



7-1-2023

Creating the Pathway to Participation in Adaptive Recreation

Katie White
University of the Pacific

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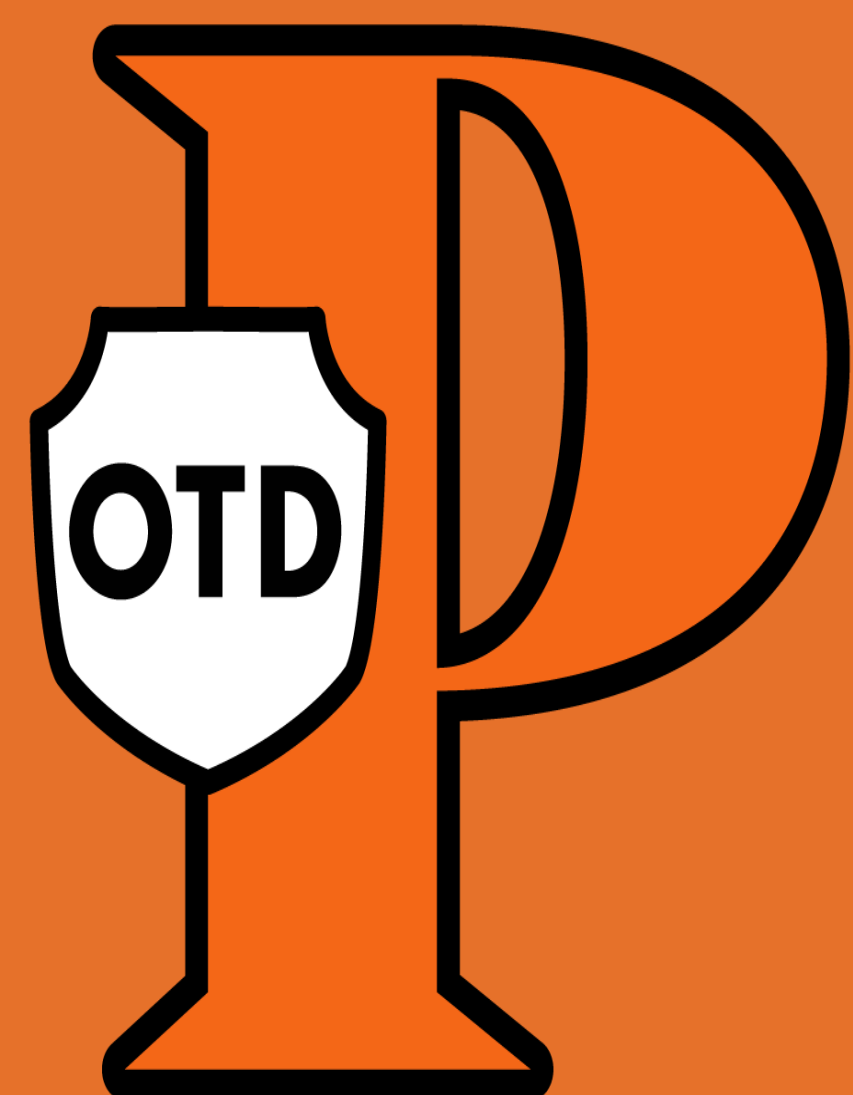
Creating the Pathway to Participation in Adaptive Recreation



By: Katie White, OTD/S

Faculty Mentor: Kathryn Wise, OTD, MHSc, OTR/L

Site Mentors: Michael Hunter, Program Director & Marina Gardiner, Guest Services Director



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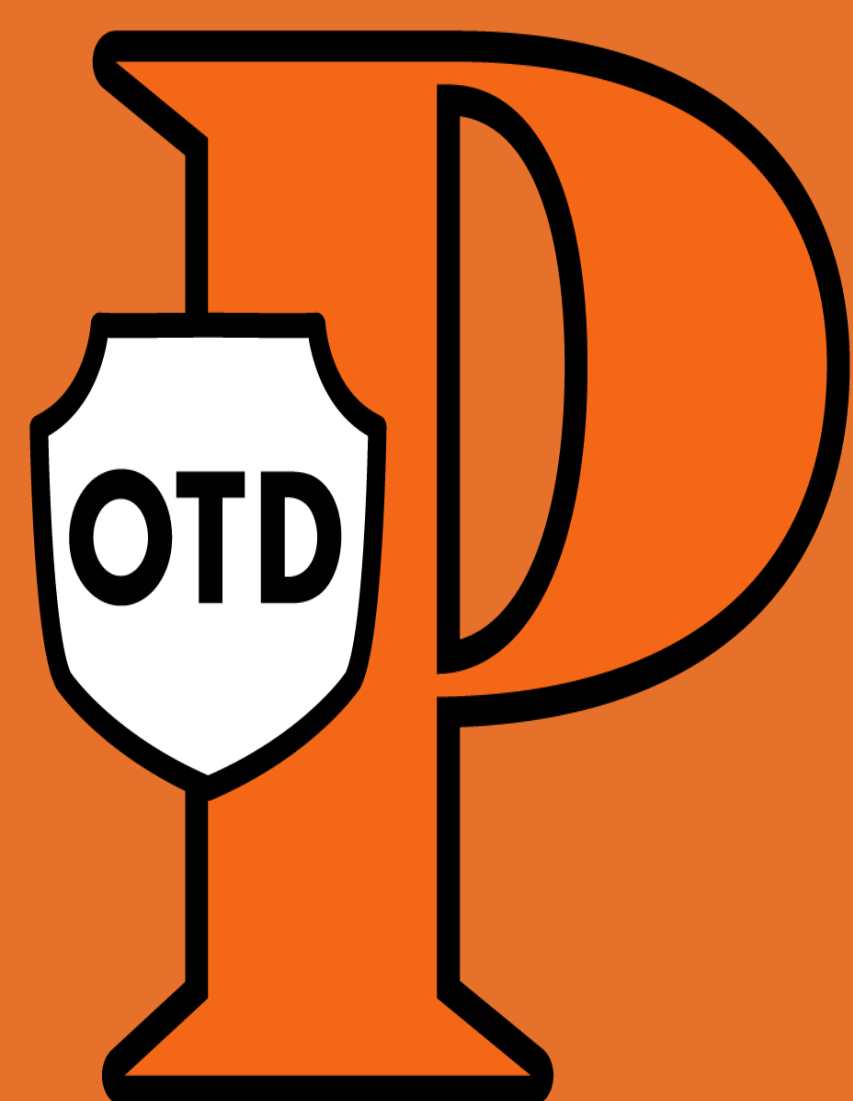
Background

Terms:

- Recreation
- Leisure
- Occupational deprivation
- Occupational imbalance

Achieve Tahoe:

