



CAIP Innovative Attitude Change Project Proposal - Advancing Access and Inclusion

<p>Project Title: The Power of Sport, Recreation and Physical Activity in the Rehabilitation Process- Bridging the Gap Between Hospital and Home</p>
<p>Submitted by: Alicia Tyson</p>
<p>Sector Targeted for Attitude Change: <input checked="" type="checkbox"/> Employers- Medical/Health Professionals <input type="checkbox"/> Youth (preschool – Grade 12), <input checked="" type="checkbox"/> Community (geographic community or community of interest)</p>
<p>Specific Audience To Be Reached:</p> <ol style="list-style-type: none"> 1. Health care providers 2. Health professionals, rehab teams and students in the field 3. Key Influencers - government policy and decision makers, health care administrators, physicians, therapeutic recreation professors 4. Patients and their families 5. Community-at-large
<p>Specific Attitude To Be Established:</p> <ol style="list-style-type: none"> 1. To dispel the belief that therapeutic recreation is a non-essential or “extra” health care service AND to create an attitude where sport, recreation and physical activity are recognized as integral to optimal rehabilitation and recovery. 2. To dispel the assumption of limitations in sport, recreation and physical activity for Canadians with a disability AND to create an attitude that Canadians of all abilities can achieve quality of life and optimal health through sport, recreation and physical activity. 3. To eliminate the attitude that sport, recreation and physical activity are exclusive lifestyle luxuries AND to create a supportive physical and social environment where participation in sport, recreation and physical activity is valued as priority for quality of life and optimal health in Canadian culture.
<p>Geographic Reach:</p> <ul style="list-style-type: none"> • National Scope
<p>Project Description Summary: “Promoting healthier Canadians through sport and recreation and to ensure greater accessibility and opportunities for Canadians with disabilities”</p> <p>In the Hospital: Scale an existing program – “Changing Minds Changing Lives” to increase awareness and education about the importance of sport, recreation and physical activity for optimal rehabilitation and recovery.</p> <p>This will establish partnerships between hospitals and university/college therapeutic recreation programs to create education and employment opportunities for students and build the foundation for comprehensive rehabilitation and recovery services for patients.</p>

Physicians, nurses, occupational therapists and physical therapists in the hospital setting will be equipped to initiate the conversation about the benefits of sport, recreation and physical activity and collaborate with therapeutic recreation professionals to introduce patients to initial movements and rehab exercises while in their care.

Hospital to Rehabilitation:

Early introduction in the hospital and continuation of therapeutic recreation as part of a comprehensive rehabilitation program will eliminate limiting beliefs caregivers, patients and families may have about inclusion of individuals with a disability in sport, recreation and physical activity.

This will also facilitate active participation by the patient in the recovery process enhancing rehabilitation, increasing confidence and creating a sense of accomplishment.

Rehabilitation to Home:

Involvement in therapeutic recreation in the hospital and in rehabilitation programs will help bridge the gap between institutional care and the transition to assisted and independent living. The increased knowledge, skills and community connections developed through therapeutic recreation will increase the possibility of continued participation in sport, recreation and physical activity at home.

Sustained participation in sport, recreation and physical activity post hospital care and rehabilitation programs will reduce the possibility of health complications, improve recovery and support patients to restore and maintain independence. This will increase the possibility the individual will be "Active for Life" and in turn directly reduce the economic burden of physical inactivity on the Canadian health care system.

Project Outcomes:

To "ensure the Canadian sport (recreation and physical activity) system provides all Canadians with a chance to get involved"

Benefits to the System

- To create a culture of inclusion regarding sport, recreation and physical activity for all Canadians
- To establish therapeutic recreation as essential, integral and viable to the rehabilitation continuum
- To reduce the economic burden of physical inactivity on the Canadian health care system
- To make sport, recreation and physical activity accessible to Canadians of all abilities
- To promote quality of life and optimal health through sport, recreation and physical activity for Canadians of all abilities

Benefits For the Individual

- To provide the physical, psychological and social benefits attributed to sport, recreation and physical activity in the rehabilitation and recovery process
- To increase successful transition from hospital to rehab to home
- To dispel the idea that a disability is a barrier to participation in sport, recreation and physical activity
- To reduce the possibility of health complications and improve recovery
- To increase patient participation in the recovery and rehabilitation process
- To promote a national culture of inclusion regarding sport, recreation and physical activity
- To support an active lifestyle to increase quality of life and optimal health

Project Lead and Partners:

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Canadian Access
and Inclusion Project

Projet canadien sur
l'accès et l'inclusion

- West Park Healthcare Centre
- Spinal Cord Injury Ontario
- Prospect
- Spinal Cord Injury Alberta
- Ontario Accessible Recreation and Sport
- Active Living Alliance for Canadians with a Disability
- Provincial Therapeutic Recreation Associations
- Canadian Therapeutic Recreation Association
- Hospitals
- Rehabilitation Clinics
- Provincial Parasport Organizations
- Canadian Paralympic Committee
- Local Adaptive Sport Organizations
- Municipal Recreation Centres
- Parks and Recreation Associations