



Play for all

Outdoor play

Plan to provide play outside for a child with a physical disability.

Help a child to play outside by:

- Seeing the opportunities.
- Recognise the child's abilities and any limitations.
- Give access to the child's local environment.
- Adapt and modify the environment.
- Change the method of play.
- Provide special equipment if needed.

Strategies

Think. Is there a play experience this child has missed out on? Reflect on the experiences of their non-disabled peers eg. making mudpies!

Give opportunities for a child to:

- Access outside: provide ramps, smooth paths, accessible playgrounds (consider safety).
- Enjoy sensory play: water, sand, garden with autumn leaves, bark and flowers, beach, different weather—wind, rain, sun & snow.
- Experience movement: swinging, fast travel, sliding, travel through a tunnel, through water and horse riding.
- Practise co-ordination skills: simple ball skills-hitting, catching and other gross motor skills.

Simple modifications to existing equipment or specialised equipment could be needed for positioning, seating or mobility. eg. pusher, wheelchair, beach wheelchair, wedge, roller, corner chair, Jenx chair.

Ensure that the child is free to make choices and initiate, rather than always being directed.

Do you need advice or to share with others?

Talk to other family members, parents of other children with disabilities physiotherapists, occupational therapists, teachers and psychologists.

Occupational Therapy Information Sheet

Novita Children's Services
www.novita.org.au

Parents - give a young child movement experiences before they become too heavy.

For the older child contact specialist providers for sport and recreation options eg:

- Sasrapid
- Recreational Link-up
- Riding for the Disabled
- Wheelchair Sports

References

"Positioning for Play"- Home activities for parents of young children by R Diamant. '92 Therapy Skill Builders.

"Give it a Go - including people with disabilities in sport and physical activity" Australian Sports Commission, 2001.

"Creative Play Activities for children with disabilities" L. Morris & L. Shultz Pub: Human Kinetics Books, 1989.