- Location: Alpine Meadows, Ca.
- Offer: Summer/Winter sports and activities

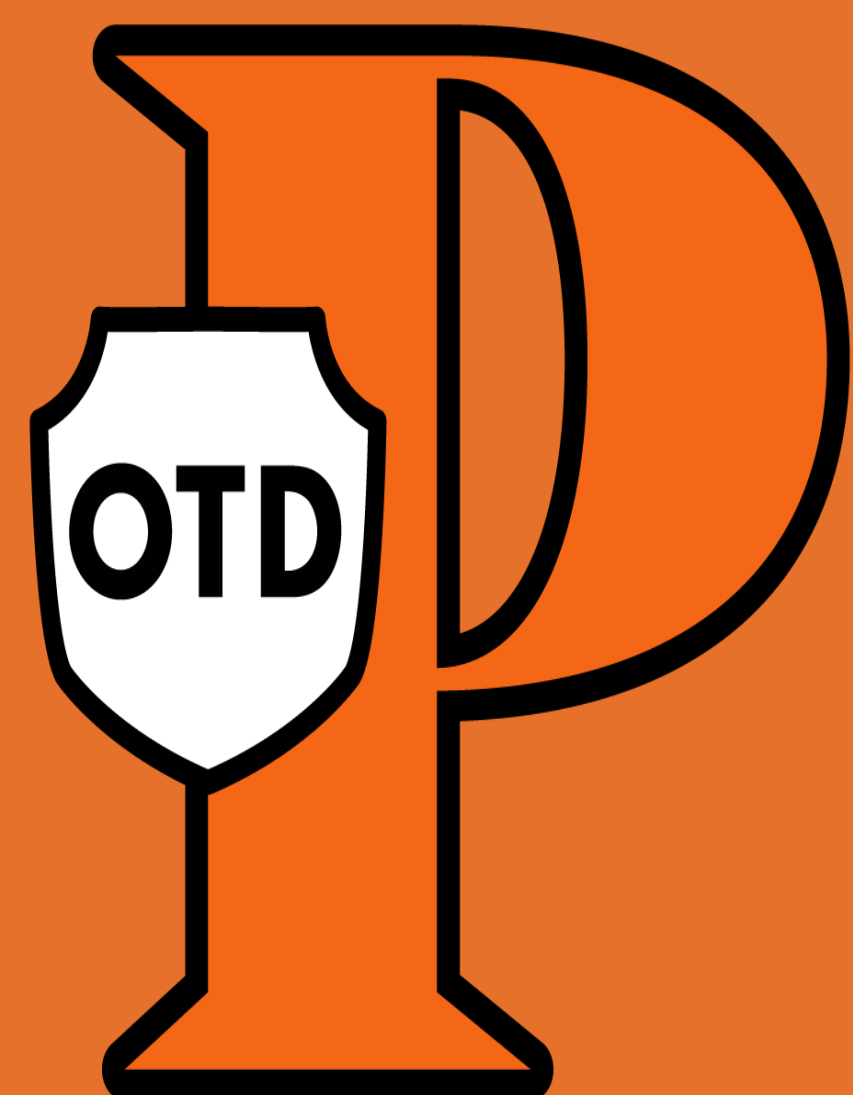


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Program Purpose

- Bring awareness to common barriers
- Increase self-efficacy and participation opportunities
- Begin the process for future development of transportation

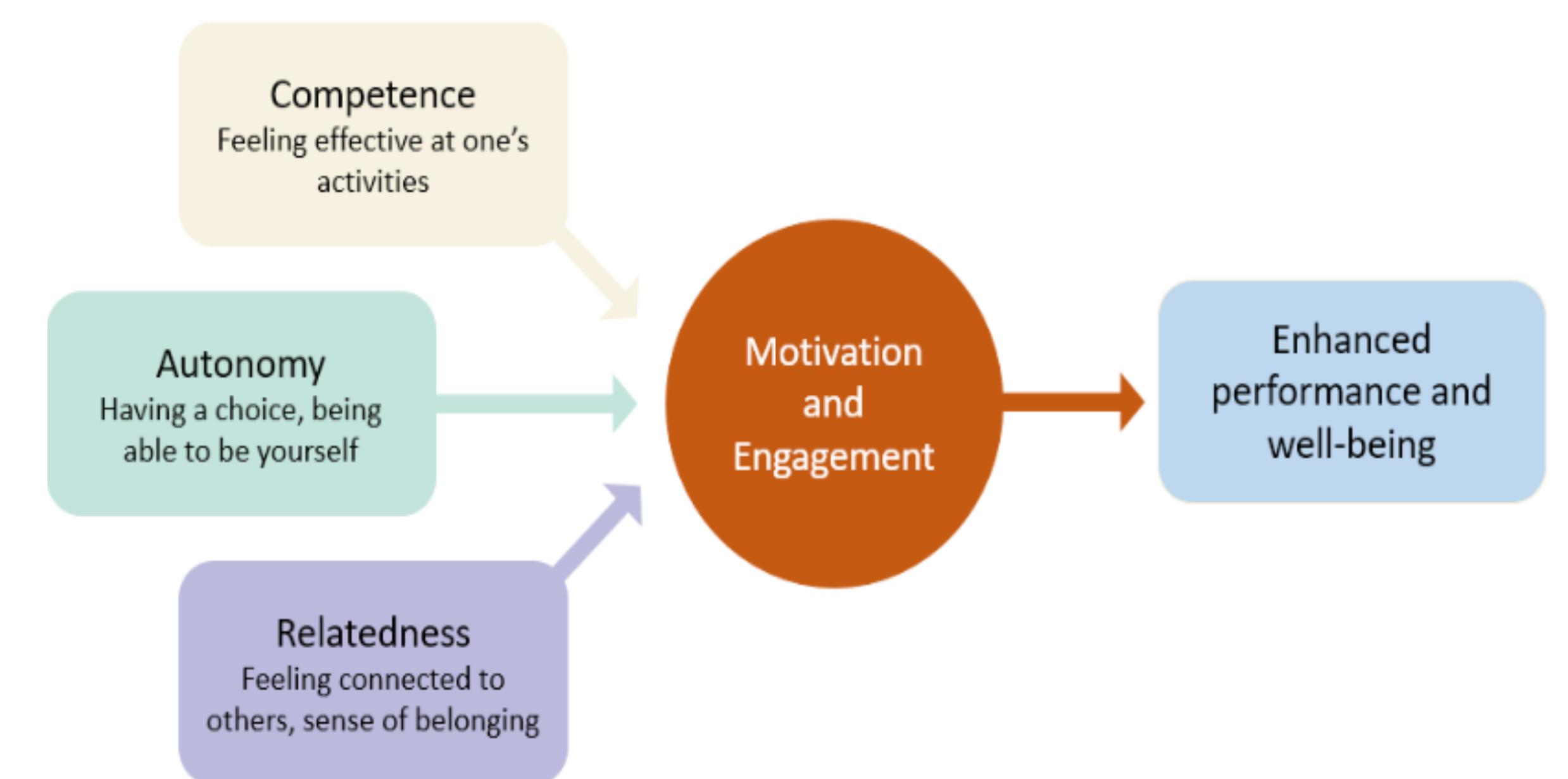
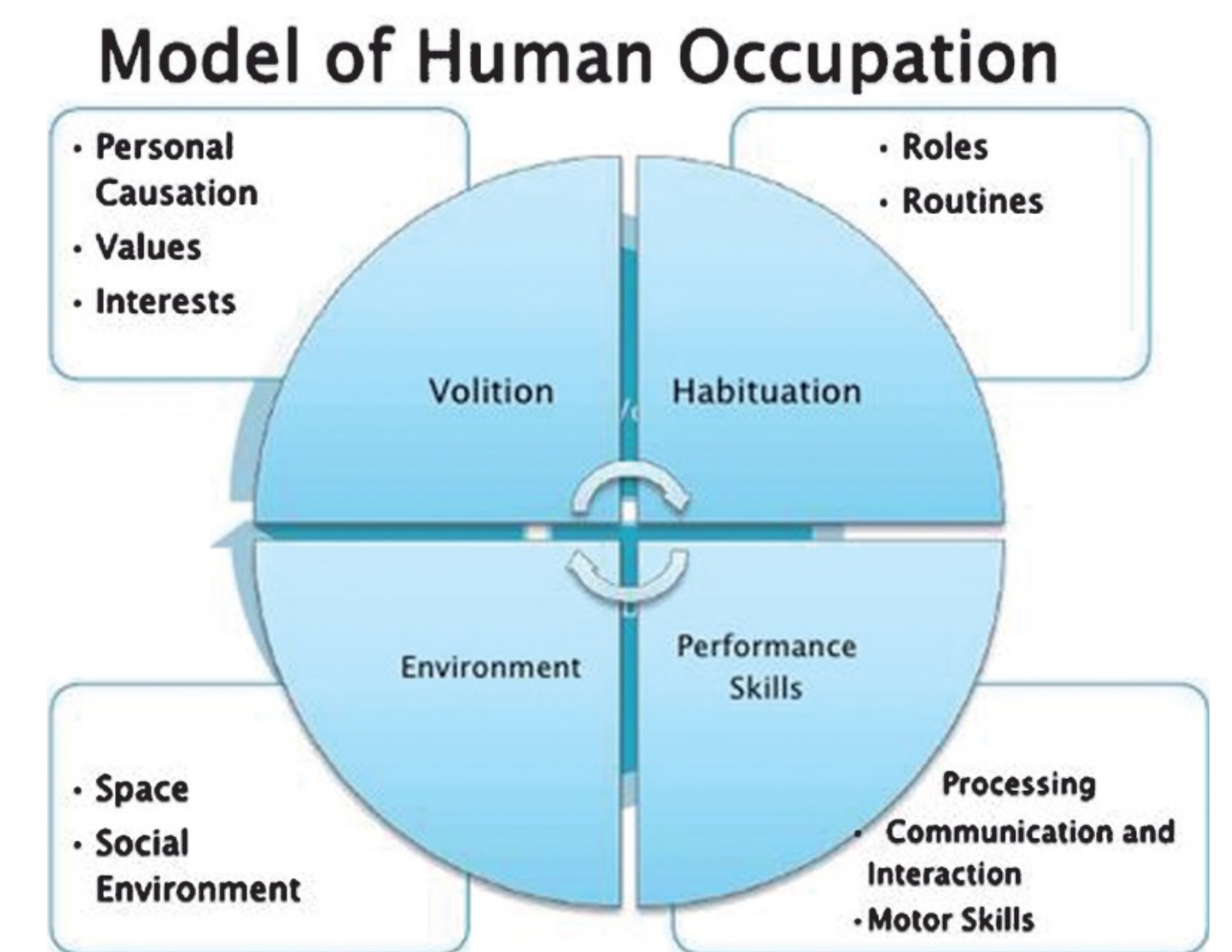


