

Happy campers

A summer camp experience for the whole family



Human Development
Institute



Spina Bifida Family Camp

SB Family camp creates a time where children with Spina Bifida and their families can spend a weekend without worry of being left out or treated differently because of their disability. At camp, there are no limitations and children can engage in activities they have never thought were possible. The camp is offered in conjunction with the Center for Courageous Kids and offers fishing, horseback riding, archery, basketball, swimming and more! This camp is fully inclusive so the entire family has the opportunity to create memories and enjoy the full camp experience.



Center for Courageous Kids

CCK's Family Retreat Weekends are designed to provide recreation and support programs for families who have a child with a chronic or life-threatening illness. Camps are held in Scottsville, Kentucky, and each weekend is tailored to a specific condition such as autism, apraxia, sickle-cell anemia, diabetes, or Down syndrome as well as spina bifida. They offer 24-hour medical coverage and an on-site medical center staffed by volunteer physicians.

Spina Bifida Association

Founded in 1983, the Spina Bifida Association of Kentucky (SBAK) is a resource center for families impacted by Spina Bifida. SBAK educates parents and people with Spina Bifida to advocate for themselves and overcome physical, cognitive, and social challenges to become successful and independent.

Contact SBAK

Spina Bifida Association of Kentucky
Kosair Charities Centre
982 Eastern Pkwy., Ste. 18
Louisville, KY 40217

502-637-7363

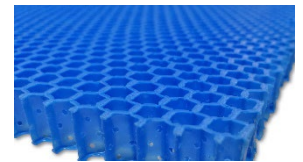
sbak@sbak.org

Assistive technology for summer camp

Activity: Horseback riding. At first glance, horseback riding can seem dangerous or even impossible for people with paralyzing conditions like spina bifida. Balance and trunk strength problems can make it hard to stay on the horse while scoliosis and saddle sores can make riding painful or even dangerous to stay on the horse for too long.



Despite those issues, horseback riding can be safe and very relaxing, even therapeutic activity. Adaptive equipment can help make sure the rider and the horse are safe, secure, and comfortable on the trail. The **Australian saddle** (pictured, left) is a great choice for riders with disabilities. Designed for long-distance riding, these high-back saddles help support weakened spinal, back, and shoulder muscles, and offer a deeper seat to help keep the rider in place. A **saddle pad** adds extra cushioning and shock absorption between the horse and rider and can help prevent or protect pressure sores while also protecting the horse. A silicone saddle pad is pictured to the right. **Breakaway stirrups** can also be added that disconnect automatically if a rider falls so they won't be



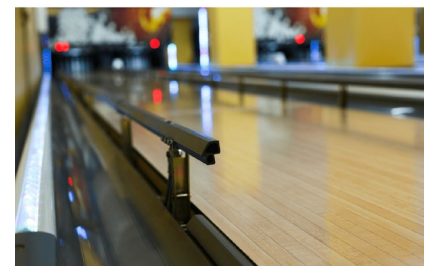
in danger of being dragged behind the horse.

Activity: Bowling. While bowling has seen a significant decline over the last decade, it remains a great casual and social activity. Many of those with paralysis and other underlying conditions are sensitive to temperature or sun exposure. Bowling allows everyone to participate in a climate controlled indoor space with solid ground instead of grass.



Bowling is a simple sport and the bowling alley can be adapted for a range of users. Some bowlers with disabilities prefer to roll the ball without any adaptive equipment at all and the casual environment of the bowling alley is a great place to experiment. For those who need a bit more support, the **bowling ramp** has been a fixture at many facilities since the early 1990s. A bowling ramp is lightweight and very simple to use. The bowler rolls up to the apparatus and places their ball on top. They aim the frame and release the ball which rolls down the lane toward the pins.

Another common feature at bowling alleys are **retractable gutter rails**. Designed in the late 1980s, these systems use actuators to add bumpers that won't let the ball roll in to the gutter. Most alleys allow these to be turned on and off on a per-bowler basis for those who need a little extra support. The addition of bumpers can make it even easier for everyone to bowl successfully without being frustrated by constant gutter balls.



Learn more about adaptive recreation

cardinalhill.org/programs/horseability/
www.challengedathletes.org/bowling/

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.



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