

Accessibility of Parks and Recreation Facilities for People with Intellectual and Developmental Disabilities. Case Study: Albuquerque.

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April 26th, 2019



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DEVELOPMENT
& DISABILITY

Problem framing:

Increasing number of people with disabilities.

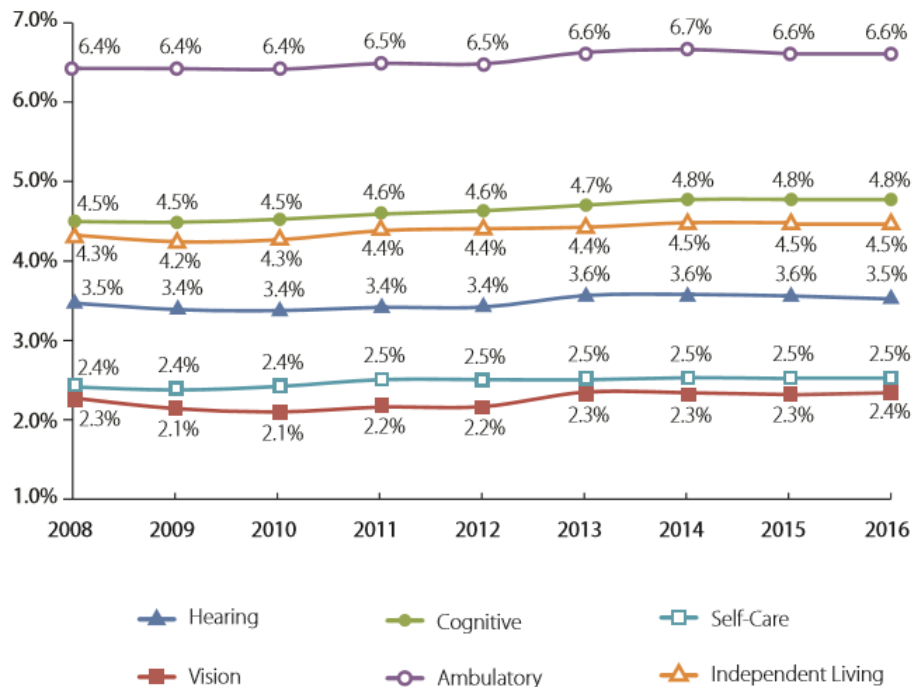
(University of New Hampshire, 2017).

“Low physical activity becomes a serious concern... especially because of aging and low mobility life style” (Rimmer, 2005).

Accessibility of recreation areas.

People with Disabilities by type and year, 2008-2016

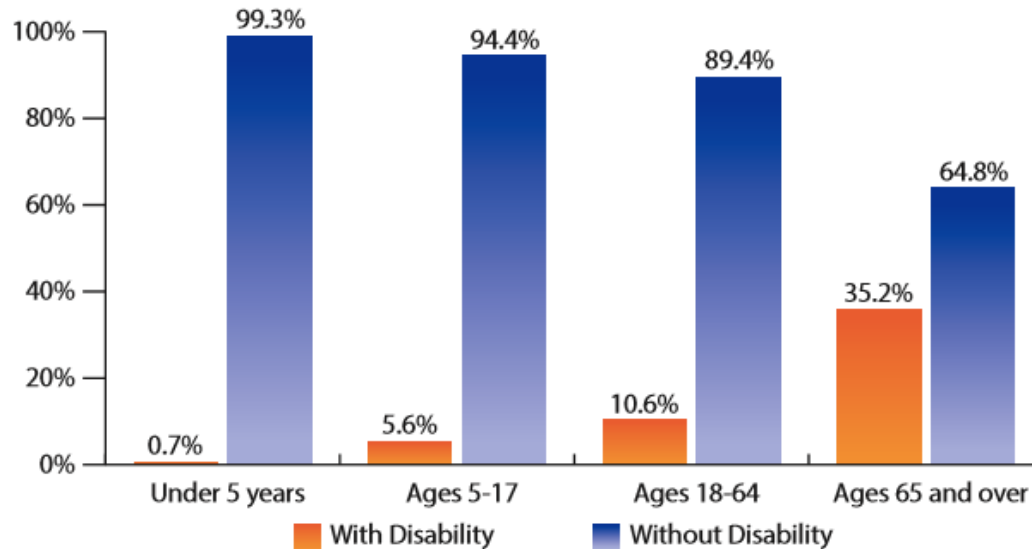
FIG 9. People with Disabilities, by Type and Year, 2008-2016