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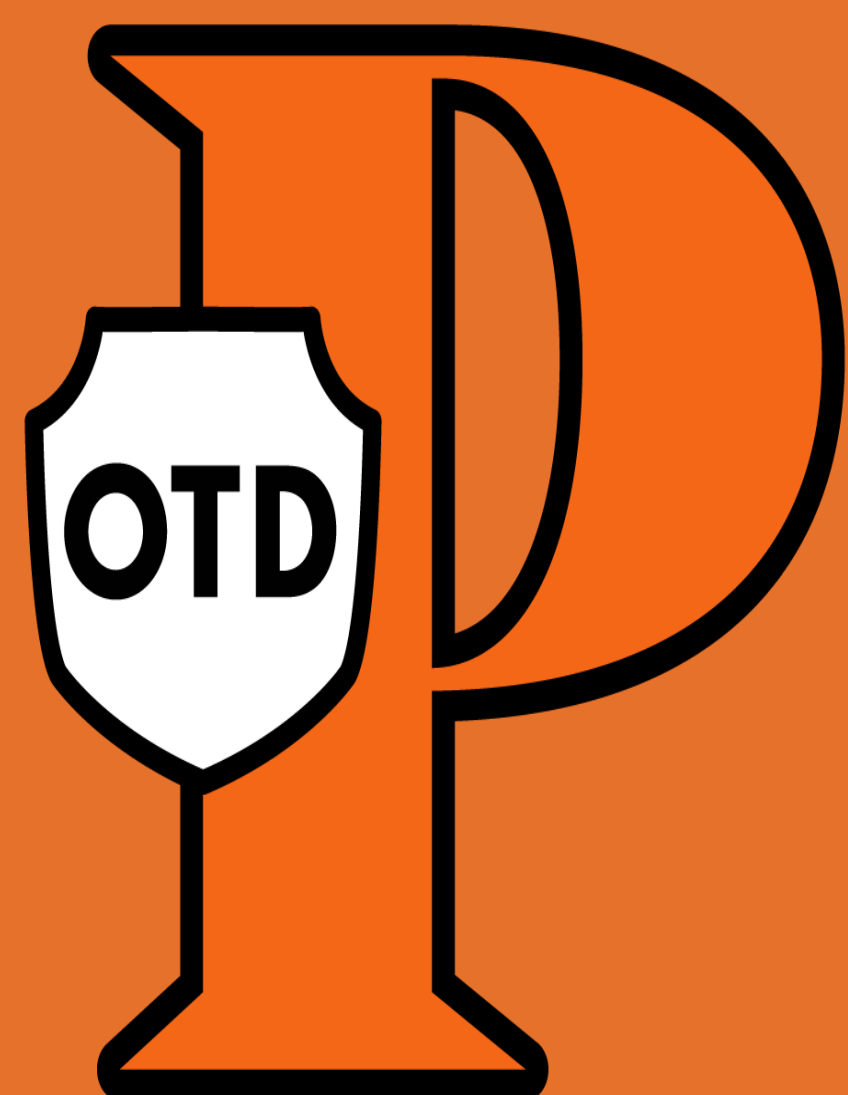
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Guiding Theory

- Model of Human Occupation (MOHO)
 - Volition
 - Habituation
 - Performance
- Self Determination Theory
 - Social and cultural factors
 - Volition
 - Well-being
 - Quality of performance



(CSDT, 2022), (Ottheory, 2022)



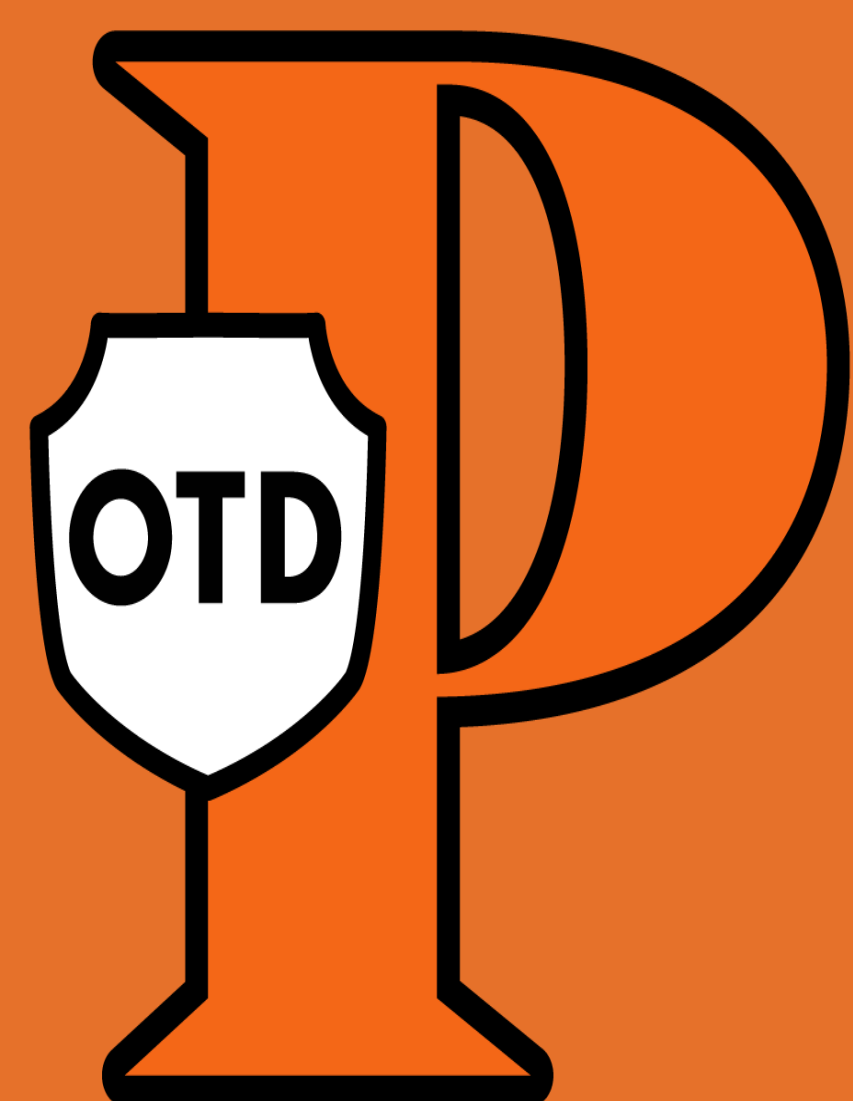
Literature Review

Key Themes:

