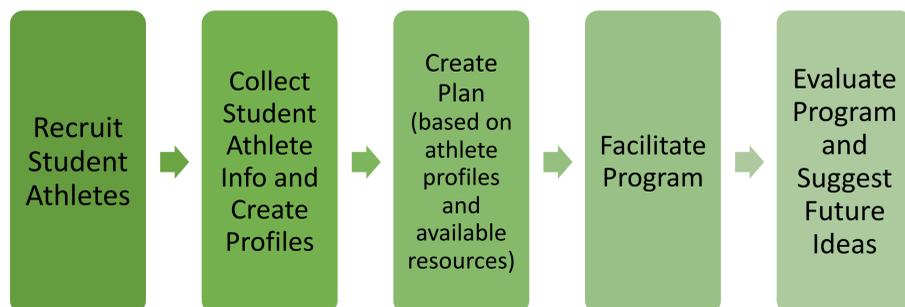
## Purpose, Aims, and Objectives

**Purpose:** To provide student athletes and families at NEDS an opportunity to participate in inclusive programming that addresses their occupational needs and allows them to build community with other participants.

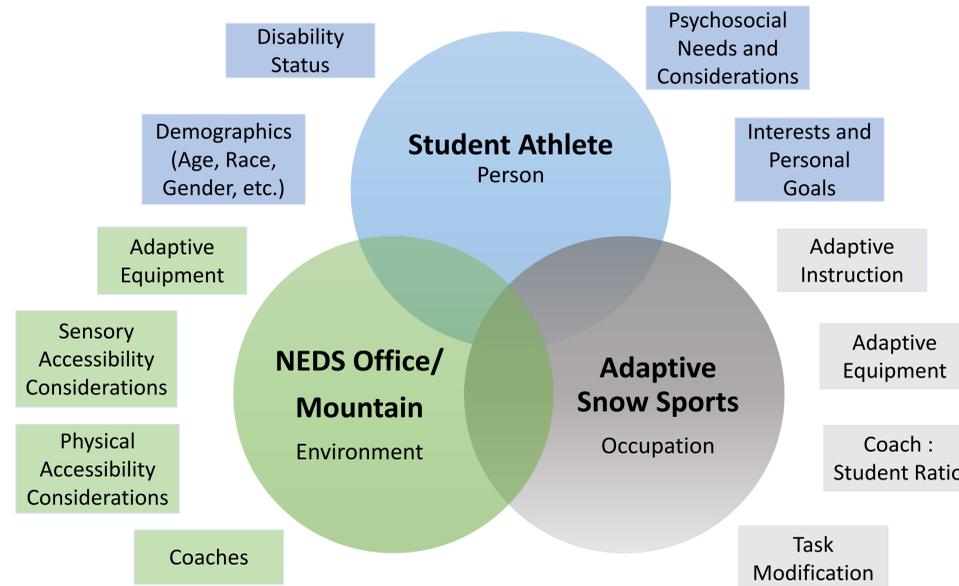
**Aims:** Facilitate effective, inclusive, family-centered group programming for NEDS student-athletes and their families

**Objectives:** Design and Coordinate Programs  
Facilitate Programming  
Evaluate Outcomes

## Groups Coordination Process



## OT Reasoning for Group Coordination



- Created [deliverables](#) (itineraries, packing lists, local accessibility info, maps, etc.) specific to each program
- Designed and utilized a [spreadsheet](#) to organize student athlete profile information



## School and Community Groups

- Coordinated lessons for 46 student athletes as part of 4 separate school and community groups
- Included children, adolescents, and adults with disabilities who are members of school and community groups



## Sports For Life Weekend



- Served 19 student athletes and families during a weekend of programming
- Participants included 19 children with cognitive and physical disabilities
- Included adaptive skiing/snowboarding lessons and a family welcome banquet

## SCI Alpine Camps

- Served 9 student athletes across 2 week-long camps
- Students utilized a variety of adaptive equipment, including mono-skis, bi-skis, and 4-tracking
- Organized equipment, accessible lodging accommodations, and coach assignments for ski lessons



## Nordic Camps

- Served 6 student athletes across 2 week-long camps
- Students had a variety of disability diagnoses, including SCI, PTSD, TBI, and visual impairment



## Program Evaluation and Future Recommendations



- Provided NEDS staff with editable versions of all deliverables (itineraries, packing lists, local accessibility info, etc.), and Groups Information Organization spreadsheet for future use
- Consider feedback from participants about lodging accessibility
- Provide all deliverables in advance of arrival via email, as well as hard copies upon arrival
- Design programming that offers meaningful participation for all family members when possible

**References :**



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