Source: https://disabilitycompendium.org/sites/default/files/user-uploads/2017_AnnualReport_2017_FINAL.pdf
 Institute on Disability/UCED,
 University of New Hampshire

Age Distribution of Disability, 2016

FIG 3. Age Distribution of Disability in the US Population, 2016



Source:
https://disabilitycompendium.org/sites/default/files/user-uploads/2017_AnnualReport_2017_FINAL.pdf
Institute on Disability/UCED,
University of New Hampshire

Research questions are:

*What does **accessibility** mean for people with intellectual and developmental disabilities (IDD)? Are all urban parks and recreation facilities accessible?*

Sub question: *What are the benefits of recreation for people with IDD?*

Methods:

Literature review and analysis

Case-study: Albuquerque

What is Accessibility ?



Accessibility: US Access Board, National Parks Service, US Department of the Interior

- Accessible Routes
- Pedestrian Trails
- Outdoor Recreation Access Routes

“Conceptual Model of Accessibility” by Yalon-Chamovitz (2009)

- **Accessibility** is the “ability to reach a place, move and navigate in it, use and enjoy a service, receive information, and take part in programs and activities, all in an equal, respectable, independent, and safe manner” (cited in Yalon-Chamovitz, 2009, p.395).

“Conceptual Model of Accessibility” by Yalon - Chamovitz (2009)

Main points:

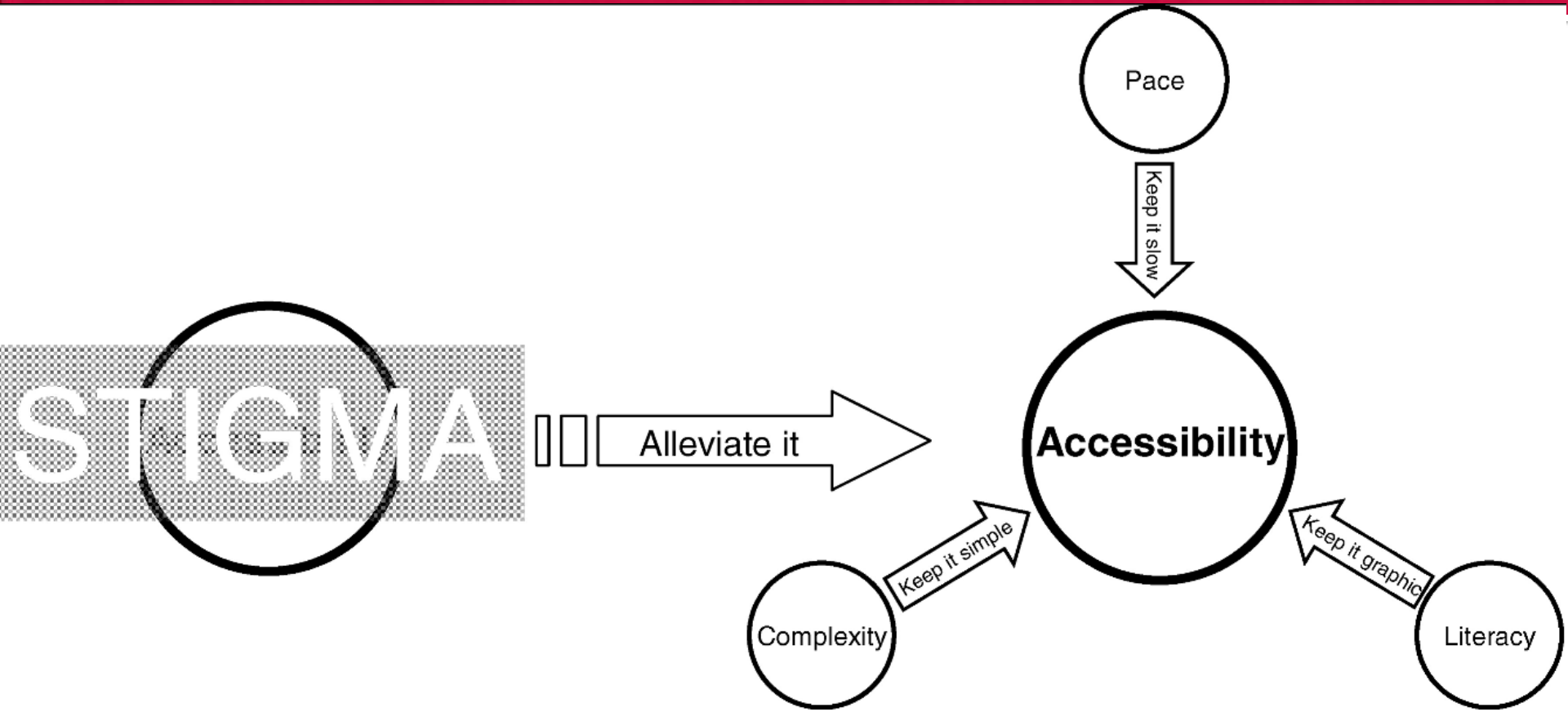
Accessibility for people with IDD includes:

