

"Take the Great Mobility Challenge"® Courses

Lind Bohanon Neighborhood Association 2011

Course A Leg Extremity Disability

Items needed:

- ❖ 2 manual wheel chairs
- ❖ 1 walker w/ legs weights
- ❖ 18 cones to create a small maze
- ❖ 1-2x4 approximately 4-6' in length
- ❖ bowl of popcorn, with smaller serving bowls)
- ❖ 1 small table
- ❖ Hand stamp or marker

Course B Arm Extremity Disability

Items needed:

- ❖ 2 strips of cloth to tie around person's body to disable their favored arm
- ❖ 2-4 Large gloves to impair hand movement
- ❖ 1-2 extra large button down shirts
- ❖ Buttoner-button helper
- ❖ 1-2 pair laced tennis shoes
- ❖ Tweezers
- ❖ Bowl of small items ie: paperclips, buttons
- ❖ Small container
- ❖ 1 small table and 3 chairs
- ❖ Hand stamp or marker

Course C Visual Disability

Items needed:

- ❖ 2 goggles giving impaired visual ability
- ❖ 1-2 blind-folds creating complete blindness
- ❖ 1-2 canes
- ❖ 1-2 water pitchers
- ❖ Water
- ❖ 2-4 Drinking cups
- ❖ 1-2 dial phones
- ❖ 3 small tables
- ❖ Hand stamp or marker

(3 challenges at each station to keep the courses moving and eliminate wait time)

****Ms. Jenifer Scherer, Course Designer is available to assist in planning and implementing**

"Take the Great Mobility Challenge!"

Please give 2 weeks notice of the dates.

I can be reached thru email jeniferscherer@hotmail.com.

Beginning of Course Items Needed:

- ❖ Large table for brochures from various disability agencies (MS Society, Blind Inst., Courage Center, etc)
- ❖ Large sign "Take the Great Mobility Challenge"
 - ❖ Identifying Signage for Each Station
 - ❖ Signage at beginning of courses describing 3 tasks to be completed
- ❖ Random signs placed throughout courses: "be kind to others, "we all have challenges", "could you be like this everyday?", "could you go to the bathroom in a hurry?"
Reward Station Sm. Table
- ❖ Candy "rewards for completing all 3 courses- *An "x" will be given, on participant's hand, as each person completes each course. If all 3 are completed a "fun size" candy treat will be given as an achievement!*
Cooler to keep extra "rewards bags so they do not melt-
- ❖ *9 people minimum, to run event-one at beginning and end of each station and one at reward station, two floaters (wipe spilled water at blind station, etc.)*

“Take the Great Mobility Challenge”[©] Courses

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Course A) Leg Extremity Disability

Signage: Large sign stating “#1 - Leg Course”

Items Needed:

- ❖ 2 manual wheel chairs
- ❖ 1 walker w/ legs weights
- ❖ 18 cones to create a small maze
- ❖ 1-2x4 approximately 4-6’ in length
bowl of popcorn, with smaller serving bowls
- ❖ 1 small table

Rational Aim: The rational aims of hosting these challenges are to raise awareness and to value people with disabilities by incorporating a fun, educational, experiential and interactive activity for events. It offers an opportunity for folks with disabilities to have pride in themselves and teach and interact with the community about their knowledge and expertise. It teaches the general public about respect of others.

Experiential Aim: The intent of this challenge is to have the participants experience what life in a wheel chair is like doing simple tasks such as moving from one room to another in a manual wheelchair, maneuvering over an obstacle such as a large door jam and to complete a simple task such as carry a bowl of popcorn from one room to another to watch television.

Course Description:

1. Using 18 cones, create a maze wide enough for the manual chairs to maneuver - all challengers need to follow the short maze
2. Place 1 board (4’, at least, 2x4) - to be laid flat for chaired challengers to go over
3. Set up Sm. Table and place Popcorn and small bowls on table-each challenger must fill bowl and carry to the finish. Create destination where chaired challengers must deliver the popcorn (*Volunteer at the end must return popcorn to bag, bowl to that table, and manual wheel chair to the beginning)

Instructions:

1. Have participants start the course by selecting a wheelchair and describe how to use the chair and position legs and arms to use the chair
2. Have participants maneuver through the coned maze, attempt to go over the 2x4(the best way to achieve this is go backwards over the board), and deliver the bowl of popcorn to the finish line without spilling it.
3. Return the popcorn and bowl and manual wheelchair to their starting points for the next participants.
4. Stamp participants hand after completing the Leg Challenge and forward them onto the next Challenge.