- **Benefits of Recreation**
 - Sense of community
 - Increasing physical activity
 - Self-confidence
 - Self-efficacy
- **Barriers to Participation**
 - Perceived ability
 - Financial concerns
 - Lack of transportation



(Atchinson et. al, 2022), (Dorsch et. al., 2016), (Eigenschenk et. al., 2019), (Iverson et. al., 2020), (scarpa, 2011)



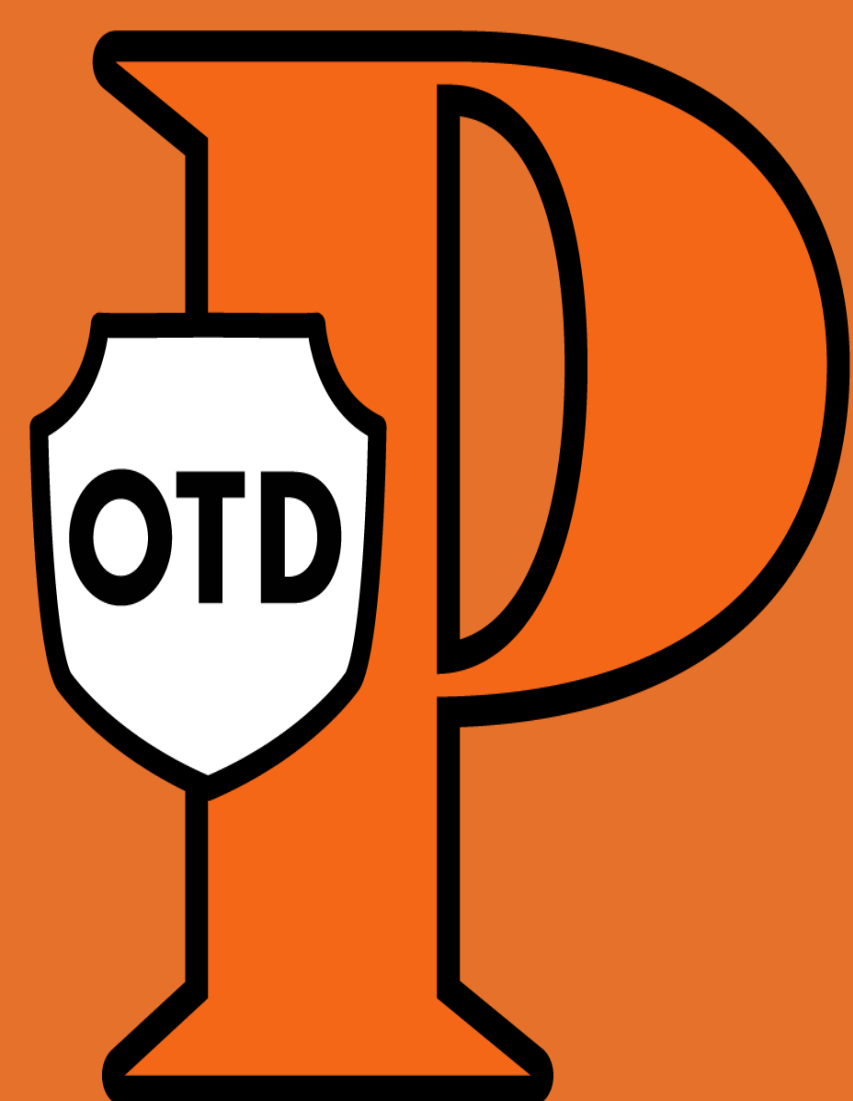
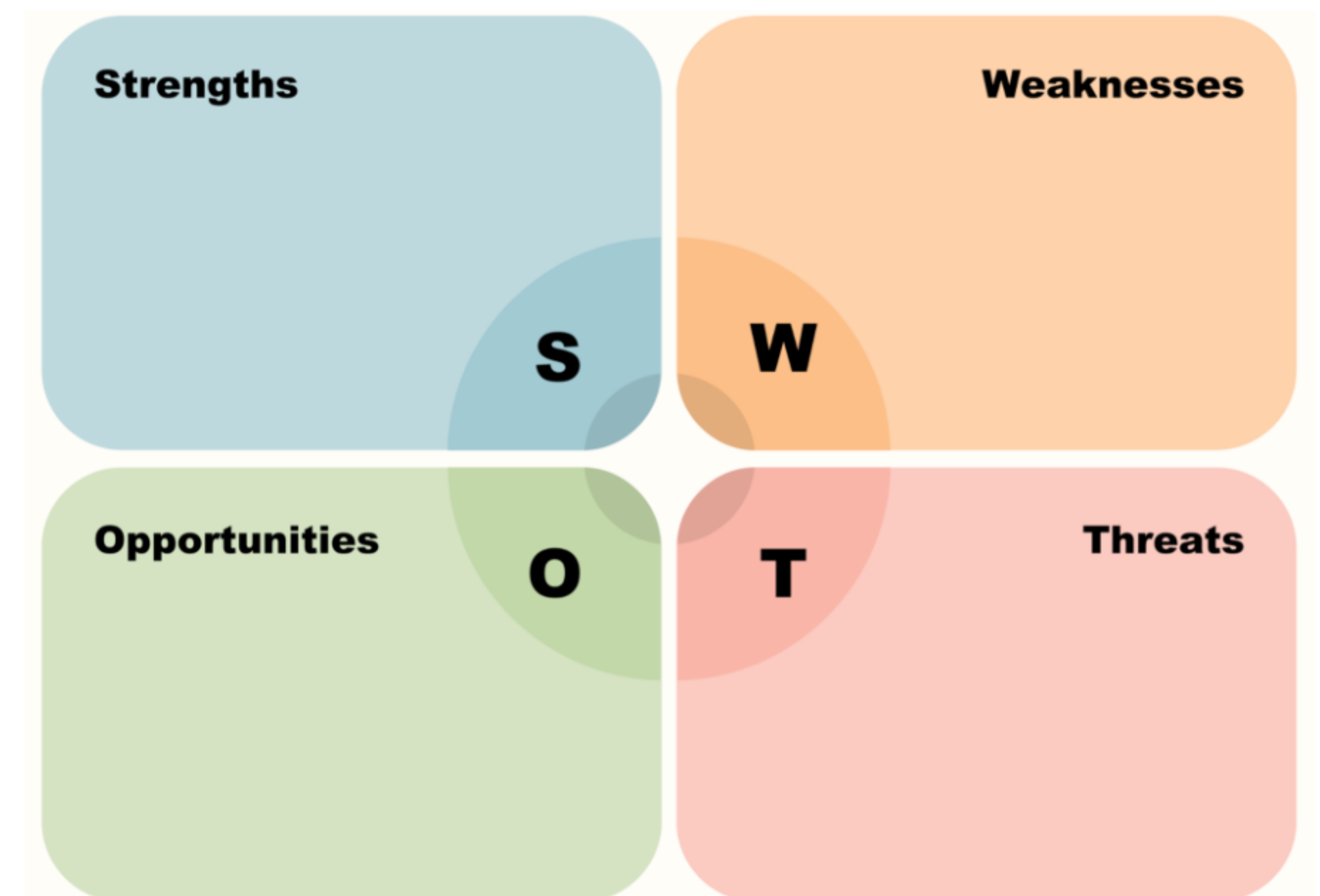
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Needs Assessment

