



Adaptive Pool Program

Child Development Centre of
Prince George and District
Fabiola Toyata, B.Sc. P.T.



My Story

- 13 years ago 4-5 regular clients; only special equipment was 1 Wet Vest



Now:

- More than ½ the PT caseload has participated at some point (approximately 25 clients)
- Weekly 9-11am
- School aged kids come with their EA or caregiver
- 10-12 clients each week
- PT works with individuals and their caregivers as they come in
- Therapy Aide assists clients, therapist and caregivers as needed

Goals

- Fun!!
- Life skill
- Endurance
- Participation
- Relaxation
- Typical therapy goals
(strengthening,
etc...)



Outcome of Discussion

- Learn about a simple and easy to run program that benefits many clients in a limited time



Clients

- Must be on PT caseload already
- Cognition any level. More low cognition as others will miss out on too much academics





Partners

- City
- School district
- Child Development Centre
- Families



Partner Rolls



City

Provide storage for equipment

Provide aquatic leaders for yearly in-service

Provide adult size water chairs

Free admission for CDC Staff and students and client caregivers

Ceiling track lift

Family Access Program

Sunday special needs swim. Free for people with special needs and their families. There is a aquatic leader in the pool during this.

School District

- District support teacher for yearly in service
- OT involved Occasionally
- IEP
- EAs
- Transportation



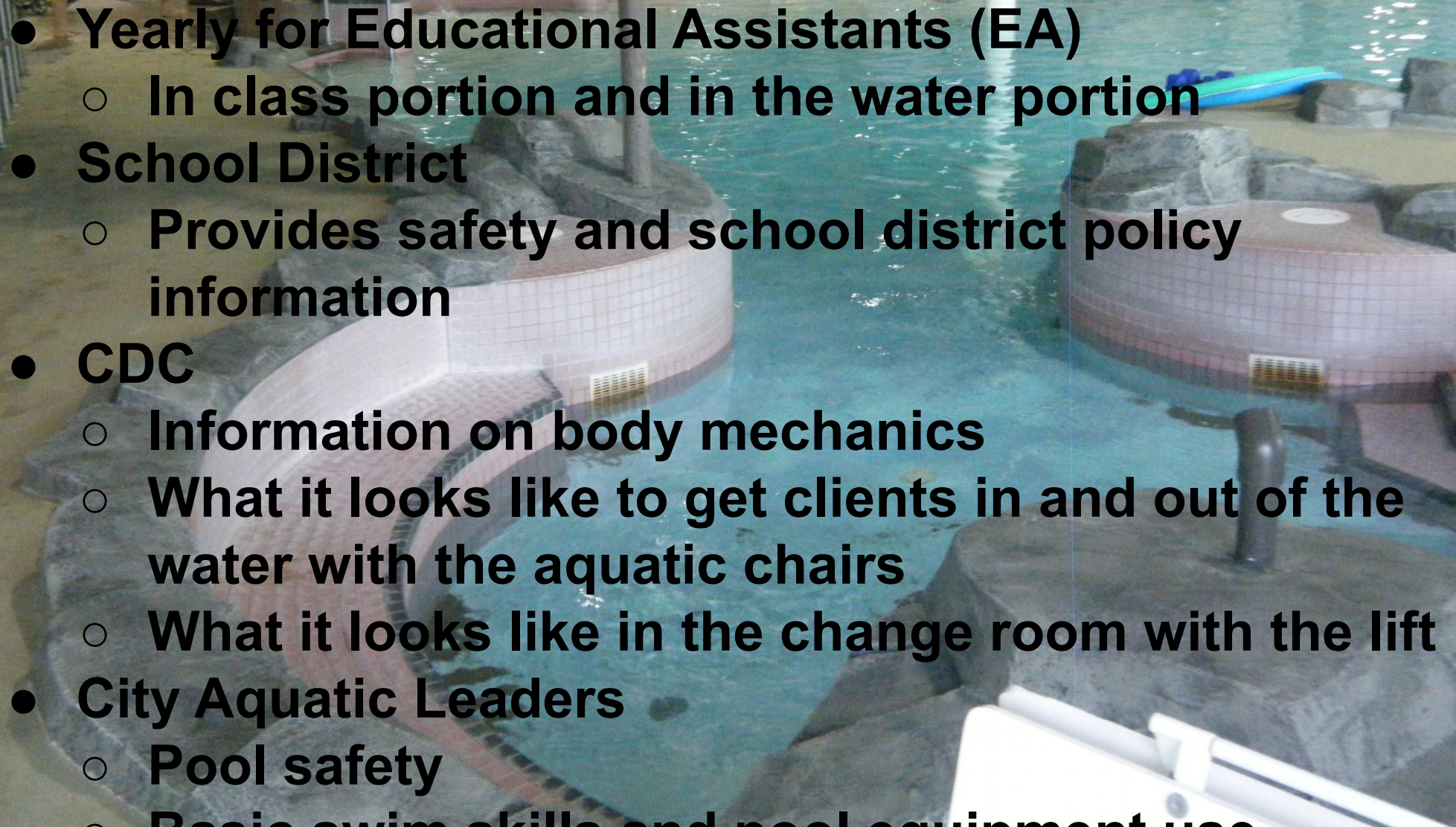


Family

- Provides passes
- Swim gear
- Support
- Sometimes provides transportation and/or family member is the caregiver in the water with the student



In-service

- **Yearly for Educational Assistants (EA)**
 - In class portion and in the water portion
 - **School District**
 - Provides safety and school district policy information
 - **CDC**
 - Information on body mechanics
 - What it looks like to get clients in and out of the water with the aquatic chairs
 - What it looks like in the change room with the lift
 - **City Aquatic Leaders**
 - Pool safety
 - Basic swim skills and pool equipment use
- 



Equipment

Equipment

- Bought through community grants and gaming grants
- Specialty PFDs (pfd-a.com)
- Shower commode to roll clients in to pool
- Many different floats, some toys, a balance board and a step
- Ceiling track lift in change room (supplied by city)
- Pool chairs (supplied by city)







EA Feedback

- Good to have time to ask general questions of the physiotherapist. Do not have to wait for appointment
- Nice to have assistance. Couldn't do alone. Needed equipment and help.
- Provided safe place to learn to take special needs students into the water. Able to integrate them into class when they joined their class or school on pool field trips.
- Networking with other EAs
- Student's general health and happiness benefited.
- Clients and families generally love it.
- Helps build team.
- Difficult to fit everything in
- Great for learning community access and personal hygiene and dressing



Challenges

- Change rooms
- Transportation
- Staffing for higher needs clients
- Fitting in academics and everything else



Next Step

Early intervention program

- Weekly, following school schedule
- Each PT does 6 weeks with 3-4 clients
- ½ time slots
- Goal is for families to feel comfortable take their child to pool

Conclusion



Effective

Team Building

Fun

Inclusive

Productive Use of Time



Fabiola Toyata, B.Sc. P.T.
(250)563-7168 ext 222
fabiolat@cdcpg.org

