

## RECREATION AND LEISURE

Recreation and leisure activities can present challenges for many people with disabilities. There is, however, a range of specialised or adaptive equipment which can assist people to independently enjoy a wide range of activities. For information on Gardening see Fact Sheets "Garden Ergonomics", "Problem Solving for Gardeners" and "Tools for Easier Gardening" or talk to your Occupational Therapist.



### SEATED LEISURE ACTIVITIES

Aids and adaptations in this area are designed to assist the person with vision or physical disabilities. For physical difficulties examples include alternate methods of holding the items, extra large sizes, lightweight pieces, reachers, pushers, alternate methods of accessing computers and page turners.

For vision difficulties examples include large print, Braille embossing, textured equipment, recessed boards and mats to stop pieces sliding around, and auditory feedback.



### WATER SPORTS

*Fishing* – adaptations are available to assist in holding the rod, baiting the hook, casting and reeling in, removing the hook and cleaning the fish.

*Swimming* – a range of commercial assistive devices are available to improve buoyancy, providing access to a pool or the beach, and to move along in the water.

*Scuba Diving* – a range of commercial assistive devices are available to improve vision underwater and improve buoyancy, and specially modified prostheses can also be used for the lower limb.



*Boating* – hoist systems are available to enable access to the boat, modifications to the craft can be made in relation to seating and movement about the boat, modified gloves can be used to grasp paddles, and the use of a sighted guide if there is a vision impairment.

*Water Skiing* – adapted equipment (boards, slings to assist one armed use) is used to enable sitting, standing and provide greater stability.



### INDOOR/OUTDOOR GAMES

*Lawn bowls* – a portable ramp may be needed to access the green, a bowl lifter to eliminate bending, a bowling arm or bowler's aid to enable a person to pick up and deliver the bowl or jack.

*Ten Pin Bowling* – devices are available to assist with carrying and/or delivering the bowl. Examples are bowling ramps, bowling pushing sticks, bowl carrier mounted on a wheelchair and sprung handled bowl.

*Table Tennis* – cuffs or mitts provide assistance with grasp of the bat, and a ball retriever is available to pick balls up off the floor.

*Billiards/Snooker* – commercially available cue holders help to compensate for one arm use or upper limb weakness, a palmar pocket can be used in the hand to hold the cue.





### ACTIVE SPORTS

In this area equipment and techniques can be modified.

*Cricket* – lightweight equipment, gloves attached to the bat.

*Golf* – golf buggies, stabiliser golf glove, playing in sitting

*Tennis* – use of a rebounder net for practice, wheelchair tennis, various devices to assist with holding the racquet.

*Cycling* – modified cycles (hand propelled), toe clips, larger seats, training wheels, tandem bicycles, three wheeled bicycles.

*Archery* – bow cuffs to help maintain hold to the bow, string pullers, supports for wrist and elbow, chest straps.



### CRAFTS

There are a large number of crafts for which compensation for physical disabilities can be made. This will include modification to existing equipment, adapting the methods of stabilising the work, methods and equipment to assist with grasping implements, and methods and equipment to assist with the craft process. Vision adaptations are also available.

### AUDIO AND VISUAL ART

*Photography* – camera supports both fixed to a chair and portable are available, remote cable releases for operating the button, and different viewfinders which can be clipped on.

*Music* – there are different solutions for difficulties in holding and playing the instruments such as slings or hand splints with different adaptations on the end. Listening to music – downward operating buttons and slide adjustments, remote controllers, and easy to remove CD holders.

*Painting* – There is a range of equipment available to hold the equipment and support the limbs involved or decrease tremors. Various positioning devices are available to secure the paper and paint palette.



### USEFUL WEB SITES AND CONTACTS

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- The Sporting Wheelies and Disabled Sport and Recreation Association of Queensland Inc  
<http://www.sportingwheelies.org.au/> Brisbane Head Office (07) 3253 3333
- Lifestream Foundation (Intellectual Disability) <http://www.lifestream.org.au/> Brisbane Office (07) 3891 5466
- Access for people with a disability: helping everyone enjoy Queensland's parks and forests  
<http://www.epa.qld.gov.au/publications/p01207.html>
- Recreation & Holiday Resources <http://www.oiaustralia.org/resources/recreation.html>

### NEED TO KNOW MORE?

Telephone, fax or e-mail your enquiry to obtain further information from one of our therapists about different products that can assist you. Alternatively, you can made an appointment to trial the equipment at our display centre or through our outreach service. Please phone LifeTec for further details 1300 885 886.

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