- S: Website resources, available recreational activities, adaptive equipment, sponsors and donors
- W: Location
- O: Expansion of programs, outreach and variation in activity options
- T: Transportation

- Gap: Access to adaptive recreation
 - Transportation



Outcomes

Truckee Resources

Accessible transportation and routes around Truckee/Tahoe City/Kings Beach/Tahoma

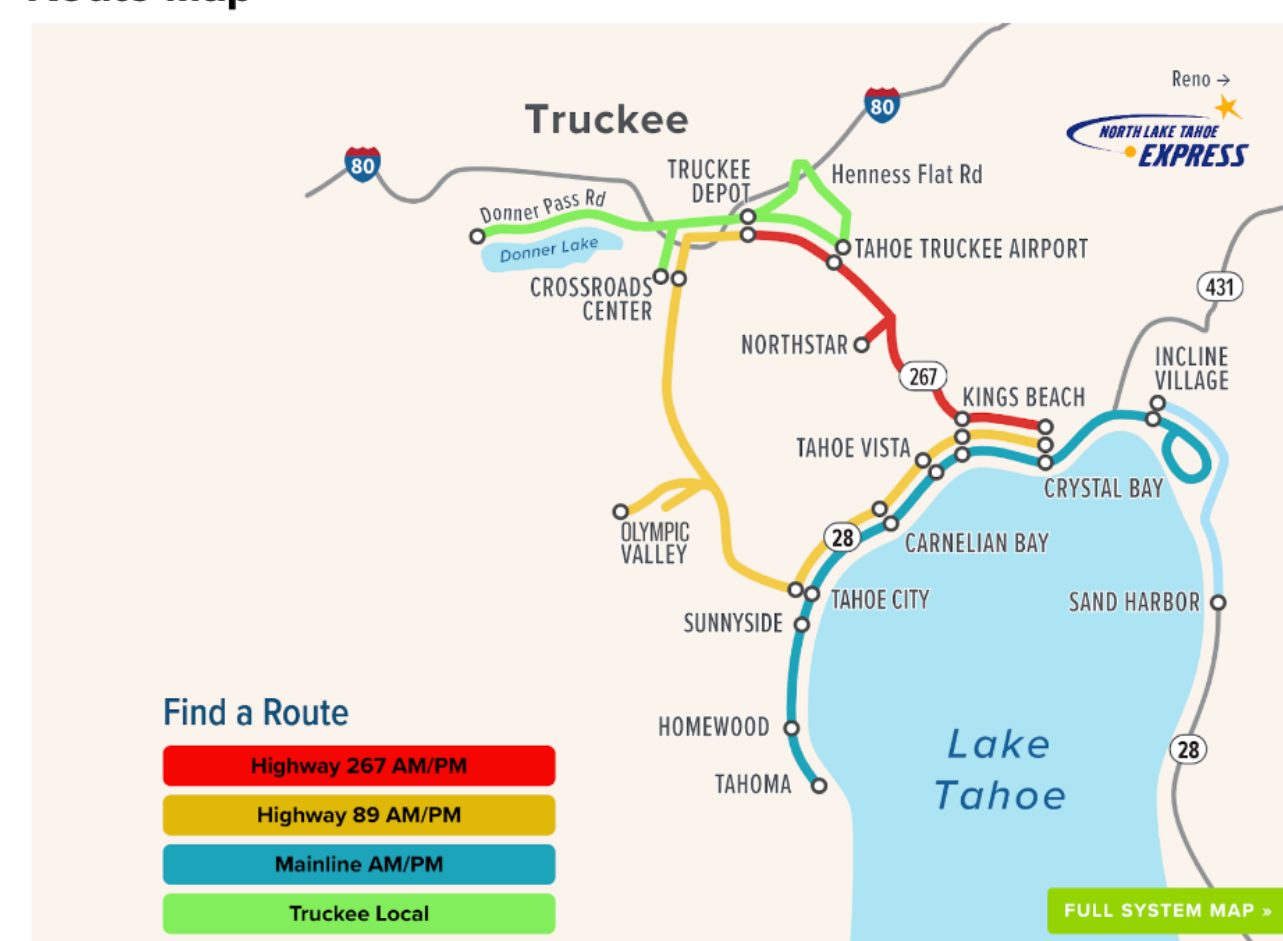
Transportation Services:

- **TART**- Tahoe Truckee Area Regional Transit
- **Paratransit** for those who cannot access TART for special reasons due to their condition or environmental factors - [Dial-a-ride](#)
 - **Paratransit eligibility and booklet**
 - Can the person, without the help of anyone: Get to and from the bus? Get on and off the bus? Understand which bus to get on and when to get off the bus?
 - [Eligibility Form](#)
 - **Visitors** Persons visiting the TART or PCT service area who provide documentation of ADA paratransit eligibility from another area will automatically be eligible for paratransit service. Persons who do not possess documentation, but claim their disability prevents them from using the TART fixed route bus system, will be considered "presumptively" eligible for a period not to exceed 21 days. If the individual plans to remain in the area longer, he/she must go through the eligibility process which has been established for residents.
 - **Truckee Dial-A-Ride Service**
 - Offered year round to the [general public](#) with priority service for seniors and persons with disabilities. Dial-A-Ride is available for trips within the Town limits, Monday-Friday 8:00 AM to 5:00 PM, and Saturday and Sunday 9:00 AM to 5:00 PM. Reservations are required 24 hours in advance of your trip on the weekdays and by 5pm on Friday for weekend trips. Please call: (530) 550-7451 to make your trip.
 - **To be picked up for dial-a-ride a physical Address is needed. People will be charged to ride if they are not registered ADA in Nevada County. Even if they show proof of ADA registry in another county they will still be charged.**
 - **Placer TART Paratransit Service**
 - Tahoe Area Regional Transit offers a complementary ADA taxi service that is comparable to the level of fixed route bus service provided by TART. This means that ADA complementary taxi service is provided during the hours of 6:00 am to 6:00 pm 7 days a week in the same areas served by the TART fixed route buses.
 - <https://tahoetruckeetransit.com/how-to-ride/dial-a-ride/placer-tart-paratransit/>
 - **Phone for TART**
 - Local: (530) 550-1212
 - Nationwide: (800) 736-6365
 - TDD Hearing Impaired: (530) 550-9223

Links to website info:

- Transportation in Truckee with links to plan your trip <https://www.townoftruckee.com/government/engineering-and-public-works/public-transportation>
- TART- how to ride <https://tahoetruckeetransit.com/how-to-ride/>
- TART- Routes <https://tahoetruckeetransit.com/>
- **Real time bus:** Nextbus <https://retro.umoia.com/predictor/adaRoute.jsp?a=tahoe>

Route Map



TART Connect is a free, on-demand shuttle service with wheelchair access

- **TRUCKEE TART CONNECT SPRING PILOT PROGRAM**
 - **Where is Truckee TART Connect Operating this spring?** Truckee TART Connect has one service zone. Now serving ALL of Truckee.
- **PLACER WASHOE COUNTY SPRING TART CONNECT**
- **Traveling outside of your zone?** Take TART Connect to a TART bus stop to connect to North Lake Tahoe destinations such as Northstar, Squaw Valley, and Truckee. TART Connect can be your link to transit, trails, and towns on the North Shore.
- **For hours of operation and dates of service:** <https://tahoetruckeetransit.com/tart-connect/>
- TART connect: [TART Connect APP](#) or phone: 530-214-5811

