

Maine CITE welcomes you to today's webinar!

Adaptive Sports and Recreation in Maine

Assistive Technology (AT) Considerations

The webinar will begin soon.

Serving all ages and all abilities!

Maine CITE and partners provide:

- Information and assistance
- Assistive technology training
- Device demonstrations
- Device short-term loans
- Device reuse

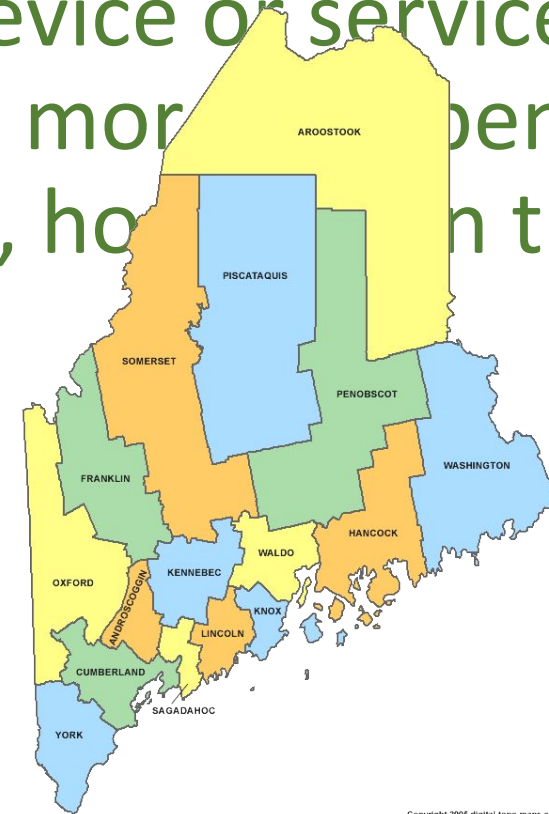
Partners include:

- Spurwink ALLTECH
- Pine Tree Society
- Gallant Therapy Services
- University of Maine
Farmington



Adaptive Sports and Recreation in Maine

- Assistive Technology (AT) is any device or service that helps a person with a disability be more independent and productive at school, work, home, and in the community.



Copyright 2005 digital-topo-maps.com

Learning Objectives

- Learn about some of the programs and resources for adaptive sports in Maine
- Learn about recreational and adaptive sporting equipment
- Learn how two Maine people have benefited from participating in adaptive sports programs

Accessibility: Trails



Action Track Chair

For offroad adventures.

Website has a funding
page.



Biking: offroad handcycles



Adaptations for many abilities



Prone and Recumbent Off-Road Cycling



Recreational Biking



Wheelchair Racing



Wheelchair Rugby

- Northeast Passage
- Full contact wheelchair to wheelchair sport
- Formerly known as “Murderball”
- To qualify competitively, players must have all four limbs affected in some manner



