



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, & flowers, beach, different weather—wind, rain, sun & snow
- ✦ Experience movement: swinging, fast travel, sliding, travel through a tunnel, through water, horse riding.
- ✦ Practise co-ordination skills: simple ball skills-hitting, catching, 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?
Ask other family members, parents of other disabled children,
Physiotherapist, OT, Teacher, Psychologist.



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"