

# Project SHARE

Social, Healthy, and Adaptive Recreation & Exercise



Human Development  
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## Wellness activities for everyone

Project SHARE aims to improve the health of people with paralysis through recreational events. Each activity is integrated and adapted for people of all abilities. The purpose of the events is to promote community inclusion, encourage healthy routines, and reduce the impact of common health problems that happen alongside paralysis. Independence Place teamed up with amazing partners:



### Cardinal Hill Rehabilitation Hospital

Choosing where to receive care after a life-changing illness or injury is an important decision. Cardinal Hill Rehabilitation Hospital is committed to helping patients get back to what matters most. Located in Lexington, we are a leading provider of inpatient rehabilitation for stroke, brain injury, hip fracture and other complex conditions.



### Lexington-Fayette Urban-County Gov't

The city's divisions of Parks and Recreation and Aging and Disability teamed up to provide support for Project SHARE. The division for Aging and Disability offers a variety of adaptive fitness programs through their Senior Center and network of satellite centers.

## Independence Place

Independence Place has a singular goal—to empower people of all ages with disabilities to live life to the fullest. As a community-based Center for Independent Living, they provide information, referral systems, individual advocacy, peer support and mentoring, independent living skills training, and transition and diversion services to help clients become more independent and involved in their communities.

## Contact Information

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# Assistive technology for recreation



*"I wanted to help those with paralysis in understanding how important mental and physical health are; but I didn't just want to make another "wheelchair group" I wanted to include those without paralysis to help them better understand those with, while improving their own health."*

- Ryan Guyder, Project SHARE Facilitator

Activity: Pool parties. Project SHARE held inclusive pool parties at the Shilito Park pool, a neighborhood pool managed by the LFCUG division of Parks and Recreation. Shilito Park includes other recreation opportunities like shared-use paved hiking trails with little elevation change.



The Shilito Park pool is equipped with a battery-operated swimming pool lift. These lifts make the pool more easily accessible for someone with a mobility impairment. The user sits or transfers into the lift chair, straps in for safety, and then uses the attached remote control to lower themselves safely into the water.

As of 2010, the ADA requires that pools with more than 300 linear feet of pool wall include an accessible means of entry.

Activity: Ultimate Frisbee. Regulation Ultimate (formerly 'Ultimate Frisbee') matches involve two teams of seven players each playing on a field 120 yards long and 40 yards wide. Ultimate is generally played outdoors on the grass which can be hard to navigate for a player with mobility challenges. Adaptive Ultimate is played on a smaller field, most commonly a basketball court. Teams are reduced to four players. Ultimate players are not allowed to run while holding the disc; similarly, a wheelchair player must stop at least one of their wheels before throwing and should attempt to stop as quickly as they safely can after a catch.

Activity: Fishing. Lexington has several waterways with accessible docks, fishing piers, and boat launches. Project SHARE events included equipment and helpers to help anglers land their catch.

Activity: Bowling. For bowlers with mobility challenges, many bowling alleys offer bowling ramps. The bowler takes aim and then rolls the ball down a frame that fits over their wheelchair and lap.

More adaptive recreation opportunities in Lexington

[cardinalhill.org/programs/adaptive-recreation/](http://cardinalhill.org/programs/adaptive-recreation/)  
[lexingtonky.gov/about-tr](http://lexingtonky.gov/about-tr)



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