

Occupational Therapy: The Gateway to Adaptive Sports

Course Synopsis:

Occupational therapists can play a unique role in exposing their clients to the countless emotional, physical, and social benefits adaptive sports have to offer. Working with the Vancouver VA and Adaptive Sports NW, we explored the role of occupational therapy in adaptive sports through a needs assessment. Our capstone project sought to identify potential methods to improve the transition from clinic to community for veterans' involvement in adaptive sports and recreation.

Speaker Bio

Caitlynn Southerland, OTD, OTR/L graduated from Pacific University's Occupational Therapy Doctoral program. Caitlynn previously held the American Occupational Therapy Association Representative position through the student organization, which allowed her the opportunity to attend the AOTA conference in 2018 and 2019 as well as the National Student Conclave in 2019.

Financial Disclosures: Ms. Southerland does not receive an honorarium for this course.

Nonfinancial disclosure: There are no nonfinancial disclosures

Emily Sitler OTD, OTR/L graduated from Pacific University's Occupational Therapy Doctoral program. Emily helped create a World Federation of Occupational Therapy (WFOT) student position at Pacific University and held the position for one year. She was not able to attend WFOT but was able to complete a Level II Fieldwork in South Africa the year after! Emily plans to practice in an adult neuro setting, focusing on SCI and TBI, and she wants to continually be involved with adaptive sports and recreation.

Financial Disclosures: Ms. Sitler does not receive an honorarium for this course.

Nonfinancial disclosure: There are no nonfinancial disclosures

By the end of this presentation, participants will be able to:

- 1) Identify benefits of adaptive sports/recreation for individuals with disabilities.
- 2) List 3-5 barriers and facilitators to engagement in adaptive sports for people with physical disabilities.
- 3) Describe the various roles that OT's can provide to improve the transition from rehabilitation to the community through adaptive sports engagement.

This course is an Introductory Level, with content focus in Occupational Therapy Service Delivery. Completion of this course is recognized by the OT Oregon Licensing Board as 1.5 contact hours.



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