Pace – “keep it slow”

Literacy – “keep it graphic”

Complexity – “keep it simple”

“Conceptual Model of Accessibility” by Yalon - Chamovitz (2009)





Meg's visual aids:
using pictures as
communication.

Thank you Meg!



Accessibility: City of Albuquerque

- **City of Albuquerque Parks and Recreation Department** “welcomes people with disabilities to enjoy parks, open spaces, trails, aquatics, golf, sports, and our other programs and services” (2019).
- **Programs:** *Adaptive aquatics with APS, Wednesday Wheel Around (Wheelchair tennis at Jerry Cline Tennis Facility), Warrior Sports Program, Esperanza Bike Safety Program* (City of Albuquerque, 2019).

Interviews

Representative from the City of
Albuquerque Parks and Recreation
Department.
Recreation facilities in the city.





Source:
<https://www.cabq.gov/parksand-recreation/accessible-city-park-recreation-facilities>

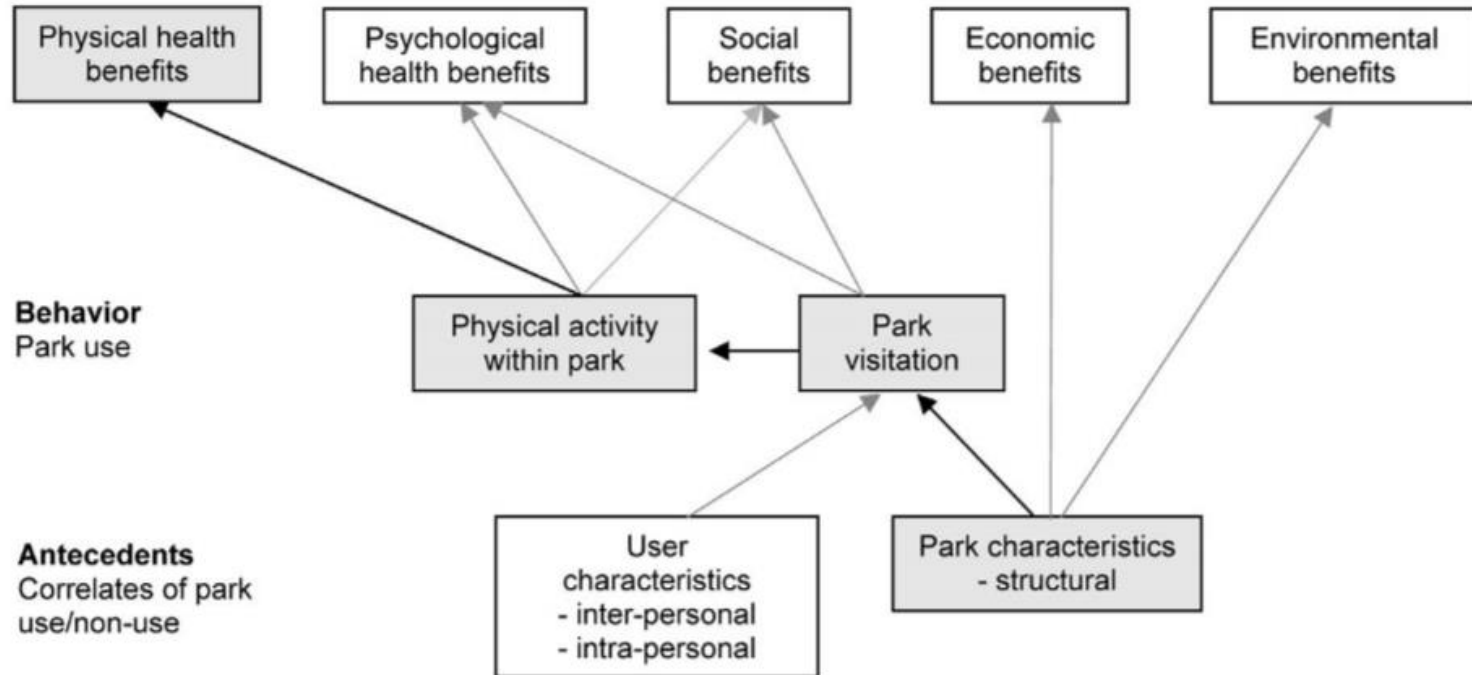
Benefits of Recreation

- Self-confidence, “physical, intellectual, emotional, and social functioning”, communication opportunities increase (Bullock et al., p.167).
- Hawkins (1993) found that leisure activities and life satisfaction are significantly related in later life for older people with IDD (as cited in Bullock et al, p.182).

Conceptual Model: “Role of Parks in Public Health” by Bedimo - Rung, Mowen, and Cohen (2005)

Outcomes

Benefits of parks and park usage



Sensory Garden, Shoreham, Suffolk County, New York

Park created to engage senses for people with IDD.

- Touch
- Sight