Potential Evaluation: Measurable Outcomes:

1. Possibly time participants through this Leg Challenge and post times to increase participation
2. Ask participants prior to taking this Leg Challenge if they’ve ever used a wheelchair before or know someone who does
3. Ask participants what they learned from taking this Leg Challenge and document their anecdotal responses.

“Take the Great Mobility Challenge”[©] Courses

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Course B) Arm Extremity Disability

Signage: Large sign stating “#2 - Arm Course”

Items Needed:

- ❖ 2 strips of cloth to tie around person’s body to disable their favored arm
- ❖ Large gloves to impair hand movement
- ❖ 1-2 extra large button down shirts and Buttoneer-button helper
- ❖ 1-2 pair laced tennis shoes and garden gloves
- ❖ Tweezers
- ❖ Bowl of small items ie: paperclips, buttons
- ❖ Small container
- ❖ 1 small table and 4 chairs

Rational Aim: The rational aims of hosting these challenges are to raise awareness and to value people with disabilities by incorporating a fun, educational, experiential and interactive activity for events. It offers an opportunity for folks with disabilities to have pride in themselves and teach and interact with the community about their knowledge and expertise. It teaches the general public about respect of others.

Experiential Aim: The intent of this challenge is to have the participants experience what life with a crippling disability such as arthritis, MS, or other disabilities of the arms is like doing simple tasks such putting on a button-down dress shirt for work, picking up small items that have fallen and need to be returned to a container, or even simply tying your shoes.

Course Description:

1. Place sign on back of one chair to signify station and instructions on the 3 challenges to be completed for this Arm Challenge.
2. Align strips of cloth in front of one chair along with 2 button shirts and buttoneer. Place garden gloves and tennis shoes in front of next chair, Place bowl of small items, tweezers, and small container in front of next chair.

Instructions:

1. Have participants start the course by selecting one of the items in front of them
2. Have participants at cloth station use it to tie down their dominant arm, once done, have them attempt to put on a button down shirt
3. Have one participant use non dominant arm, utilize buttoneer and attempt to put on shirt
4. Have one participant put on garden gloves and attempt to tie tennis shoes
5. Have one participant put on garden glove and attempt to pick up items with tweezers and attempt to place them in the small container.
6. Once participants have rotated through the Arm Challenge, stamp participants hand and forward them onto the next Challenge.

Potential Evaluation: Measurable Outcomes:

1. Possibly time participants through Arm Challenge and post times to increase participation
2. Ask participants prior to taking this Arm Challenge if they’ve ever had a broken arm in a cast before or know someone who may have hand and arm challenges
3. Ask participants what they learned from taking this Arm Challenge and document their anecdotal responses.

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Course C: Vision Disability

❖ *Signage: Large sign stating “#3 - Vision Course”*

Items Needed:

- ❖ 2 goggles giving impaired visual ability
- ❖ 2-4 blind-folds creating complete blindness
- ❖ 1-2 canes
- ❖ 1-2 water pitchers, Water
- ❖ 2-4 Drinking glasses
- ❖ 1-2 dial phones
- ❖ 3 small tables
- ❖ Hand stamp or marker

Rational Aim: The rational aims of hosting these challenges are to raise awareness and to value people with disabilities by incorporating a fun, educational, experiential and interactive activity for events. It offers an opportunity for folks with disabilities to have pride in themselves and teach and interact with the community about their knowledge and expertise. It teaches the general public about respect of others.

Experiential Aim: The intent of this challenge is to have the participants experience what life is like with an assortment of visual impairments and disabilities. Doing simple tasks such walking from one room to another, pouring something to drink, or even dialing a phone.

Course Description:

1. Chair facing backward to hold sign describing the 3 tasks to be completed
2. Place three small tables approximately 6-10' apart placing the A) impaired vision goggles-goggles smeared with Vaseline and water pitcher and cups on the first table B)place 2 blindfolds and 3 walking canes on second table C)Phones on last table
3. At table A)Impaired vision: Have participants place smeared goggles on and try to pour themselves a glass of water (May need towels to wipe up spills) B) Have participants place on a blind fold and do a Blind maze given by voice commands- written up (such as: take two steps forward, turn to your right, take three steps long steps forward, turn to your left, take two steps forward) C) Have blinded participants try dialing and phoning a friend. (Volunteer at the end return challenge to the beginning)

Instructions:

1. Have participants start at table A and proceed to B/C respectively.
2. Once participants have rotated through the Vision Challenge, stamp participants hand and forward them onto the next Reward Table.

Potential Evaluation: Measurable Outcomes:

1. Possibly time participants through Vision Challenge, post times to increase participation
2. Ask participants prior to taking this Vision Challenge if they've ever met someone with vision challenges
3. Ask participants what they learned from taking this Arm Challenge and document their anecdotal responses.