Routes to Northstar and Alpine Meadows/Palispades

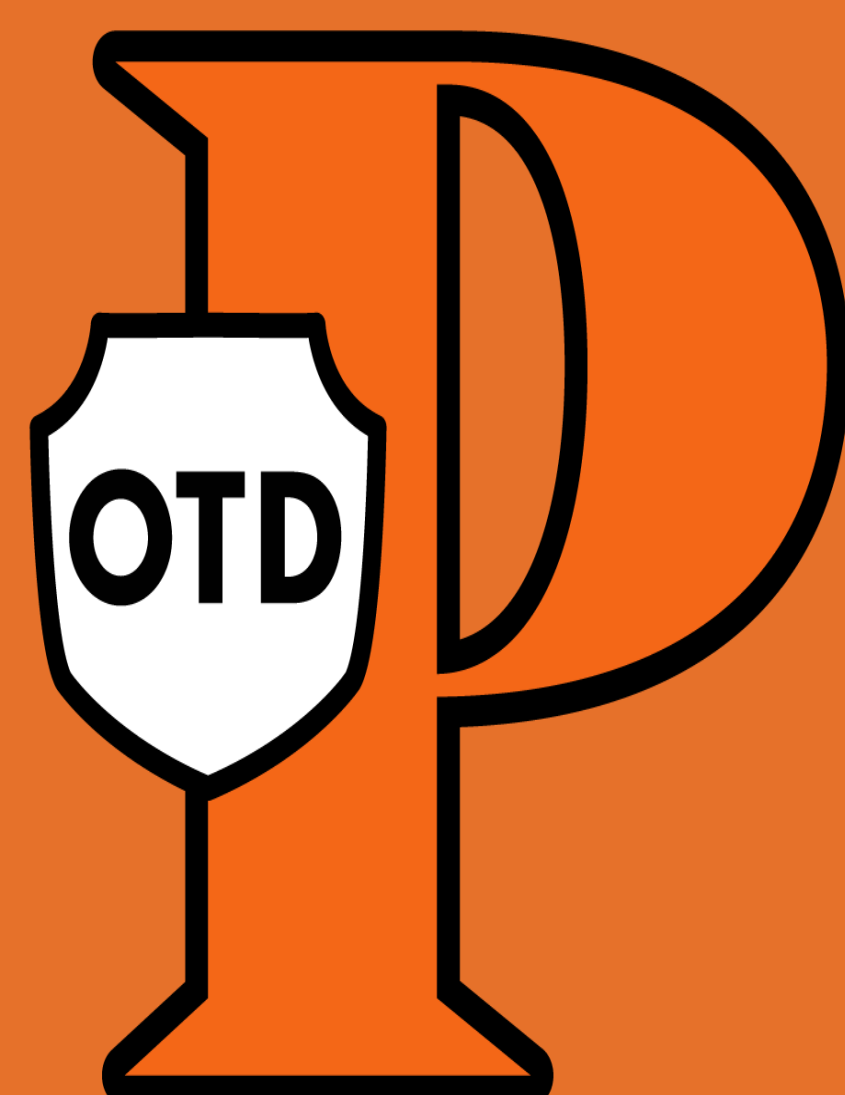
- Hwy 267 **Northstar route:** Travels between Truckee and Crystal Bay with a stop near Northstar village: <https://tahoetruckeetransit.com/routes/route-hwy267/>
- Hwy 89 **Palispades:** Tahoe City to Truckee with a stop at Olympic Valley and River ranch: <https://tahoetruckeetransit.com/routes/route-hwy89/>

*River ranch location is NOT an access point to Alpine Meadows. When riding TART you must drop off at Palispades and catch the resort shuttle to access Alpine Meadows base. Palispades shuttle is ADA accessible. Please call 1-800-403-0206 in advance for special accommodations.

Surrounding Resources

Transportation resources from Reno/Carson Valley/Sacramento/Oakland

Reno	<ul style="list-style-type: none"> • North Lake Tahoe Express: (\$99 one-way) <ul style="list-style-type: none"> ○ https://www.northlaketahoeexpress.com/ • Regional Transportation Commission of Washoe County, Nevada. <ul style="list-style-type: none"> ○ https://www.rtcwashoe.com/public-transportation/how-to-ride/ <p>Call RTC Customer Service at 775-348-RIDE (348-7433) to locate the bus stop location nearest you. Customer Service Associates are available 7AM to 6PM, Mon-Fri, and 8AM to 5PM, Sat; closed on Sunday and Holidays.</p>
Carson valley	<ul style="list-style-type: none"> • RTC public transportation: https://www.rtcwashoe.com/public-transportation/ • Paratransit Eligibility 775-348-0477 Fax 775-348-3261 Email: rtcaccessapplication@rtcwashoe.com https://www.rtcwashoe.com/public-transportation/rtc-access/ • RTC ACCESS Customer Service 775-348-0477 Trip Reservations 775-348-5438 8:00 a.m. – 5:00 p.m., Seven days a week Trip Cancellations 775-348-0444
Sacramento	<ul style="list-style-type: none"> • Greyhound bus https://www.greyhound.com/en-us/bus-to-truckee <ul style="list-style-type: none"> ○ Customer service resources https://www.greyhound.com/help-and-info/customers-with-disabilities
	<ul style="list-style-type: none"> • Amtrak - https://www.amtrak.com/accessible-travel-services <ul style="list-style-type: none"> ○ Reservations encouraged for those who need accommodations and discount information https://www.amtrak.com/making-reservations-for-passengers-with-a-disability • Location for Amtrak and Greyhound connections in Truckee Truckee Train Depot
Oakland	<ul style="list-style-type: none"> • Greyhound bus https://www.greyhound.com/ <ul style="list-style-type: none"> ○ Customer service resources https://www.greyhound.com/help-and-info/customers-with-disabilities • Amtrak https://www.amtrak.com/routes.html <ul style="list-style-type: none"> ○ Reservations encouraged for those who need accommodations and discount information



