



Mass General Brigham

Spaulding Rehabilitation

Adaptive Sports Centers

From Barriers to Bridges: Fostering Connection Through Effective Facilitation of Virtual Adaptive Sports Programs

Hayley Brown, CTRS – Element Care

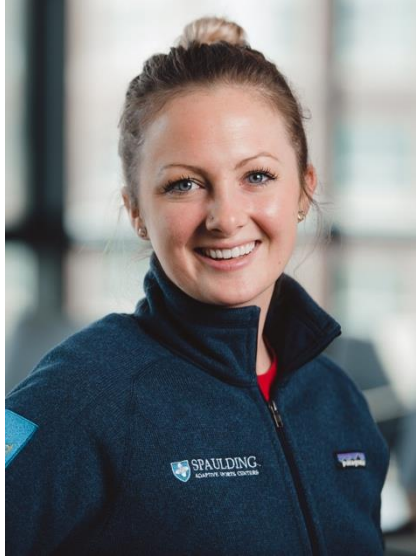
Elizabeth Dahlen, CTRS – Spaulding Adaptive Sports Centers

Learning Objectives

1. Highlight safety, privacy, and security in live virtual adaptive fitness classes.
2. Demonstrate effective facilitation techniques and practical tips to enhance participant engagement and learning.
3. Identify and provide examples of modifications to support participation in live adaptive virtual fitness classes.



Who We Are



Hayley Brown
CTRS, CIFT

Specialized Program Manager
Element Care PACE

Per Diem with Spaulding
Adaptive Sports Centers



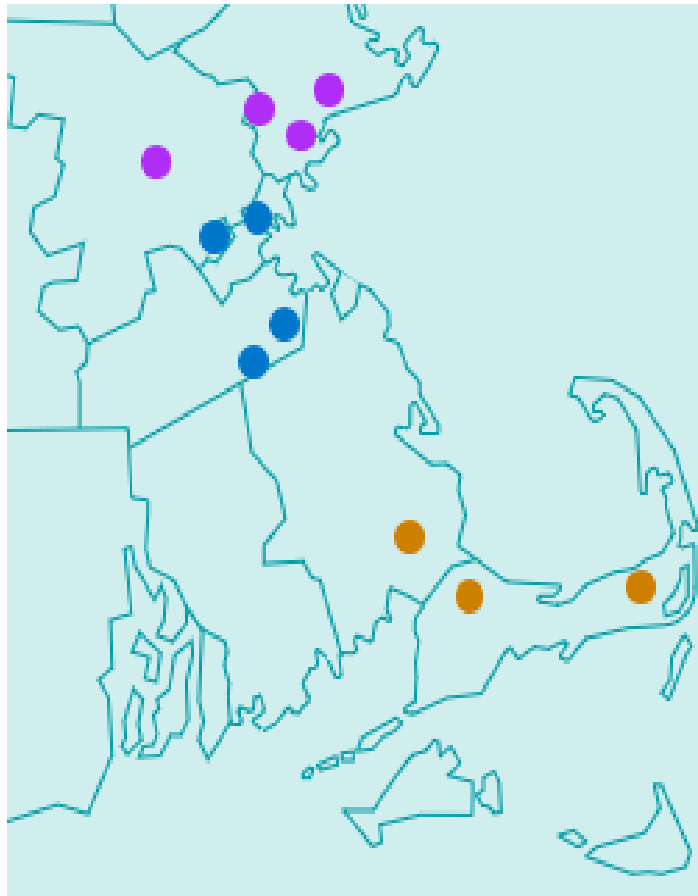
Elizabeth Dahlen
CTRS, CIFT

Cape Cod Programs Manager
Network Programs Manager

Spaulding Adaptive Sports
Centers



Spaulding Adaptive Sports Centers (SASC)



3 Physical Regions of SASC

● Boston

Weingarten Program

● Cape Cod

McGraw Center for Adaptive Sports
DCR Massachusetts | Nickerson State
Park

● North Shore

● We have Virtual also!

Part of the Mass General Brigham
Healthcare System

PT, OT, TR, Adaptive Sport
Professionals

Low – cost accessible sport &
recreation

Over 46 sport & recreation programs
serving over 500 clients annually

Bridging the gap from rehabilitation
to lifelong health and wellness



Virtual Program Creation

Assessment

- Assess which of our current adaptive sport programs would translate well to virtual facilitation

Planning

- Choose virtual platform
- Establish Standard Operating Procedures
- Establish Staff Roles
- Recruitment
- Trial Runs to identify potential issues

