



Advocating for the Role of Occupational Therapy in Adaptive Sports through Program Evaluation

Morgan Howe, OTS
 Faculty Mentor: Danielle Friberg, OTD, OTR/L
 Site Mentor: Eileen May-West, Program Director



Description of Site

- 501(c)(3) non-profit organization
- provides affordable year-round recreational and adaptive sport opportunities to children, adults, older adults, and veterans with varying abilities

Summary of Needs

- Quantitative data supporting adaptive sports programs
- Understanding barriers related to leisure participation
- The need for an OT perspective in adaptive sports

Literature Review

- **Benefits to Adaptive Sports Programs**
 - Improved self-efficacy, self esteem, sense of belonging, increased social participation, positive perception of society (Côté-Leclerc, F., et al., 2017)
 - Functional independence (Kawanishi, C. Y., & Greguol, M. (2013)
 - Increased physical well-being, confidence, positive social relationships, improved self-efficacy and identity (Lape,E.C., et al, 2018)
- **Community Integration**
 - Therapeutic recreation, particularly of a social and/or physical nature, helps facilitate community reintegration as well as promote overall health and well-being, increase quality of life, and decreases the likelihood of secondary disabilities and conditions (Stumbo, N.J., et al., 2015)
- **Program Evaluation**
 - Healthcare professional are in a unique position to lead and contribute to program evaluations (Adams, J., Neville, S., 2020)
- **OT in Community settings**
 - OTs advocate for clients, populations, and services as well as explore feasible approaches to address health issues within the community (Doll, J. D., 2010)

Learning Objectives

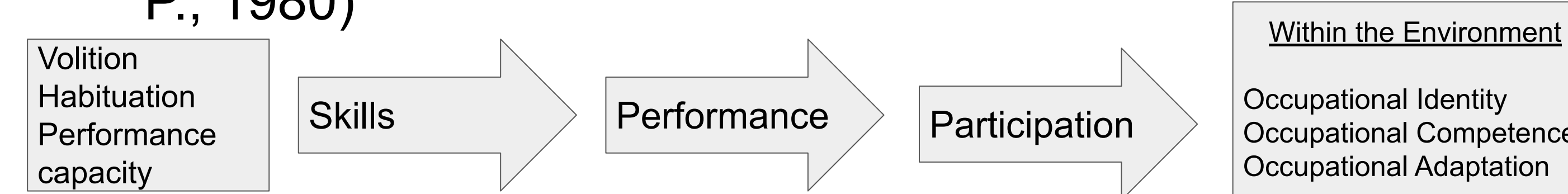
1. Complete a program evaluation of WAS
2. Provide program recommendations for future program development
3. Advocate for community-based leisure programs through outreach

Summary of Deliverables

- Executive summary of program evaluation
- Program recommendations for future development

Guiding Theoretical Framework

- **Model of Human Occupation** (Kielhofner, G., & Burke, J. P., 1980)



- **Easy Evaluation Framework** (Adams, J., Neville, S., 2020)



Project Description

- Complete a program evaluation aimed to determine the effectiveness of Wasatch Adaptive Sports (WAS) programs and internal operations of the organization
- Utilize WAS' Student Outcome Measure to determine how programs are impacting their students self-efficacy and engagement, as well as to understand barriers to participation
- Develop, administer, and analyze quantitative and qualitative data to complete rubric and gather information on organizational processes and program outcomes
- Created an evaluation rubric with a range of performance standards to determine effectiveness of WAS in a variety of categories.
- Provide recommendations for future programs development
- Advocate for community-based leisure programs and the role of occupational therapy in adaptive sports



Evaluation Methods

- Participants
 - WAS students, instructors, and volunteers
- Quantitative Data
 - Student Outcome Measure
 - Instructor Questionnaire
 - Volunteer Questionnaire
- Qualitative Data
 - Semi-structured students interviews
 - Observation and participation by OT student
 - Self-reporting from staff

Evaluation Outcomes

Rubric Results

	Excellent	Good	Fair	Poor
Organization	✓	✓	✓	
Communication	✓	✓	✓	
Instructor Training	✓	✓	✓	
Knowledge & Continuing Ed	✓		✓	
Work Environment	✓			
Volunteer Training/Engagement	✓	✓		
Website/Social Media	✓			
Community Partners/Outreach	✓			
Impact of Program	✓			

Barriers to Participation

- Lack of personal time
- Cost of WAS programs
- Lack of support/companion
- Physical condition
- Risk of COVID-19 exposure

Student Interviews Themes

- Physical & mental health benefits
 - Strength, endurance, balance
 - Self-esteem
- Increased engagement in occupations
 - Independence in daily tasks
 - Fostered social engagement
 - Improved role-identity
- Improved self-efficacy and confidence

Program Recommendations

- Improve preseason training for instructors & volunteers
- Create a central library of diagnosis information for instructors
- Implement continuing education courses for instructors
- Provide support groups and group participation for students
- Provide information on access to equipment & location of WAS
- Continue outreach with acute/inpatient rehab patients
- Improve volunteer signup and engagement
- Update website to promote standout aspects of WAS
- Improve organizational communication procedures

Interpretation & Implication

- WAS programs have a positive impact on their student's self-efficacy and engagement in leisure activities, as well as other aspects of their lives
- OTs understand models of practice/frames of reference, task analysis, diagnosis information, the therapeutic effect of occupations, and can apply critical thinking skills to community-based programs and populations
- There is a need for additional quantitative research on the benefits of adaptive sport programs
- OTs have the opportunity to play a powerful role in adaptive sports, community organizations, and program evaluations

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References

Available upon request