Power Soccer



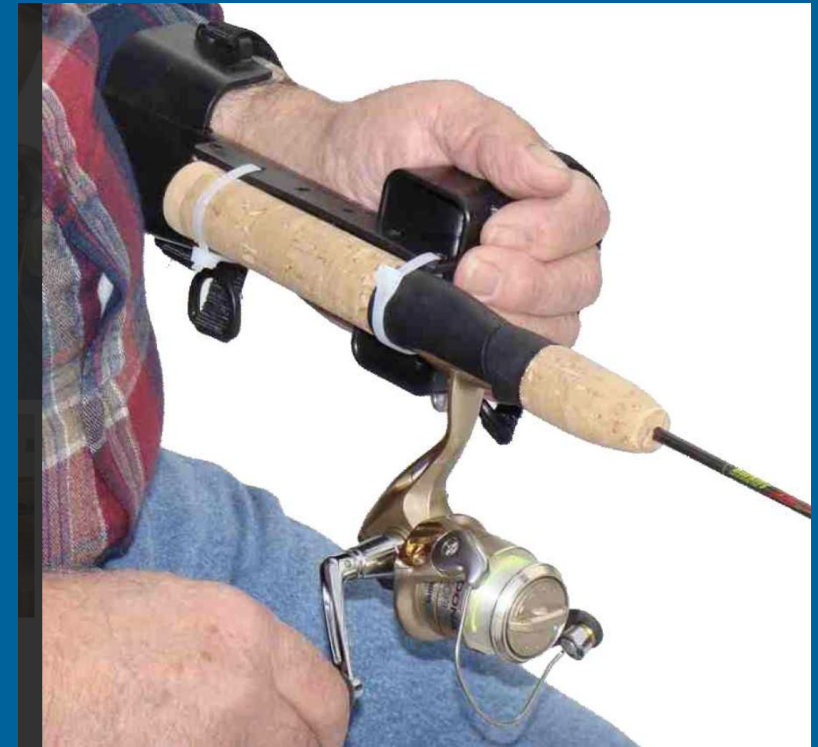
Basketball



Sled Hockey: The New England Warriors



Active Hands: <https://www.activehands.com/shop/>



Goalball



Barriers to Access



VAST



Located at the Outdoor and Fitness Center at Pineland Farms, New Gloucester, Maine

Director: Kristina Sabasteanski, OTR/L

207-310-8694

VAST: Current Sports

We strive to offer year-round activities based on the needs and wants of veterans. Programs are free and equipment is provided. Current sports include:

- Target Archery
- Pellet Rifle Shooting
- Laser Rifle Shooting
- Cycling (Mountain, Hand, & Recumbent)
- Fly and Spin Cast Fishing
- Fly Tying
- Orienteering
- Disc Golf
- Boccia Ball
- WC Basketball, Floor Hockey, & Tennis
- Snow Shoeing
- Nordic Pole Walking
- Cross Country Skiing
- Bowling





Wheelchair Basketball



Turkey Hunt

VAST has hunting equipment, as well as laser target shooting equipment for their participants.

This wheelchair is an Action Trackchair



Archery and Laser Rifle



XC Ski Slider (Nordic Skiing)



Slider with Assist



Nordic Sit Skis



Sit Ski for Performance Racing



Other VAST Equipment and Sports

- Upright trikes: this **Afari** is a game-changer for some!
- Power-assist bikes, trikes and recumbent bikes
- Hand-lever propelled all-terrain wheelchair
- Weekly programs and annual events and camps



Questions/Comments



Portland Wheelers: <https://portlandwheelers.org/>





- Road and Mountain Biking
- Hiking
- Paddle Sports
- Tennis and Pickleball
- Indoor and Outdoor Climbing
- Downhill skiing
- Snowboarding

Solo Rider

Golf



Albiston Foundation

Aphasia Center of Maine

- Annual Retreat
- Year Round Program that meets weekly via Zoom

AOEC

- Carrabassett Valley: Fully accessible overnight Lodging for 25 people
- Brunswick Campus
 - Horizons Event Center
 - Enchanted Forest: developing adaptive trails

Horizon Programs

- Outdoor recreation and education
- Brunswick activities include snowshoeing, gardening, biking, hiking, crafts, fishing
- Horizons sailing program via SailMaine in Portland, and Camp Tracy in Oakland
- Working on a course using Microsoft Soundscapes

More AOEC Horizon Programs

- Horizons Fly Fishing in Collaboration with the Confluence Collective
 - Have just acquired a couple of adaptive boats
- After school and adult music programs
- Waterski programs in Kingfield and Oakland
- Horizons Equine program in Norridgewock
- Surfing program in York in collaboration with AmpSurf

Water Sports



Enjoying Maine's Beautiful Lakes and Coastline Beaches

- Beach Wheelchairs
- Wheel-Eez Conversion



Other Sports and Recreation Activities

- WCMX
- Ropes Courses
- Zipline
- Fencing
- Fitness training
- Bowling
- Baseball
- Croquet
- Beeper Balls
- Swings
- Dance

Final Notes

- All of the programs collaborate with and complement each other.
- Transportation to destinations is a common barrier.
 - Look up the “Move United” website.

Reach out! We are here to help!



Maine CITE

Assistive Technology for all ages and all abilities



www.mainecite.org

info@mainecite.org

207-621-3195

