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Metro Parks Adults with Disabilities - Health management

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MISSION AND VISION

It is the mission of the Metro Parks disABILITIES programs to provide every Nashville citizen in Davidson County with intellectual and developmental disABILITIES with an equitable opportunity for safe recreational and cultural activities through a variety of age and ability appropriate programs and activities that highlight the ABILITIES of all participants.



PROJECT GOALS

- Conduct research on effective programs for agency population.
- Enhance professional communication and collaboration skills for leadership.
- Complete LSVT BIG and PAMs certification to enhance clinical skills



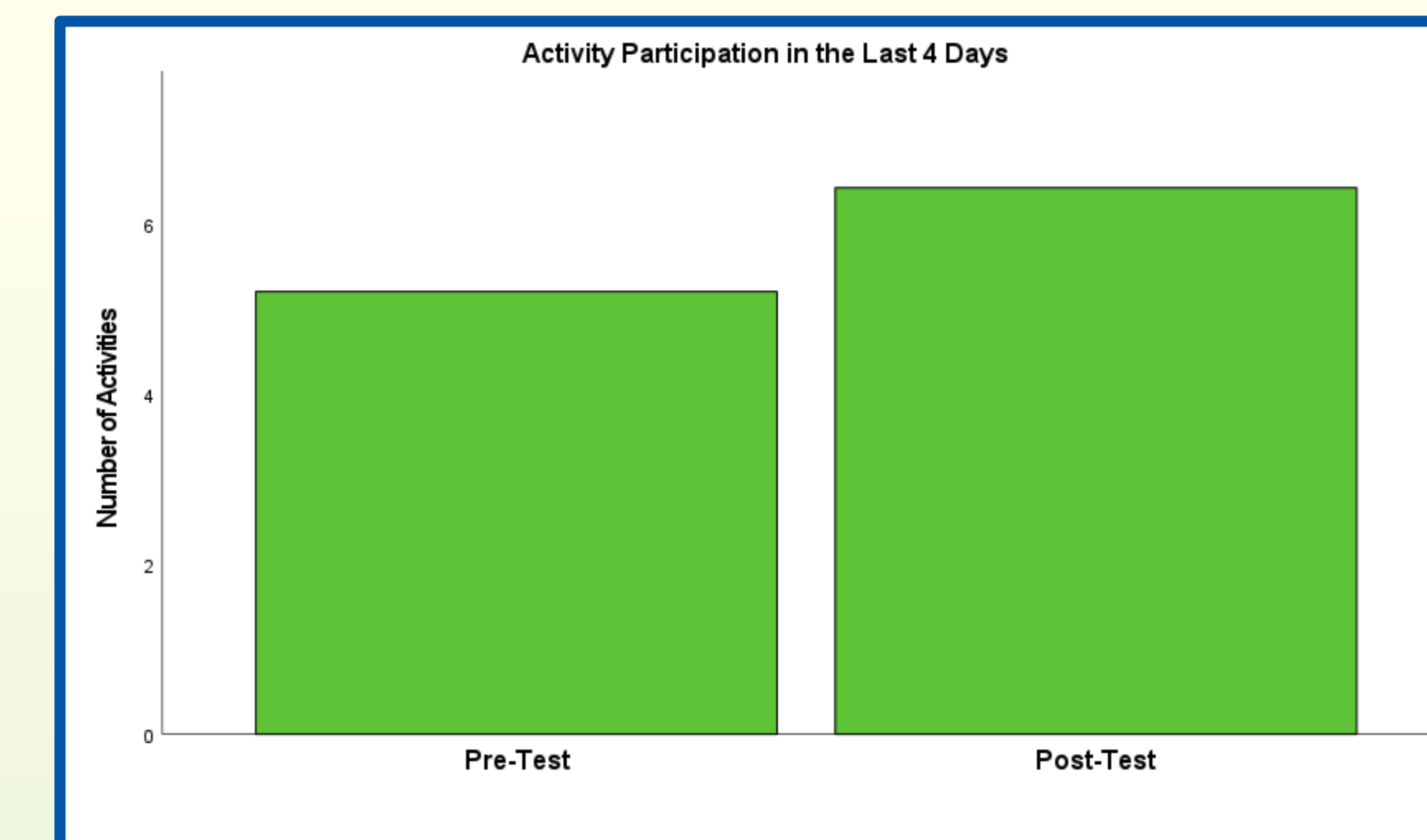
NEEDS OF AGENCY

- Increase variety of classes offered to participants, such as; social emotional, workforce development, literacy training, sensory and functional based.
- Increase participation in established athletic activities for all participants.
- Staff training - create training manuals for staff working with this population to increase participant independence and well-being.
- Promote participant's overall health.



