

Improving the Health of Adults with Disabilities

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Logic Model

Outcomes

- **Institutional Support:** Dedicated faculty and staff facilitating curriculum development.
- **Participant Engagement:** Students actively participating in the modified physical education program.
- **Resource Allocation:** Time, space, and instructional materials for implementation.

Outputs

- Development of a **structured, evidence-based** weekly exercise curriculum.
- Creation of an **individualized** exercise binder aligned with **students' fitness baselines and goals**.

Activities

- **Progress Tracking:** Monthly evaluations using standardized assessment tools.
- **Curriculum Implementation:** Tailored physical activity sessions customized per student needs.

Inputs

- **Primary Goal:** Significant increase in students' overall physical activity levels.
- **Secondary Goals:** Improved fitness markers, engagement, and sustained adherence to exercise programs.

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- Introduction -

- Adults with developmental disabilities face significant barriers to regular physical activity, with only **9%** meeting the **minimum recommended physical activity levels** each week¹.
- Our project partnered with **Post Place**, an organization dedicated to supporting the health and development of adults with disabilities, to **enhance their physical activity curriculum** and promote long-term engagement in exercise.

- Impact -

- This project led to **increased student access and engagement** in structured physical activity at Post Place.
- In addition to developing a tailored physical activity curriculum, we created a **comprehensive health information binder** for each student, ensuring staff has **quick access to critical medical details** in case of emergencies.
- The project's **sustainability is reinforced** by ongoing student involvement with Post Place, ensuring its long-term **impact and integration** into daily routines.

- Critical Assessment -

- **Challenge:** Designing a fully **adaptive** exercise program to meet the diverse needs of students was our biggest challenge. This remains an area for **ongoing refinement and implementation improvements**.
- **Community Engagement:** Our **Community Advisory Board** provided **valuable insights** that shaped and improved our project strategies.
- **Key Takeaways:** This experience deepened our **understanding of adaptive fitness**, the **importance of inclusivity in healthcare**, and the **role of physical activity in enhancing overall well-being**.