

APAS Presentation Outline

Introductions

Andrew Galster

- Program Manager @ ESCH
- 10 years outdoor recreation (camp) experience. At ESCH for 5 years.
- Designed and implemented several programs (LEAD, LEAP, Home, KanAd, Px)

Goal of Easter Seals Camp Horizon is to provide outdoor adventure experiences to everyone, regardless of ability.

Outdoor Adventure Recreation Can Be Difficult to Access

A disability exists within the societal and environmental constructs that a person lives in.

- Environmental
 - Examples?
- Societal
 - Examples?
 - Lack of willingness
 - It sometimes takes more planning, more effort, more exertion.
 - It will almost always take more time.
 - Lack of imagination
 - Limit a person before giving it a try. "How could they possibly ____? They can't even ____."
 - Haven't been exposed; so don't know what's out there.

Everyone deserves to be able to access the emotional, physical, spiritual benefits of being outdoors. But it can be difficult.

- Venue
 - Terrain
 - Often the 1st limiting factor. Many basic trails & locations are inaccessible to wheelchairs. (esp. Power chairs) Roots, rocks, bumps.
 - Paved is good, but sometimes limiting. (Peter Lougheed and Fish Creek being great exceptions)
 - Amenities
 - Power – wheelchairs, CPAP, GI / food pumps
 - Toilets – accessible outhouses ...you can get creative!
- Personnel
 - Often need more people.
 - Need trained people. Experience with: needs, environment, equipment
- Equipment
 - Often expensive (cost prohibitive)
 - Often bulky (transport prohibitive)

Removing Barriers

Venue Can Remove Barriers

- Our partner, Alberta Parks
 - Accessibility audit
 - Working with Inclusion Coordinator to improve paths

Training Can Remove Barriers

- Knowing basic care skills (personal care, lifts and transfers)
- Knowing basic technical skills (planning,)
- Knowing specific equipment skills
 - Setup, fitting, using
 - Repairs, troubleshooting, readjusting fit on the fly
- Knowing enough to make it up
 - Sometimes you need to get creative
 - Need to still be safe

Equipment Can Remove Barriers

- Can open up new venues. (terrain & amenities)
- Can reduce # of people needed.
- Important principles of accessible equipment
 - Each person's desires are unique.
 - Where do they want to go?
 - What do they want to do?
 - When do they want to do it?
 - Each person's needs are unique.
 - Mobility, weight bearing, upper body support, strength.
 - Comfort: fitting and sitting (chafing, pressure sores, cramps)
 - Each piece of equipment is unique.
 - Designed for specific scenarios.
 - Designed for specific abilities and desires.
 - Participant guided / controlled
 - Must maximize participant's ability to control direction, speed, destination

Really, You Need Both Equipment and Training

- Equipment without training
 - Discomfort, difficulty, dangerous, dilapidated
- Training without equipment
 - Going nowhere

Andrew Galster
Program Manager @ ESCH

Our goal is to provide outdoor adventure experiences to everyone, regardless of ability.

- Summer, we run overnight camps for
- children and adults living with physical, cognitive, medical needs
- Rest of year, OE programs
- school groups, retreats, scouts...
 - allow students with differing abilities to access the same activities as their peers
 - revenue to subsidize summer

Over my 6 years, designed & implemented several programs to meet that goal.

Working on:
Duke of Edinburgh
Equipment Rentals

KanAd

Taking adults w/ cognitive needs to do high adventure activities (rafting, backcountry hiking)

