

Adaptive & Senior Program Report

January/February 2025

Submitted by:

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Adaptive Recreation Manager

Seniors

We held 39 virtual programs and had a total of 93 participants. These programs include: Tai Chi, Easy Exercise, TheraBands, and Brain Games.

We held 26 in person programs with 143 participants. These programs include: instructors going to Mary Williams Community Center, JABA, Crescent Hall, and Morningside Senior Living to provide arts and crafts, and fitness programming for their participants, craft and art classes held at Booker T Washington Park Center, and in person land and water exercise class at Smith that follows the Arthritis Foundation's guidelines

Adaptive

We held 19 virtual programs and had a total of 256 participants. These classes include: Book Club, Social Hours, Dinner Socials, Yoga, Fitness, and Cooking Classes.

We held 46 in person programs with 488 participants. These programs include: land and water fitness classes, music, arts & crafts, Valentine's Day themed dance and programs, youth and teen specific programming, sign language classes, community outings to places such as restaurants, movie theaters, bowling, live plays, and a UVA Women's Basketball game. This also includes instructor teaching classes with partnering organizations such as African Dance, Tai Chi and Adaptive Fitness. We held our winter overnight trip to Wintergreen Resort where participants had the opportunity to take adaptive ski lessons. We also partnered with the Virginia Institute of Autism to offer another Sibling Support Group.

Participation Statistics

Total offering/enrollment

Classification	Total # Offered	Total Sections Held	Total # of Participants	Percentage of Offerings
Senior Virtual	44	39	93	89%
Senior In Person	35	26	143	75%
Adaptive Virtual	23	19	256	83%
Adaptive In Person	49	46	488	94%

1 SURVEY RESULTS & ANALYSIS

Feedback about our programs continues to be positive from participants and guardians.

We held a staff meeting for all part time staff and gave them an opportunity to voice what has been going well, what can be improved and where they need support.

Staff stated that they feel supported by the full-time staff, enjoy working with our population and the Adaptive and Senior unit.

A survey was sent to staff about suggestions for additional training they feel would be beneficial and we are gathering responses. Feedback that we have received so far, has indicated a request for more training on working with individuals with complex disabilities, behaviors, and needs. We have taken this information and are currently working on implementing a training to meet this request.

2 UNIT SUCCESSES & CHALLENGES

Successes:

Summer camp registration opened, and both of our six-week camps have filled, and we have 4 spots left for our end of summer specialty camp.

Program highlights include taking a group to a UVA Women's Basketball Game, Live Theater presented by Charlottesville High School, our Winter Overnight Ski Trip and partnering with the Virginia Institute of Autism for another Sibling Support Group.

We are also offering opportunities for inclusion with the Winter Ball, in partnership with Carver Recreation Center and a Sign Language Class that includes adaptive participants as well as individuals from the general public.

A Doctoral student in Occupational Therapy from Mary Baldwin is completing her capstone project with us and began in January. Her education and experience are a positive addition to our programs.

Challenges:

The weather in January and February had a big impact on our programs with cancelations, both from the City and from participants that were not comfortable going out in the snow/ice.

3 COLLABORATIONS

We continue to work closely with UVA and have volunteers attend and lead programs. We had 4 volunteers on programs, but students were away on break for part of this quarter.

We also held another Sibling Support event in partnership with VIA- a dinner and game night. This provides children without disabilities, who have a sibling with a disability, a space that is just for them to feel supported, seen, and talk about the experiences they encounter.

4 BUDGETARY ANALYSIS

Budget projections for FY25 are on track and as of March 7th, we have utilized 67% of our overall expense budget.

The department made budget adjustments and realignments, and as a result, this is the first year we have been using the current cost centers and line items. Data collected from this year will provide more accurate information in the future.

5 UNIT OPPORTUNITIES

1. Currently recruiting and interviewing staff for summer camps.
2. Inclusion training for the entire Parks & Recreation department has been scheduled and will be taking place on March 17 & 18
3. Looking into rescheduling programs that were canceled due to weather or offering them, or something similar, at a later date. Specifically, two senior day trips and the Motown Dance.



