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Promoting Occupational Justice Within an Adaptive Rock Climbing Program

Kate Bliven
Cleveland State University

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Promoting occupational justice within an adaptive rock climbing program

Kate Bliven, S/OT; Jenn Soros, PhD, OTR/L; Jodi DeMarco, DHSc, CHES



Abstract

Site: Rec2Connect

Purpose:

Utilize OT concepts to support the formation of NE Ohio's first adaptive climbing program

Outcome:

Creation of R2C Adaptive Climbing manual, supplemental materials, and plans for continued accessible, inclusive, and sustainable program growth



About Me



I value creativity and collaboration as core components of occupational therapy. As a future practitioner, I hope to foster growth, confidence, and a sense of purpose in helping people explore their full capabilities. I will continue advocating for the value of OT and working towards a more occupationally just world. This capstone allowed me to take my passions for rock climbing, advocacy, and community-based intervention to new heights!

Acknowledgements

Thank you to all of the staff, volunteers, and clients of Rec2Connect who embraced me and my ideas.

Thank you to my mentors, classmates, friends, and family for their encouragement, support, and unimaginable patience.



Occupational justice is *"the right of every individual to be able to meet basic needs and to have equal opportunities and life chances to reach toward her or his potential but specific to the individual's engagement in diverse and meaningful occupation."*

(Wilcock & Townsend, 2009, p. 193)

Capstone Experience

Contextual Analysis

Surveys	Interviews	Observations
climbers care partners volunteers partner gyms	R2C staff climbers/clients care partners	aquatics adult social club school program family events

Continued Education

Independent Learning	Training	Community Engagement
articles videos climbing programs	Paradox Sports Rec2Connect	Disability Rights Ohio Cuyahoga DD LEAP

Enhancement Plan

Adaptive Climbing Manual	Reduce Barriers	Expand Partnerships
facilitator training activities/exercises customizable	increase frequency reduce cost build competency	Metroparks schools day programs

Synthesis

- Function in all areas of occupation impact wellness
 - Leisure, play, & social participation as necessary as to ADLs, IADLs, sleep, work, & education
- Adaptive recreation as a Means and an Ends
- Value of interdisciplinary collaboration and community partnership
- Distinct OT skillset and perspective enhances adaptive recreation access and outcomes

Challenges

- Partnering with a site where there are currently no occupational therapy practitioners
- Navigating funding, resource, and time limitations
- Communicating and coordinating between various levels of R2C staff and community partners

Recommendations

- Advocate for OT services in nontraditional therapeutic spaces
- Implement occupational therapy services for client participation in leisure, play, and social occupations
- Seek to understand the root of occupational injustices and address barriers

Key References

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- Soros, J. (2023). Contextual Analysis [PowerPoint slides]. <https://tinyurl.com/jscontextualanalysis>
- American Occupational Therapy Association. (2020). Occupational therapy practice framework: Domain and process— Fourth edition. The American Journal of Occupational Therapy.

Scan to view Adaptive Climbing Manual, eDossier, & more!



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