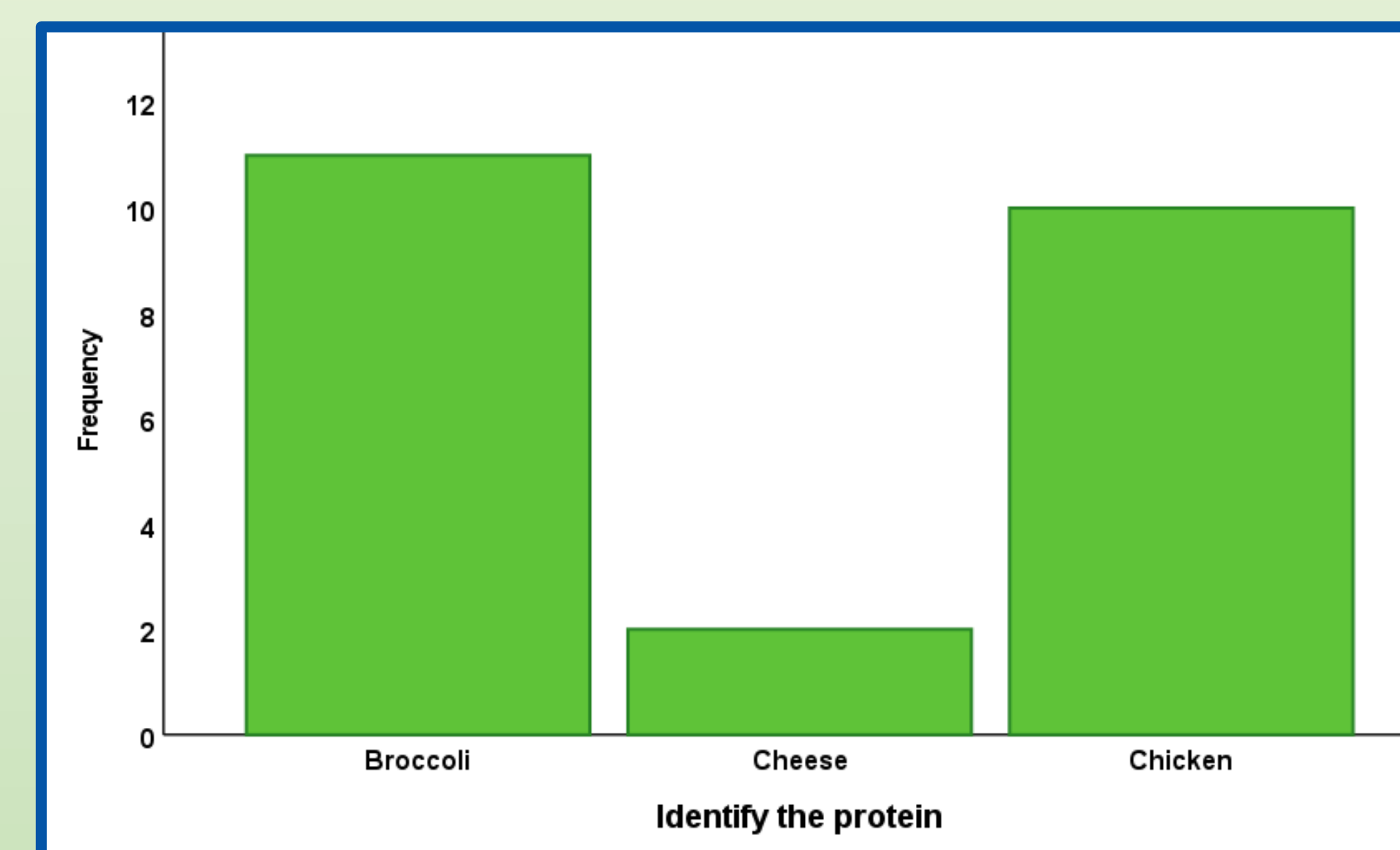
PROJECT OUTCOMES

- Utilized participant survey results to create a health management program to fill identified knowledge gaps.
- Implemented the program to be ran weekly to encourage participation in all aspects of health.
 - Mad lib Monday's
 - Trivia Tuesday's
 - Work out Wednesday's
 - Thoughtful Thursday's



ACKNOWLEDGEMENTS

- Thank you to my expert mentor Glen Adkins for your continuous guidance and support throughout this experience
- Sincerest gratitude to my faculty mentor Dr. Sandy Stevens for your counsel and encouragement of this project
- Finally, a huge thank you to all participants who attend metro parks adults with disabilities day program for your valued insights, receptiveness and collaboration.



PROJECT DELIVERABLES

- Repeatable health management program for all participants attending Metro parks adults with disabilities day program
- Pre-test / post-test results supporting program effectiveness
- Evidence based Research supporting program
- LSVT BIG certification
- Physical agent modalities hours completion

