Paddle ALL:
A Canoe Kayak Canada Initiative

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Paddle ALL
Why offer inclusive programs?

- To achieve optimal community participation and quality of life for individuals who have a disability.
(Dis) ability Overview

• The aim of this section is to introduce you to a variety of disabilities and considerations to support optimal participation in your Paddle All Program.
Paraplegia is an impairment in motor and/or sensory function of the lower extremities. It is usually the result of spinal cord injury or a congenital condition such as spina bifida which affects the neural elements of the spinal canal.

http://en.wikipedia.org/wiki/Paraplegia
(Dis) ability Overview: Spina Bifida

- **Spina bifida** (Latin: "split spine") is a developmental birth defect involving the neural tube: incomplete closure of the embryonic neural tube results in an incompletely formed spinal cord. In addition, the bones of the spine (vertebrae) overlying the open portion of the spinal cord do not fully form and remain unfused and open.

(Dis) ability Overview: Cerebral Palsy

- A permanent neurological disorder impacting muscle movement and coordination.
- The most common are a lack of muscle coordination when performing voluntary movements (ataxia); stiff or tight muscles and exaggerated reflexes (spasticity); walking with one foot or leg dragging; walking on the toes, a crouched gait, or a “scissored” gait; and muscle tone that is either too stiff or too floppy
(Dis)ability Overview: Limb Deficiency

- Limb deficiency can be defined simply as the loss of a part of a limb. It can be congenital (present at birth) or acquired. It can present as complete or partial loss.
- Upper Extremity
- Lower Extremity
- Complete/Partial
(Dis)ability Overview: Down Syndrome

- A chromosomal disorder characterized by a combination of major and minor differences in body structure. Often Down syndrome is associated with some impairment of cognitive ability and physical growth as well as facial appearance. It usually results in muscle hypotonia (poor muscle tone) and excessive joint laxity including atlanto-axial instability.

Autism spectrum disorders (ASDs) are a group of developmental disabilities defined by significant impairments in social interaction and communication and the presence of unusual behaviors and interests. Many people with ASDs also have unusual ways of learning, paying attention, or reacting to different sensations.

http://www.cdc.gov/ncbddd/autism/index.htm
(Dis)ability Overview: ADHD

- ADHD is a neurobehavioral disorder characterized by pervasive inattention and/or hyperactivity-impulsivity and resulting in significant functional impairment.

- http://www.cdc.gov/ncbddd/adhd/default.htm
Disability and Sport

- There is a shift to classifying by ability as opposed to a disability category. This will help reduce stereotypes of overgeneralizations and under-estimation. There is a greater focus on functional classification (Disability Sport, Karen P. DePauw, Susan J. Gavron)
Considerations

- Awareness of inclusive opportunities key for families
- Recreational and competitive options
- Site accessibility
- Adapted equipment
- Adequate support
- Funding support options
Family-Centred Approach

• Success is optimal when there is open communication with participant and primary caregiver if 18 years or younger.
Collaboration

- Draw on resources to optimize the success of the program.
Learning about your participant

- Families are introduced to an All About Me Book as a tool for introducing their child to teachers, recreation service providers, program assistants etc., focusing on the child and who they are as a person first.
Adapted Equipment
Adapted Equipment

- Velcro gloves help to hold grip in place on a paddle. As shown on bike (left hand). Only ever use on one hand.
Adapted Equipment

- Standard paddles can be easily adapted for paddlers with single-arm amputation or for the individual with hemiplegia due to a stroke or cerebral palsy. My-Grip® can assist paddlers with visual impairments in learning the proper grip and hand placement on the paddle. http://www.ncpad.org
Adapted Equipment

- For individuals with impaired grip, four pieces of bike tubing can be assembled with pull-ties and electrical tape to create an adapted hand grip. http://www.ncpad.org
Adapted Equipment

- VersaForm T pillows (pictured above) may be used to create a backrest or seat cushion for increased contact with the kayak and comfort for the participant. When the air is pumped out, the pillow conforms to an individual's body.

http://www.ncpad.org
Adapted Equipment

- Kawak Pedal Power Current Design Kayak
Funding Programs

• National:
  • President’s Choice Children’s Charities
  • True Sport
  • Paralympics Funding
  • Ronald MacDonald Charities
  • Rick Hansen Foundation
  • Canadian Tire Jumpstart
• http://www.ala.ca/content/home.asp
• The Active Living Alliance for Canadians with a Disability (ALACD) promotes, supports and enables Canadians with disabilities to lead active, healthy lives. We provide nationally coordinated leadership, support, encouragement, promotion and information that facilitates healthy, active living opportunities for Canadians of all abilities across all settings and environments.
Conclusion

Have FUN!