Adapting Recreation to Increase Quality of Life

NAU
NORTHERN ARIZONA UNIVERSITY
Institute for Human Development

NAASA
Northern Arizona Adaptive Sports Association

Access Attitude IHD Inclusion

Who am I? How did the program Start?

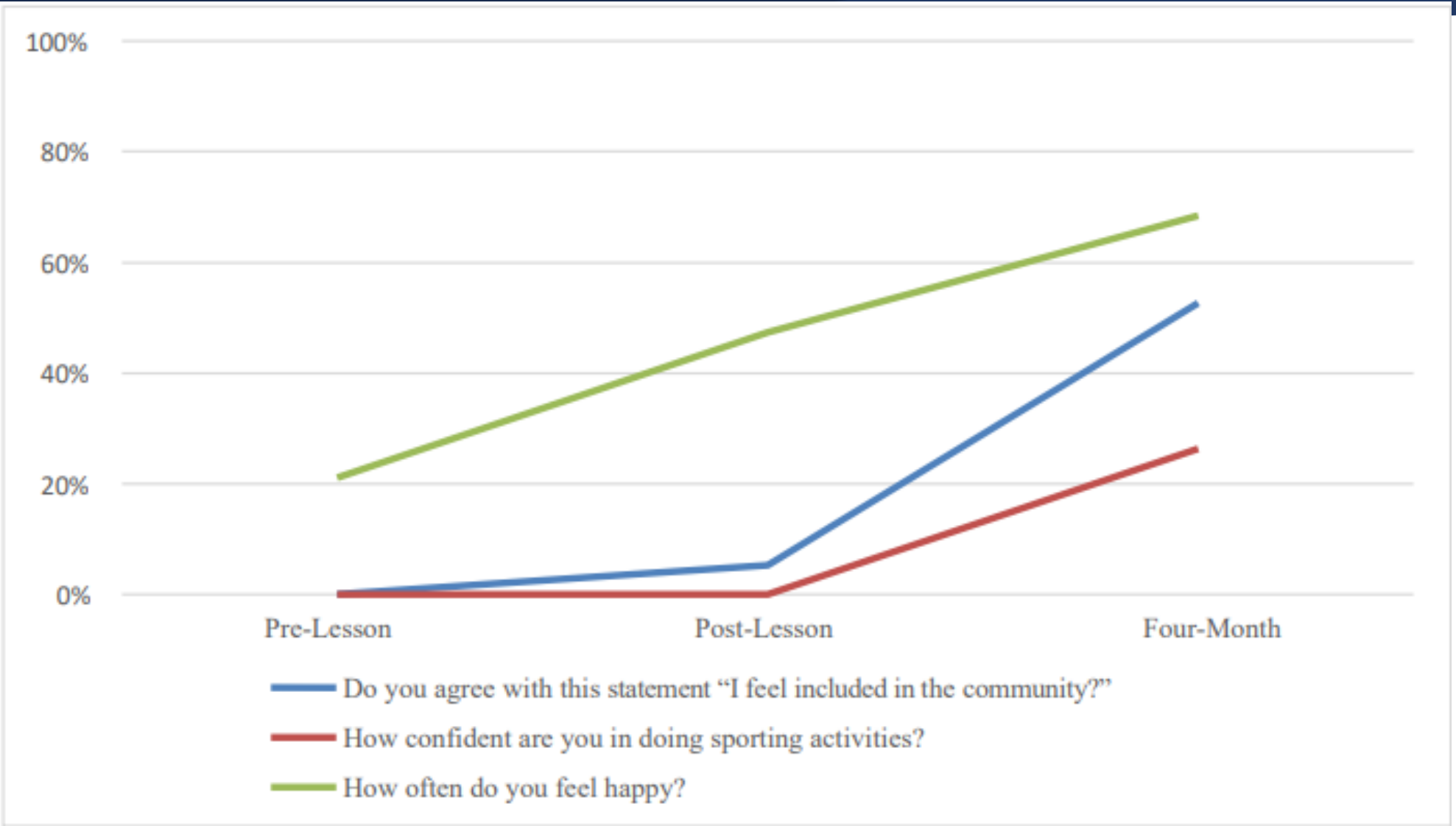
A unique Partnership between IHD and NAASA

- Volunteer Program
- Grant writing
- Funding Opportunities with ADDPC

ADDPC Funding

- Purchase Equipment
- Train Staff Members
- Evaluate Students – Quality of Life Indicators

Quality of Life indicators



Second year ADDPC Funding

- Ski program very successful
- Covid 19
- Additional Funding
- Current activities

Expansion into Summer Activities

- Hiking and Kayaking
- Liability Insurance
- Permissions, Permits
- Without supports from AZSB needed WFR, CPR, First Aid, Etc.

Success!

- Program is going well
- Numbers so far
- Networks created with local organizations - Quality Connections and SIP-C!

IHD Invests in Flagstaff Community

- Inclusive Recreation Expansion
- Grant proposals for Mountain Biking, Rock Climbing
- Connecting community organizations
- Connecting IHD with Flagstaff
- Making Northern Arizona more Accessible

Why?

Inclusive Recreation creates healthier communities and increases quality of life for people with disabilities. This is just the beginning!

Student Successes: Riley Murphey

Barriers / Conclusion

- Quality of life indicators can be difficult to measure
- Covid 19 – Hindsight is 20/20!
- Forest Closures
- Please contact us with ideas!

What questions do you have?