

Life-Long Fitness Promotion, Recreational Opportunities-Social Interaction for the Visual Impaired Learner

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Abstract : This poster will detail a family oriented event which introduced individuals with visual impairments and individuals with secondary disabilities to social interaction and helped promote life-long fitness and recreational skills. Purpose: The poster will detail a workshop conducted for individuals with visual impairments, individuals with secondary disabilities and their families. Methods: Families from all over the South Texas were invited through schools and different non-profit organizations and came together for a day full recreational games in an effort to promote life-long fitness, recreational opportunities as well as social interactions. Some of the activities that participants and their families participated in were tennis, dance, swimming, baseball, etc. all activities were developed to engage the learner with visual impairments as well as secondary disabilities. Implications: This workshop was done in collaboration with different non-profit institutions to create awareness and provide opportunities for physical fitness, social interaction, and life-long fitness skills associated with the activities presented. The workshop provided collaboration amongst different entities and novel ideas to create opportunities for a typically underserved population.

Keywords : engagement, awareness, underserved population, inclusion, collaboration

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