LEAP

Leadership and advocacy for physical and mild cognitive needs

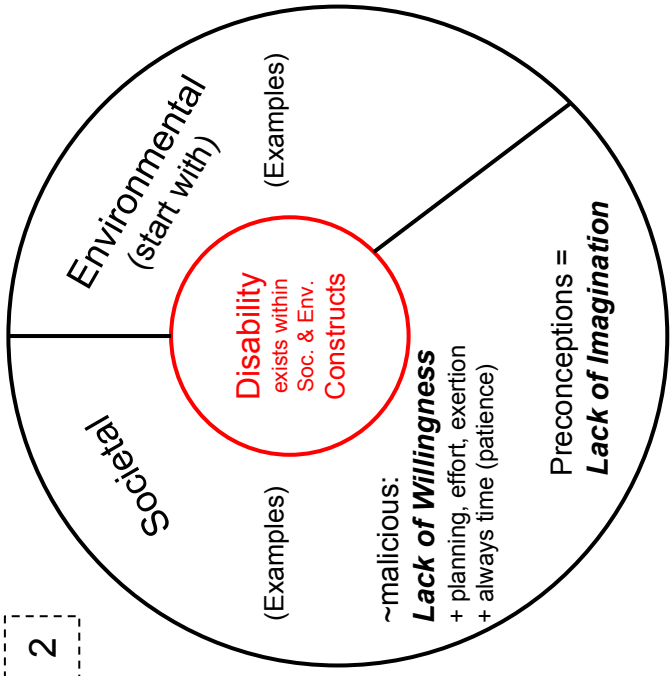
LEAD

Typical teens to learn to work with special needs populations

HOME

Assisted mentor program. Help those living with physical and cognitive disabilities be able to volunteer in our camp setting.

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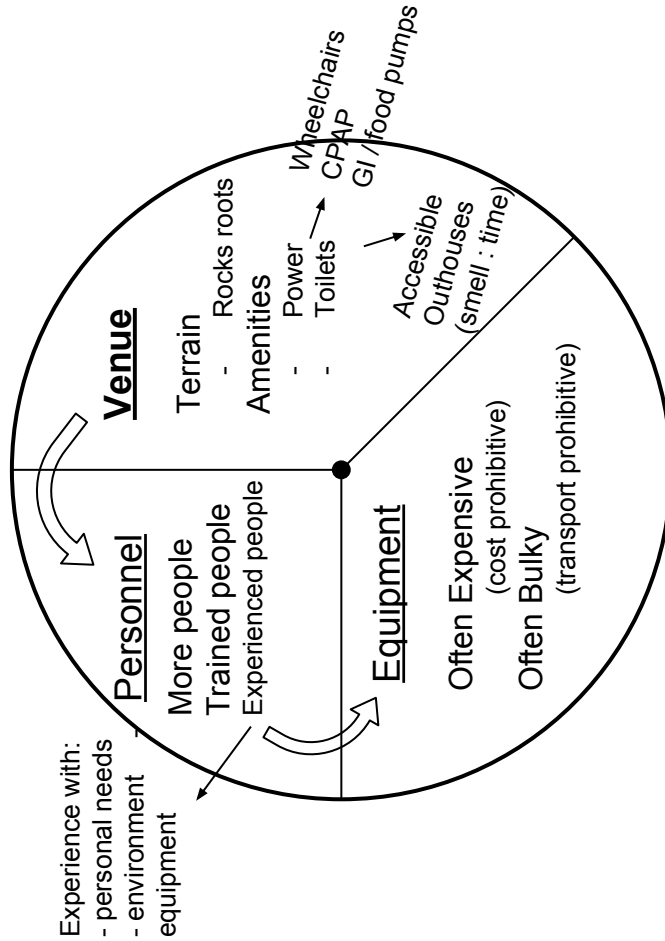


"How could they ____ when they can't even ____?"
(Limit before trying)

Lack of exposure (Don't know what's out there)

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Everyone deserves access to the emotional, physical, social, spiritual benefits



Experience with:
- personal needs
- environment
- equipment

Training

Basic care

- lifts, transfers, etc
- Technical skills
- planning, group man., outdoor skills

Equipment

- setup, fitting, using
- repairs, troubleshooting, re-adjusting fit on the fly

Knowing enough to make it up

- need to get creative
- yet keep it safe

Venue

AB Parks
Accessibility Audit

Removing Barriers

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Equipment

Can open up new venues
Reduce # people needed

Principles of Adaptive Equipment

Desires are unique

- Where do they want to go?
- What do they want to do?
- When do they want to do it?

Needs are unique

- Mobility, weight bear, body support, strength
- Comfort: fitting and sitting (chafing, pressure sores, cramps)

Equipment is unique

- Designed for specific scenarios
- Designed for specific abilities and desires

Participant Guided / Controlled

- Maximize ability for direction, speed, destination

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Equipment w/o training = discomfort, difficulty, dangerous, dilapidated
Training w/o equipment = going nowhere