Improving Veterans’ Health through Exercise and Adaptive Sports
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PROJECT GOALS / OBJECTIVES

Goal 1: Student will develop a targeted program improvement plan for the adaptive sports program by the end of week 13.
Goal 2: Student will propose the Bid Packet to host the National Veterans Golden Age Games in year 2024 or 2026.
Goal 3: Student will develop a policy and procedure manual for the adaptive sports program at the VA by the end of the 14-week capstone experience.

PROJECT DEVELOPMENT and/or IMPLEMENTATION

Phase I needs assessment concluded the need for more organization, standards, and guidelines for staff and veterans associated with the Adaptive Sports Program. This led to the creation of the Recreation Therapy Adaptive Sports Program Policies and Procedures Manual. Capstone student researched other manuals, continuously observed standards and guidelines needed for the program, and collaborated with capstone mentor to develop the manual. Included within the manual, but not limited to, are roles and responsibilities of Recreation Therapy staff, veterans, other healthcare providers associated with the Adaptive Sports Program, code of conduct, policies, agreements, procedures, informational letters, participation log, adaptive sports, exercise and mobility checklist, and quarterly program evaluation template.

An overarching theme found throughout phase II needs assessment and the 14-week immersive capstone experience, was the lack of knowledge and advertisement available regarding the opportunities for veterans to get involved with adaptive sports and exercise. Capstone student created two educational brochures to display throughout the VAMC, as well as provide to the healthcare providers to bring awareness of the adaptive sports and exercise opportunities. It is the capstone student’s hope that these brochures will be dispersed to veterans through healthcare provider appointments. See below brochures of the National Veterans Events offered, as well as the YMCA Exercise Program brochure.

Since the manual and QI plan was not completed until the end of the capstone experience, the capstone project was not implemented and was not in effect yet. Capstone student was unable to evaluate the project effectiveness. However, capstone student created a project/program evaluation tool and provided to the recreational therapy supervisor with an e-calendar reminder to complete survey every 3 months on the Adaptive Sports Program and Exercise Program. This survey was created to monitor improvements and ensure that goals are being met within the QI Plan to enable the programs to remain on an uphill climb.

REFERENCES AVAILABLE UPON REQUEST

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