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Outcomes

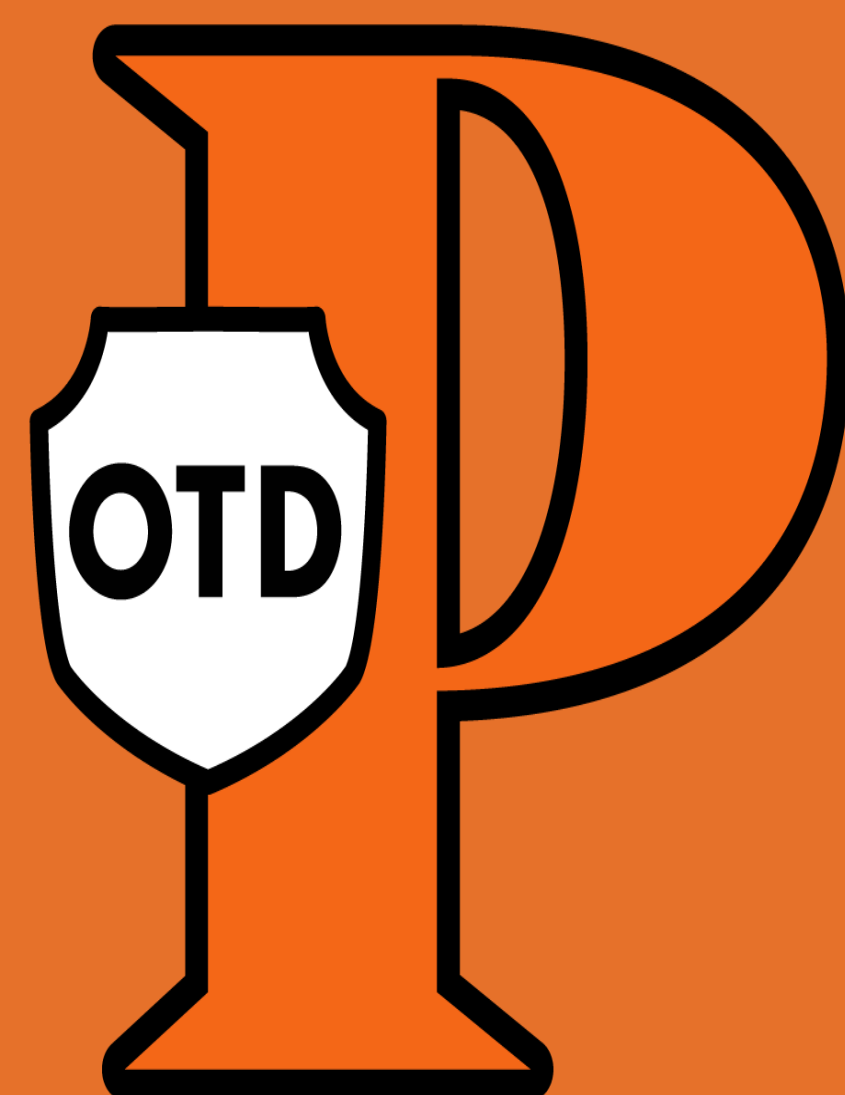
Transportation Framework

Framework for Implementation of Transportation Service

This document is intended to guide and support future development of a transportation service. Individuals, such as future doctoral students or employees of Achieve Tahoe can use this framework to

Transportation	<ul style="list-style-type: none">• Locate private ADA shuttles or vans within the <u>area</u><ul style="list-style-type: none">◦ Example: Joy Ride- a non-emergency shuttle service in Sacramento http://www.jrnonemergencytransport.com/non-emergency-medical-transportation-services• Partner with organization and confirm 1 Saturday per month pick up and drop off to Achieve Tahoe from designated Sacramento meeting <u>location</u>
Funding	<ul style="list-style-type: none">• Grants to fund this transportation <u>service</u>• Links to grant resources: https://california.grantwatch.com/cat/7/disabilities-grants.html• Grant specific to Veterans https://www.grants.gov/web/grants/search-grants.html
Implementation	<ul style="list-style-type: none">• Possible process of implementation:<ul style="list-style-type: none">◦ Steps:<ol style="list-style-type: none">1. Create a resource page on the <u>website</u>2. Inquiring participants will contact the transportation service to sign up for designated monthly <u>date</u>3. On participation day: meet at designated location, drive up to resort for the day and will be driven back end of the day to drop off location, unless an overnight trip is planned

Transportation service -> Funding support -> Implementation for Participation



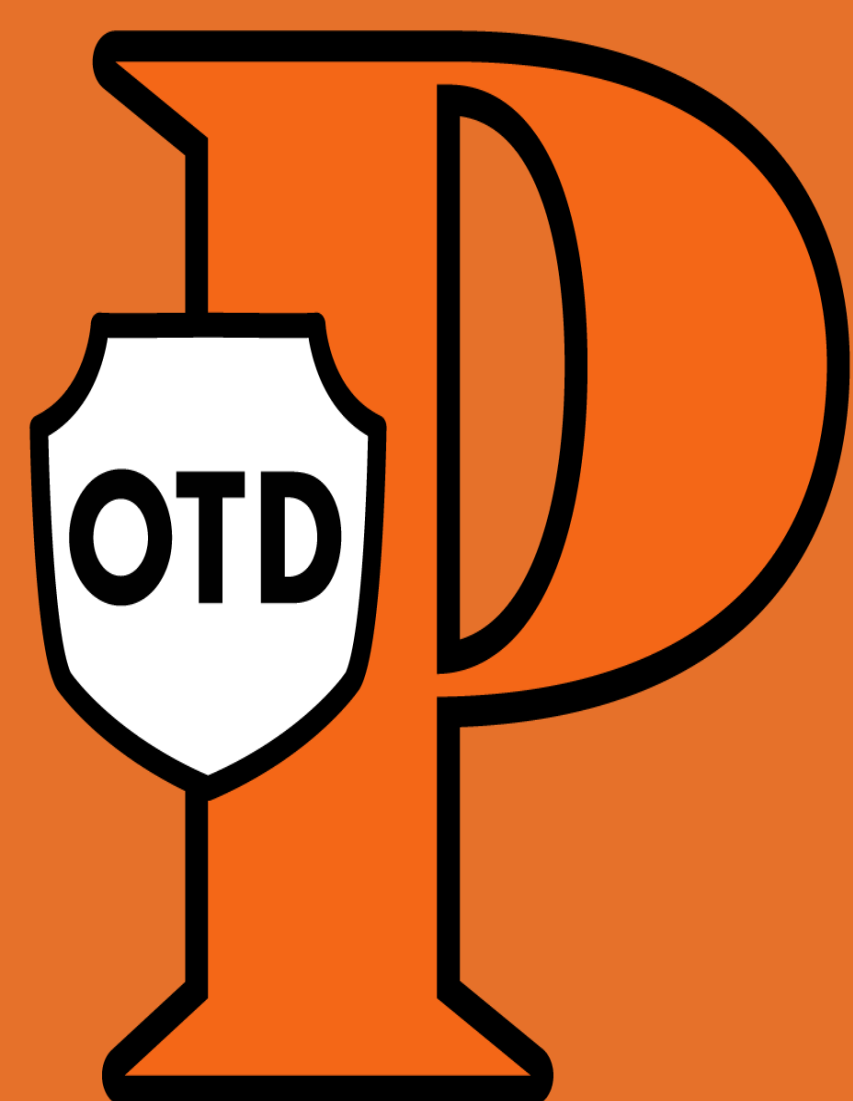
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Discussion

Hypothetically:

- Empower population
- Promote self-efficacy
- Connect the pathway to participation
 - *awareness-> financial resources-> transportation resources = Access to participation*

