



Welcome to the 2017 FRPA Conference!

Learning Objectives

- Identify the impact their existing facilities has on the senior population and their needs.
- Identify the needs of various chronic conditions in regards to water utilization.
- Discuss changes to widen pool utilization by the senior population.

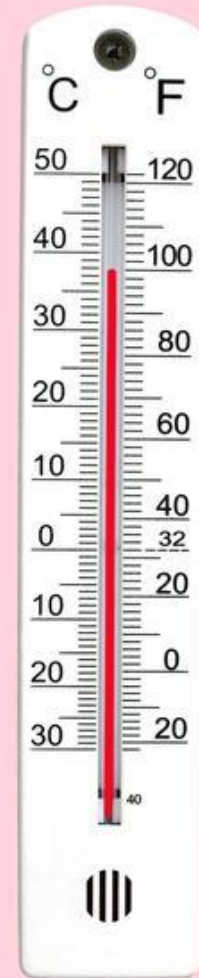


Existing Facilities

- Indoor/Outdoor
- Water Temperature
- Air Temperature
- Entry Access – Ramp, Water Wheelchair, Lift, Double Handlebar Stairs, Ladder
- Assistance
- Locker Room Facilities
- Parking Lot Access
- Current classes/programs offered

Water Temperature

- High Intensity Water Exercise
- Arthritis Water Exercise
- Aquatic Therapy
- Rehabilitation Exercises
- Water Walking
- Lap Swimming
- Competitive Swimming
- Ai Chi



Chronic Conditions and Water Needs

- Heart Issues
- High Blood Pressure
- Arthritis
- Cancer
- Knee Replacements
- Parkinson's
- Alzheimer's
- Diabetes
- Obesity

Entry Points to water

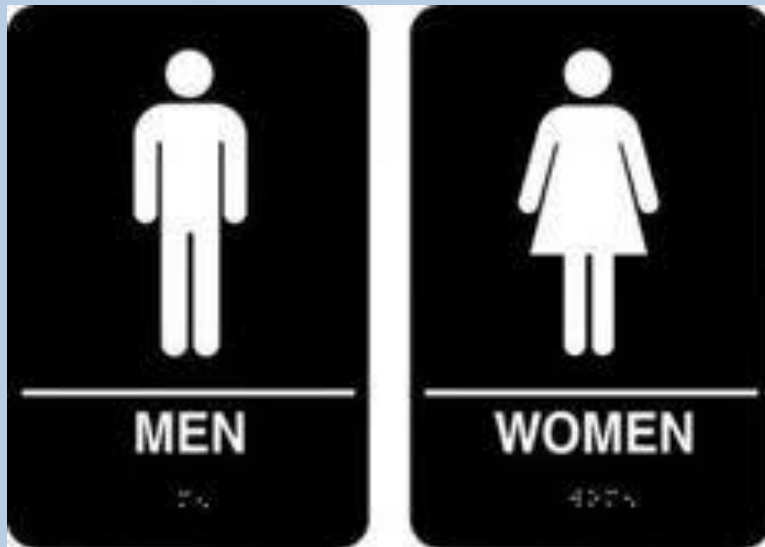


Physical Assistance

- What physical assistance do you provide?
- What physical assistance do they need to bring with them?
- Lifts/transfers
- Transport chair

Locker Room Facilities

- Handrails on walls leading to the pool
- Hand rails in accessible shower area
- Companion changing room area



Parking Lot/Entry to Facility

- Required Number [[§208](#)]
- Accessible parking spaces are required for each parking facility on a site, such as lots and garages. Requirements apply equally to public and employee or restricted parking. On sites with multiple parking facilities, the minimum number of accessible spaces must be calculated separately for each parking facility instead of on the combined total of parking spaces provided on the site. At least one of every 6 accessible spaces, or fraction of 6, in each parking facility must be sized to accommodate vans.

<https://www.access-board.gov/guidelines-and-standards/buildings-and-sites/about-the-ada-standards/guide-to-the-ada-standards/chapter-5-parking>

Suggested Changes to Widen Utilization

- Arthritis Water Exercise – Evidence Based Class
- SilverSplash Program
- Ai Chi
- Aquatic Therapy
- Water Stretch Style Classes
- Evidenced Based Water Balance Classes



My World

Therapeutic Recreation Services, LLC

Dawn Lewellyn, CTRS, ATRIC, WSI, AAI, USWFA,
AEA, Back Hab

727-641-5778

P.O. Box 7606

Clearwater, Fl. 33758

dawn@myworldtrs.com

www.myworldtrs.com





For more information about the Florida Recreation and Park Association visit www.frpa.org.