Implementation

- Offered free of charge
- Programming went live March 24, 2020

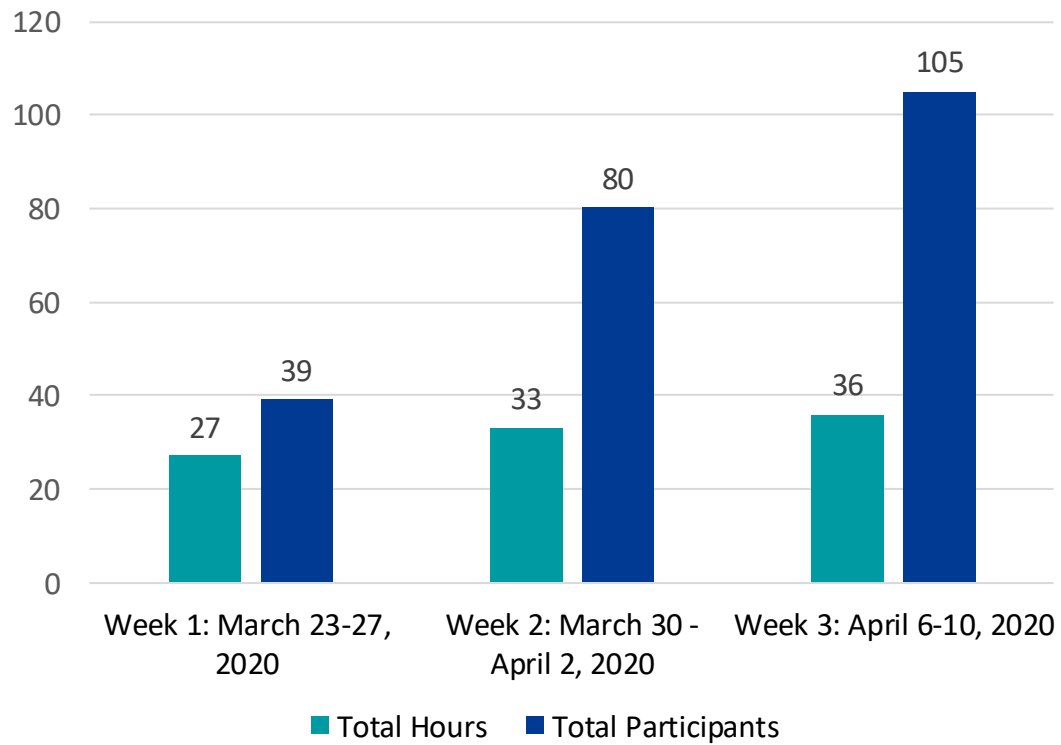
Evaluation

- Staff performed post class debriefings to identify areas for continuous quality improvement.
- Evaluated gaps in service to create more programming



Program Growth

SASC Virtual Programs, First Three Weeks



SASC Virtual Programs To Date



700+ Clients Served



7500+ Sessions Offered



28 Different Live Offerings



SASC Programs +At Home

Group Fitness

30 Minute Fitness
Adaptive Boxing
Cardio Conditioning
Core & Stretch
Dance with Parkinson's
Exercise for Stroke and Brain Injury
Floor and Core
Found Sound: Group Drum Circle
Functional Fitness
Golf Conditioning
Green Growers Therapy
MENTOR
Introduction to Resistance Training
Joint Mobility Training
Lower Body Pump
Resistance Band Training
Stand and Balance
Stretch and Recover
Total Body Pump
Total Body Strength
Upper Body Pump

Yoga

Beach Yoga
Chair Yoga
Movement & Meditation
Yoga for Cancer Recovery
Yoga: Breath and Energy

Personal Training

Adult Inclusive Fitness Training
Youth Inclusive Fitness Training



Overview of Safety Privacy and Security

Online Privacy

Each individual session has a unique and password protected zoom link.

Links are only sent to those who have pre-registered.

Use of Zoom waiting rooms allow for confirmation of each attendee identification prior to admission into the class.

Turned off the ability to provide chat or record session.

Liability

All attendees are required to sign organizations release of liability waiver prior to being admitted into class or sent the link to the session.

Safety / Emergency

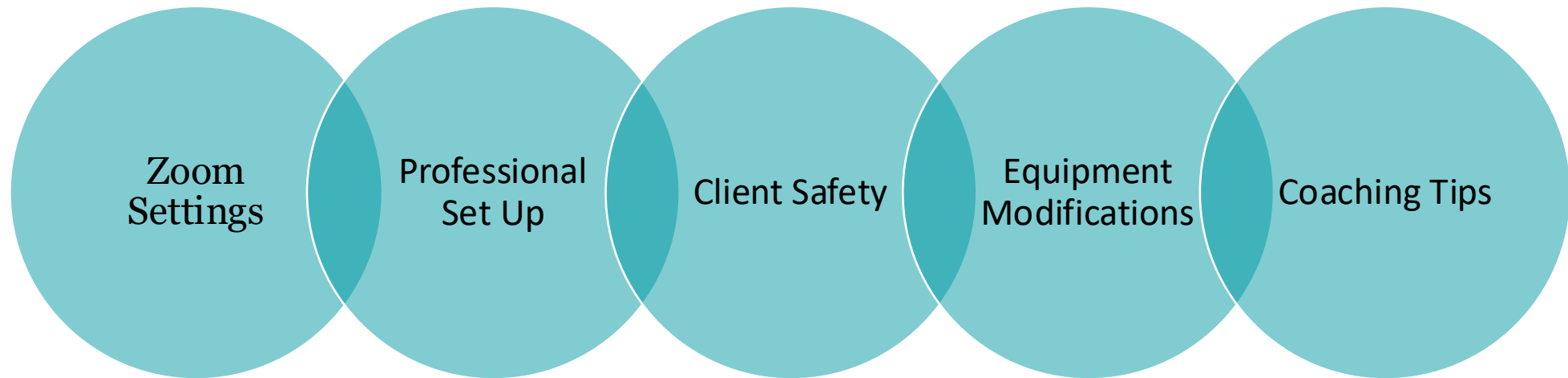
All attendees attest to their physical location during remote session.

