Promoting Physical Activity & Social Participation in Young Adults with IDD with Best Buddies, Belmont Chapter

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Promoting Physical Activity & Social Participation in Young Adults with IDD with Best Buddies, Belmont Chapter
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About Best Buddies
The largest international organization dedicated to end social, physical, and economic isolation among individuals with intellectual and developmental disabilities.
- Belmont University’s Chapter: 10 years
- Belmont students become “peers” and are partnered with a “buddy” to engage in social activities throughout each semester

Mission & Vision
Mission:
- Best Buddies is a nonprofit organization dedicated to establishing opportunities for one-to-one friendships, integrated employment, leadership development, and inclusive living for individuals with intellectual and developmental disabilities (IDD).

Vision:
- “To put Best Buddies out of business.... A world where people with IDD are so successfully integrated that our services will be unnecessary.”

Identified Needs of Agency
- Increased awareness of the importance of physical activity and its effects on health, wellness and social participation
- A sustainable event to be replicated on a yearly basis
- An event that is fun and engaging

Rationale & Clinical Relevance
- Individuals with disabilities are shown to have lower levels of cardiovascular fitness, muscular endurance, higher rates of obesity than typical peers, and less community participation and social relationships.
- Participation in activities is the context in which people form friendships, develop skills, achieve mental and physical health and determine meaning in life.
- Physical activity and health promotion interventions could result in increased physical activity and better nutrition leading to improved quality of life and greater community participation.

Goals of Experiential Component
- To create a sustainable field-day-like event for the Belmont Best Buddies Chapter in order to promote engagement in physical activity and social participation.
- To gain further understanding of the impact of healthy living on individuals with IDD.
- To demonstrate interprofessional collaboration by partnering with varied entities across Belmont’s campus and in the local community to promote a network of resources for the sustainability of the event.

Outcomes of Field Day Event
Events:
- Kickball
- Basketball
- Freeze Dance
- Frisbee Golf
- Corn Hole
- Board Games

Location:
- Belmont’s Sports Science Gym
Length of Event:
- 2 hours
Volunteers:
- Simple, easy wheelchair adaptations for all events
- Volunteer roles and responsibilities
- List of contacts to organize event
- Advertising plan

Deliverable Outcomes:
- Flexible minute-by-minute timeline of events with rules, resources and equipment needed for each event
- Simple, easy wheelchair adaptations for all events
- Volunteer roles and responsibilities
- List of contacts to organize event
- Advertising plan

“Ideally, we hope to see our services transform from necessary to unnecessary. The organization was very helpful, and it was nice to have someone who cared to help and was flexible. Your help and ideas could not have come at a better time; it was a blessing.”
– Grace, Best Buddies President

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