

Supporting Inclusive Fitness Practices in Our Community: A Needs Assessment

Presenters: Samantha Ross & Jonathan Jensen

Research Team: Kathy McCarty, Bridgette Schram, & Jennifer Beamer

IMPACT for Life partners with community organizations to promote the inclusion in fitness programs.



20-25 adults with disabilities



2 hours per week each



8 community fitness or sport programs





Program Stakeholders

- Community partner programs
- Adults with disabilities
- University student volunteers

”

I am involved in IMPACT for Life because it is important for me to get exercise and keep myself fit even though I have a disability.

I want to be in the community and do exercises so people see that I can do the same type of stretches and use exercise equipment like they do.

- Jonathan Jensen, *IMPACT for Life Participant and Program Advocate*

Needs Assessment



Survey



Interviews



Stakeholder
workshop

GOALS:

How is our partnership going?

How can we better support adults with disabilities in community activity programs?

What we learned...

Shared value of inclusion

Disability awareness/comfort

Recognized benefits of inclusion

Need for improved communication

Inclusive fitness training & Knowledge sharing

Inclusive Fitness Training

- Modification & adaptations
- Inclusive strategies
- Disability awareness
- Goal-setting
- Self-advocacy



COLLEGE OF PUBLIC HEALTH AND HUMAN SCIENCES

IMPACT



For Life



This project was supported, in part, by funds from a 2018-19 Community Engagement Grant awarded from Oregon Health and Science University Center for Excellence in Developmental Disabilities (OHSU-UCEDD) and the Community Partners Council.

Thank you AUCD for travel support.