



WELCOME TO
THE 2019 FRPA
CONFERENCE!



Thanks for choosing
the “Hands On!”
Session

FRPA 2019



Speakers

- **Rafael T. Abreu, Jr.** – Assistant Program Coordinator for the City of Miami, Parks and Recreation’s Disabilities Division
- **Yeu Ming Guan, WSI** – Program Assistant for the City of Miami, Parks and Recreation’s Disabilities Division



LEARNING OBJECTIVES

- Discuss how to approach a person with a physical disability
- State concepts for best practices used for adaptive sports programming and facilitation
- Demonstrate safe transfers and the physical handling persons with disabilities in an adaptive sport



In the Beginning....



The Disabilities Division began offering The Hand Cycling Program by collaborating with Jackson Memorial Hospital's Spinal Cord Injury (SCI), Traumatic Brain Injury (TBI) unit in 2007, The Miami Dade County Parks Leisure Access as well as the local Veteran Affairs. We also offered this program to schools and our own division's participants as well.

Benefits of Collaboration

1. We designed a program for a deserving audience, the organization helps promote what we have to offer the community
2. The Organizations have resources and can assist without the expense of the equipment, parks permit and other related expenses
3. "We're better together" ☺



Benefits of a Hand Cycling Program

- **Strength & Endurance Training**
 - Builds upper body strength and stamina
- **Collaboration with local agency**
 - Brings a diversification of expertise
 - Participate in Races, Paralympics, local Marathons
 - Help Participants become eligible for the Challenged Athletes Foundation Grant (C.A.F.)
- **Service Diversification**
 - You're offering services to a wider audience
 - You can engage more organizations
- **Community Engagement**
 - Families can all participate
 - Session integration
 - Events : Shark Valley (Everglades)



Types of Hand Cycles



- Upright
 - Easier Transfer and Use over all
 - Less expensive
 - Lower cost of maintenance



- Recumbent
 - Lower to ground
 - FASTER! (More gears, sleek design and higher performance)
 - Used for racing and higher demand sporting events
 - Harder transfer from Standard Chair
 - \$ More expensive\$
 - Sponsored by C.A.F.



Approaching the participant

- Always address the person directly
 - Use person first language
- Conduct an informal / non clinical, conversational assessment
- Don't assume to know anything about their condition or status
- Ask them what help they would like or need
- Discuss the goal(s) for the day's training session
- Get a sense for their affect
- Be positive and encourage participation
- Reinforce safety measures
- Respect the chair and any other assistive devices
- Let them know what the next step is before it happens...



Things to consider before the session....

- Physical Preparation
 - Stretch VS Warm Up
- Personal Care
 - Nutrition & Hydration
 - Personal Care Needs
 - Medication
- Environment (Weather, Accessibility)
- Affect (How's the person doing overall?)
- Anything Else?!
 - Proper Documentation
 - Safety



Transfers

- Lateral VS Inclined
 - Lateral = Same level
 - Example: Standard Chair to an upright handcycle
 - Inclined = Different Levels
 - Example: Standing to any chair or a standard chair to
- Assistive devices
 - Transfer Board & Grip Belt
 - Crane
 - People!
- Safety Measures:
 - Need to ensure that the person will NOT FALL!
 - Places to secure
 - Under Arms
 - Legs
 - Types of transfer assistance
 - Minimal = Stand By / Spot the person
 - Medium = Minimum effort by staff (move legs, etc.)
 - Maximum = Full carry of weight and shifting of legs. Will require several people



HANDS ON

- Break into groups
- Role Play
 - Practice the following
 - Initial Greeting
 - Informal Assessment
 - Decide the following
 - Who will be transferred?
 - What kind of transfer assistance is needed
 - Minimal, Medium or Maximum
- Be SAFE and HAVE FUN!!



Thank You for attending our Session! We hope you had fun, learned some cool facts enjoy the rest of the FRPA Conference.






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