

Hitting the links

Bringing accessible golf to disabled veterans



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KIPVA Golf Initiative

Sometimes, a little sunshine and a good round of golf with friends is all it takes to turn a bad mood around. KIPVA used money from the Wellness Edge grant to create an adaptive golf program to provide skilled, certified sports specialists in a variety of settings via adaptive programming and instruction.

The greatest outdoors

Some veterans, especially those with lingering mental health issues like PTSD, get anxious when they don't have a clear view of their surroundings. The golf course is great because it is so open and bright.

Wellness benefits

Spending some time outdoors and soaking up the sun have been proven to improve both physical and mental health.

The slower pace of golf also offers lots of time for social interaction combined with friendly competition.

Paralyzed Veterans of America

The Kentucky-Indiana Chapter of the Paralyzed Veterans of America (KIPVA) is a congressionally chartered veterans service organization. They have developed unique expertise on a wide variety of issues involving the special needs of veterans of the armed forces who have experienced spinal cord injury or dysfunction.

Contact KIPVA

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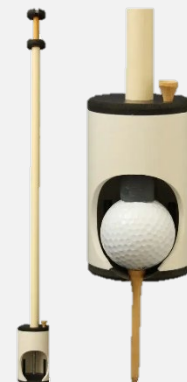
info@kipva.org

Assistive technology on the golf course

Challenge: Teeing up. Regardless of where and how someone golfs, the first challenge is entering the tee box, placing a tee in the ground, and loading the ball for the perfect drive.



Bending and reaching to set the tee can be painful and even dangerous but tee alternatives can be a real help. The photo to the left shows the Toss Tee, a golf tee that can be tossed on top of the ground. It always lands upright and includes a hook that can be attached to the club for picking up the tee after the drive. Pictured to the right is the Tee Pal, a tee and ball setter with a long handle. The Tee Pal can place the tee and ball in a single quick movement with no bending or stretching required and can also pick the tee up after use.



Challenge: Swinging the club. For someone with paralysis, holding the club and swinging it while trying to stay upright and balanced can be a tall order. Those who have upper body paralysis may also find it challenging to keep a grip on the club.



There are several products on the market for golfers with limited grip strength. They are designed to help increase grip while being easy to remove and allow the golfer to switch clubs quickly. The Quantum Grip pictured at the left requires the golfer to add a Velcro-like faster to each club and wear gloves that stick, ensuring a firm grip. The Power2Golf device pictured at the right has an actuator; the golfer doesn't have to swing the club at all and can drive the ball at the touch of a button.



Challenge: Golf course mobility. The golf cart is one of the most recognizable pieces of kit on the course. For a golfer with a wheelchair, all those transfers in and out of the cart can be tiring and downright dangerous with lots of chances for injury.



Some courses provide golf carts designed for people with disabilities. The CheetaGolf Ninja (pictured, left) is basically a mobility scooter with a golf bag mounted on the front. The SoloRider (right) is a heavy-duty version of the scooter design and can allow the golfer to stand supported while

swinging.



Learn more about adaptive golf

www.mwaga.org - Midwestern Adaptive Golf Association

www.usaga.org - US Adaptive Golf Alliance

Check out the links above for details on Kentucky Aputee Golf Tournament



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Products featured above are intended as examples and are not endorsements or recommendations. Development of this resource supported by US Administration for Community Living grant 90PRRC0001.