

Let's Get Physical with The Arc



Introduction

- People with intellectual and developmental disabilities are part of an unrecognized disparity population (CDC, 2016).
- A need that had been identified was a health and fitness curriculum that will be tailored to people with intellectual and developmental disabilities.
- This need was based on the rising amounts of clients who struggle with diabetes, hypertension and other cardiovascular diseases as a result of sedentary lifestyle.

The Arc

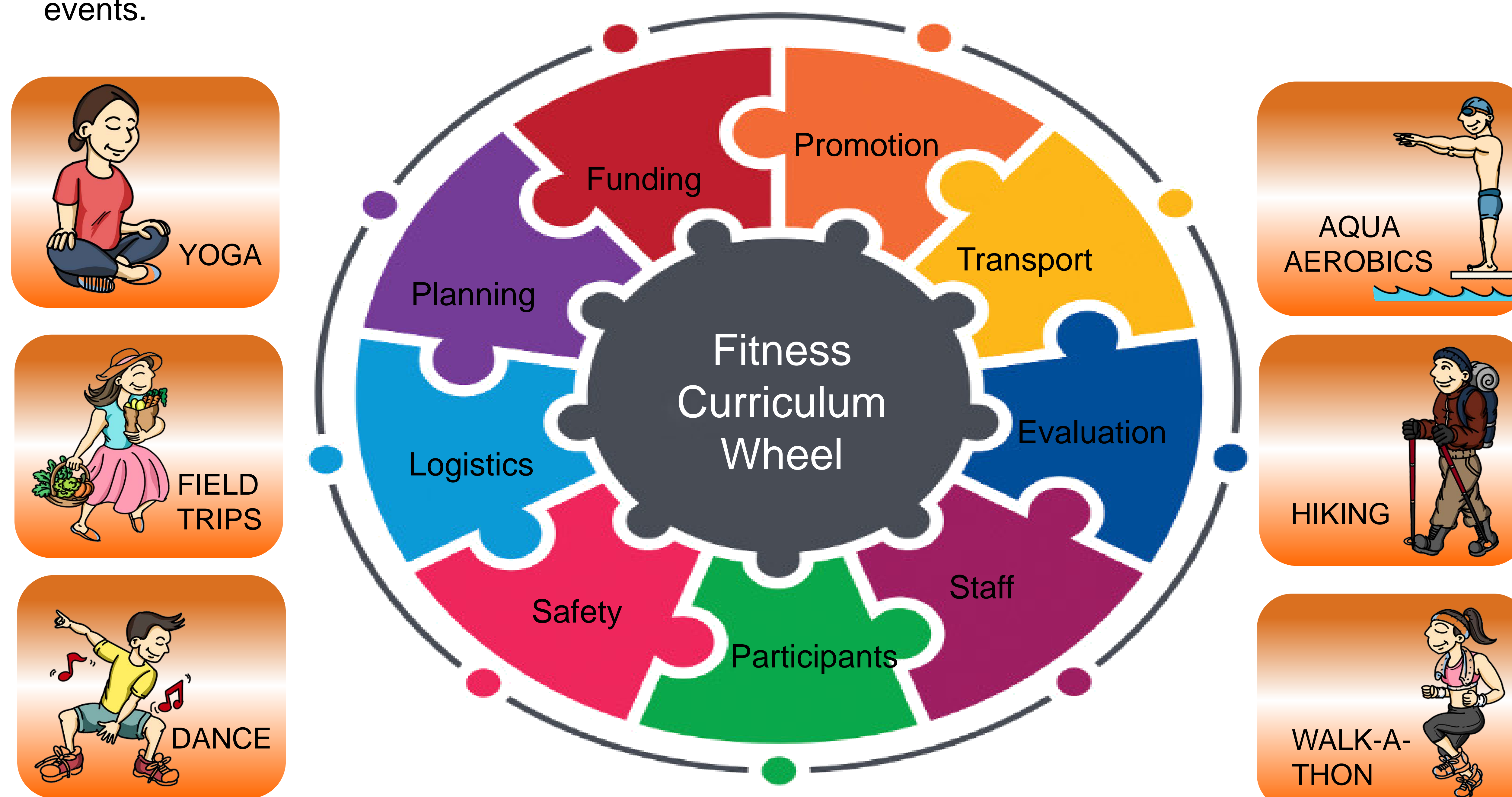
- The Arc of Amador and Calaveras is located at 75 Academy Dr, Sutter Creek, CA 95685.
- Currently, the Arc is a grassroots non profit organization that provides direct services to over 200 people in the following areas: community services, recreational services, supported employment services and supported living services among others.

Project Idea

- This project was aimed towards developing a fitness curriculum that the organization can implement all through the year and can be replicated in the years to come.

Project at a Glance

- Adults with disabilities are 4 times more likely to report a fair or poor health status when compared to people without disabilities. A fitness curriculum was created.
- The Arc fitness curriculum wheel is a flexible, organized tool that is both applicable to small or major events.



Conclusions/Further Study

- Good ideas do not always yield in good results.
- Good ideas that yield in good results, sometimes require time in order to evaluate outcome and effectiveness.
- On an organizational level, the outcome was met by the nurse scholars ability to respond to the identified need by the Arc which was a fitness curriculum for the participants.
- The long term objective is to envision these activities in practice, sustained and ultimately result in better health outcomes for the cognitively and developmentally delayed participants.
- If in the future, there is a way to conduct a pre and post implementation analysis of this project and measure health outcomes of the participants, it will validate the effectiveness of the project.

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