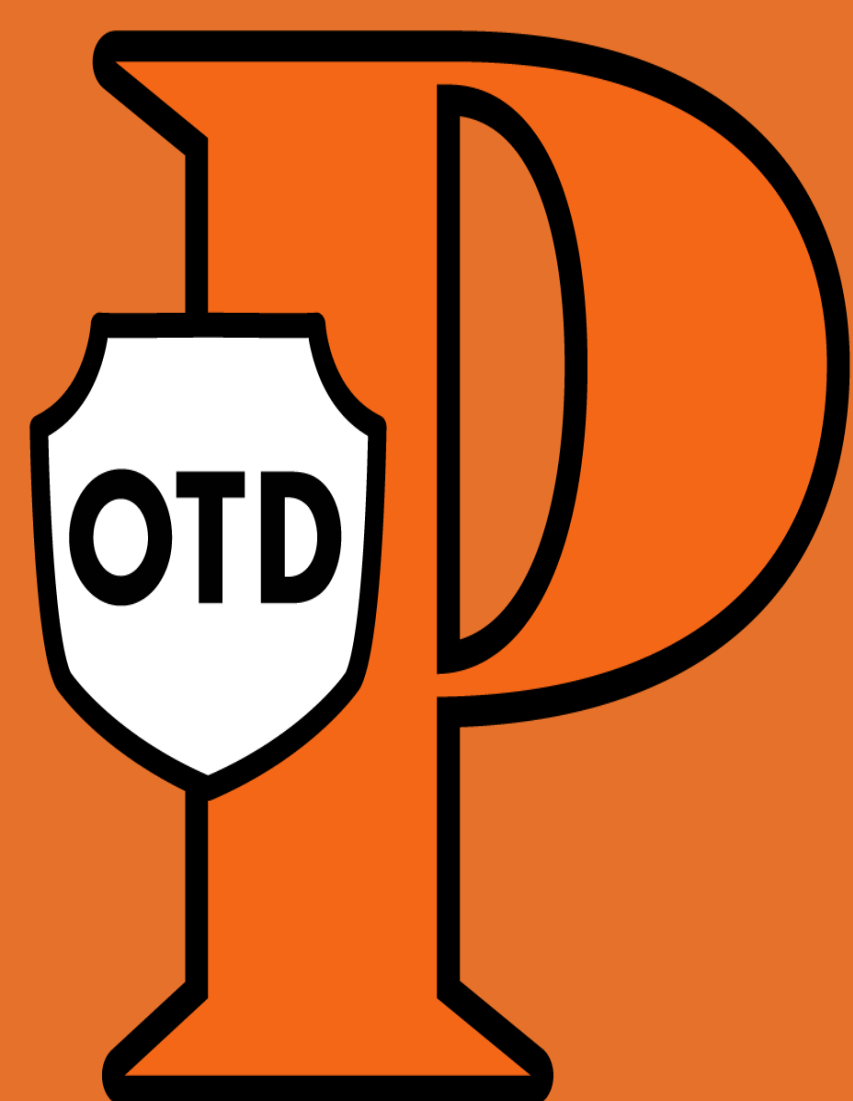


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Impact

- Addressing occupational deprivation and imbalance
 - Promote occupational balance and leisure time
- Transportation barrier
- Increasing self-efficacy

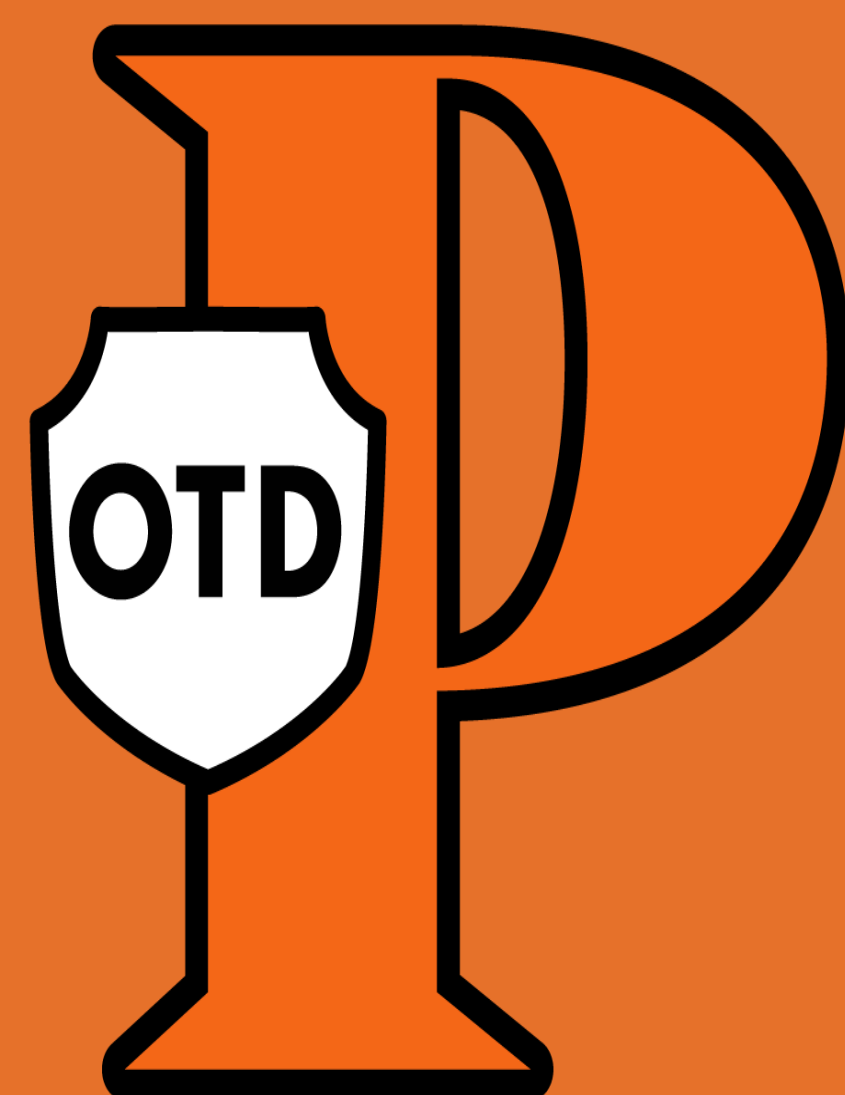


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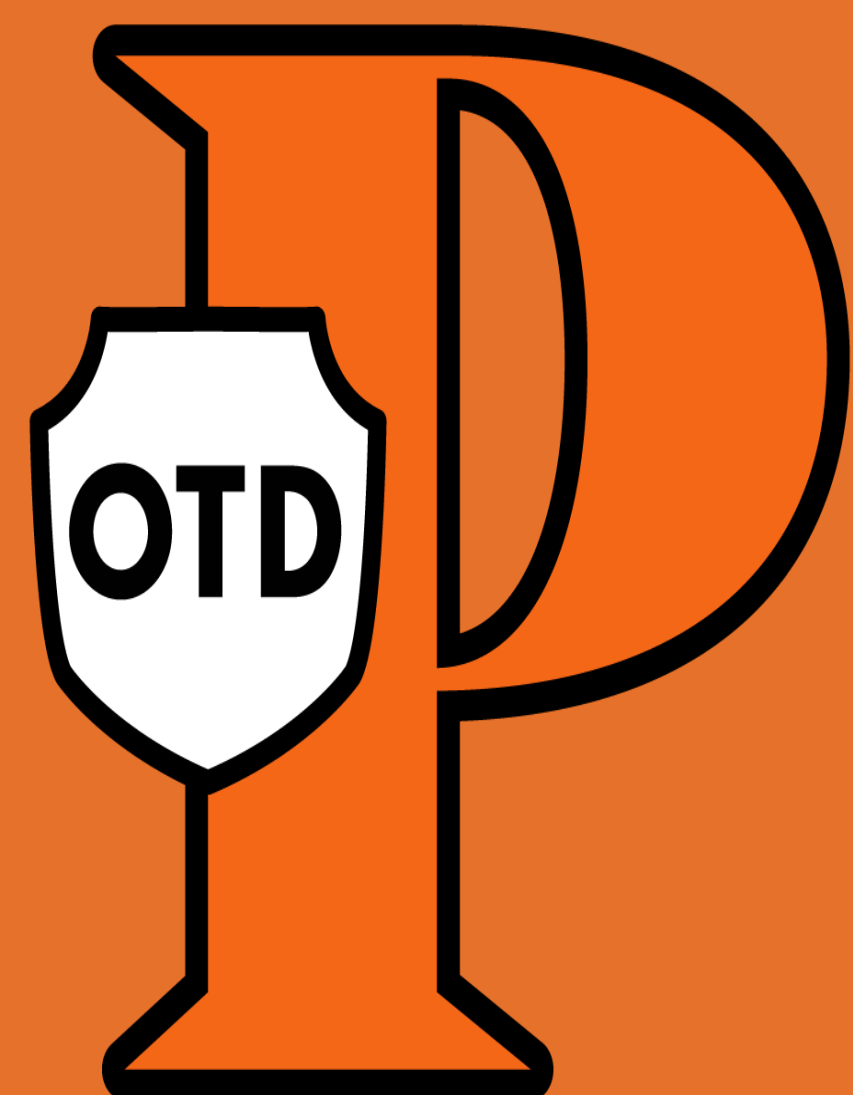


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Acknowledgements

- Kathryn Wise, Capstone Coordinator
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