In event of an emergency, 911 to be called and location given either by staff, participant, or companion.

Established protocol for privacy for individual during emergency.



Effective Facilitation Techniques and Tips



Effective Facilitation Techniques and Tips

Zoom Settings

- Utilizing "Licensed" Zoom account
- Enable Waiting Room
- Muting/Unmuting
- Unique and password protected zoom link
- Spotighting instructor(s)
- Viewing options
- Chat Options
- Sharing Sound



Effective Facilitation Techniques and Tips

Professional Set Up

- Background
- Professional attire
- Workspace
- Various camera angles
 - Camera type: Internal camera vs. External camera
 - Side views, front view variations
- Volume
 - Headphones vs. Internal microphone



Effective Facilitation Techniques and Tips

Client Safety

Ways for clients to stay safe while independently while exercising in their home:

- Place chair behind them
- Stand with their back to a corner of a room
- Sturdy surface in front to have something to hold onto
- Proper footwear
- Slow, controlled movements
- Keep phone nearby
- Cue water breaks
- Reminders to take breaks when needed



Effective Facilitation Techniques and Tips

Equipment Modifications

- Body Weight Exercises as an effective, no-equipment option
- Target muscular strength vs muscular endurance
- Substitute weights for water bottles or soup cans
- Use towels or blankets for stretching and support
- Replace yoga blocks with sturdy books
- Use a coffee table in place of workout bench



Effective Facilitation Techniques and Tips

Coaching Tips

- Create an empowering environment
- Get to know your clients
- Encourage clients to ask questions
- Provide group feedback
- Find your voice
- Ask clients where they may be feeling or having sensations from the movement/exercise
 - Have participants physically point to their bodies
 - Building good body awareness
 - Helps problem solves feedback on correcting form
- Provide modifications



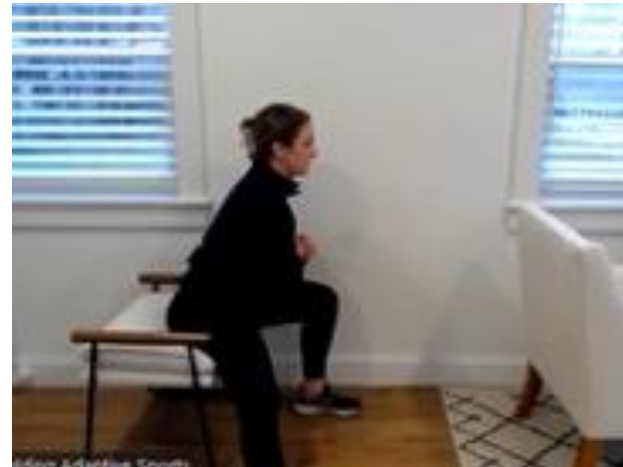
Live Zoom Demonstration



Demonstrated Modifications



Standing Option



Seated Lower Body Option



Seated Upper Body Option

Breaking Barriers



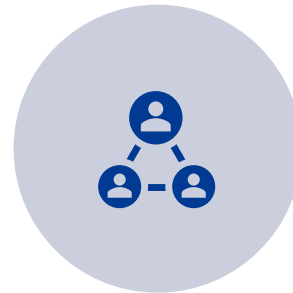
Transportation



Time & Access



Cost



Community & Connection



“

After suffering a devastating hemorrhagic stroke in 2021, I could not do much because of my defects. Having the virtual adaptive sports programs has, as I say, helped me conduct the critical innovation of me becoming me again. I'm not able to drive or work anymore , from helping with inclusivity to offering accessible ways for me to participate, the virtual fitness classes on Zoom through Spaulding Adaptive Sports has helped me feel like me again.

Everyone from signing up for the activities to those who help you into the activity and those who conduct the class. Everyone is part of a special family who look out for each other. From a beach in Puerto Rico to an activity room at one of the Spaulding facilities. I'm forever grateful.

”



Building Bridges



Thank You!

For more information on SASC programs and virtual facilitation:

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Elizabeth Dahlen: edahlen@mgb.org





Adaptive Sports Centers

References

Blauwet CA, Robinson D, Riley A, MacEwan K, Patstone M, Dubon ME. Developing a Virtual Adaptive Sports Program in Response to the COVID -19 Pandemic. PM&R. 2020 Sep 2;