- Smell
- Sound
- Taste

(Hampton,2017).

Cost : \$315,000 to build.

There are similar parks in England, Germany, Brazil as well.



Source: (Hampton, 2017)

City of Albuquerque

- UNM CDD: “*Accessible Recreation Options for Children and Adults with Disabilities*” in Albuquerque (2017).
- *Therapeutic Recreation*: “art, leisure education, performing arts, gross motor activities, and games” (City of Albuquerque, 2018).
- ASD Swim Program at JCC: “communication and sensory needs of children on the autism spectrum” (NM Adaptive programs, n. d.).
- Sunshine Ambassadors, Special Olympics NM, Adaptive Kayaking, Summer Camps, etc. (NM Adaptive programs, n.d.).
- A Park Above, Rio Rancho.

“Person-Centered Approach”

- Recreation programs
- Park visits, bird watching, etc.
- Creation of accessibility evaluation teams for the recreation facilities
- Transportation
- Cost
- Training of staff

(Bullock et al, 2010)

Recommendations on Accessibility Improvements

1. Collaboration: CDD – Parks and Recreation Department – Disability Community - self-advocates to define accessibility for all.
2. Create accessibility assessment teams.
3. Possible new legislation on accessibility?
4. Creation/adaptation of recreation programs by using Yalon – Chamovitz and Bedimo - Rung et al.'s models.
5. Creation of parks with elements of sensory gardens for all ages.
6. “School to Work Transition Guide” (UNM, CDD):
 - a) add one page list of recreation programs to the Resources page.

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