



DOWNTOWN SAILING CENTER

Pilot Study Impact Report

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Appreciation

The purpose of my capstone project is to improve the quality of life for individuals with disabilities through meaningful leisure activities and occupational exploration, as well as increase the body of literature regarding this topic.

The Downtown Sailing Center (DSC) was chosen for this study as U.S. Sailing notes it as one of the most diverse sailing centers on the east coast. The DSC utilizes adaptive equipment, environmental and task modifications, and specialized instructional methods delivered by trained staff to increase sailing accessibility and participation for individuals of all ages with various physical and cognitive disabilities.

Furthermore, the Downtown Sailing Center program in Baltimore, Maryland, had not yet formally assessed or developed measures to assess the impact of their adaptive sailing program on participant outcomes; your impact needs to be recognized.

There is limited existing literature providing evidence to support sailing as an intervention in Occupational Therapy, particularly concerning the quality of life and engagement in meaningful occupations. Psychosocial benefits from utilizing adaptive sailing as a method or tool to enhance participation in a person's treatment plan are not formally documented. Therefore, research is needed to assess outcomes to support adaptive sailing as a modality for Occupational Therapy intervention.

I chose the Downtown Sailing Center as my site for 14 weeks because I wanted to contribute to the academic research momentum that had been happening there. To cite a few:

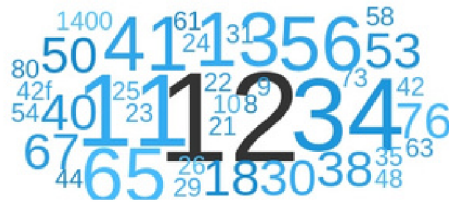
- Nancy Mary DSW: An approach to Learning about Social Work with People with Disabilities
- S Rojhani: Independent sailing with high tetraplegia using sip and puff controls, integration into a community sailing center
- AC Recio: Use of a virtual reality physical ride-on sailing simulator as a rehabilitation tool for recreational sports and community reintegration, a pilot study
- National Sailing Program Symposium: Engaging Under Armour Give Back Team

Additional research will need to be conducted regarding the role of adaptive sailing in improving quality of life and occupational balance to replicate data results and improve the reliability and validity of the intervention.

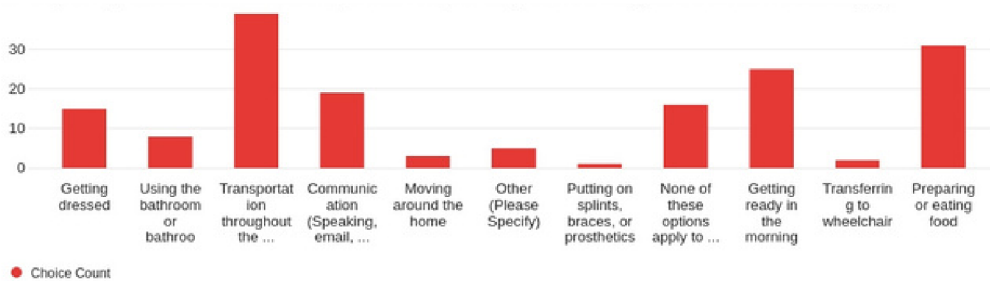
Thank you!

Survey Data

Age Range 8–80
years old



Activities participants identified requiring assistance with



57%

of participants reported that Sailing changed their daily life in some way

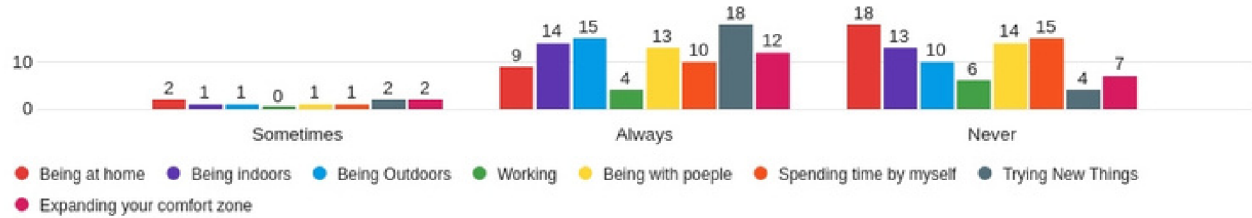
64%

Reported had sailed at the DSC before

Emotional Impact

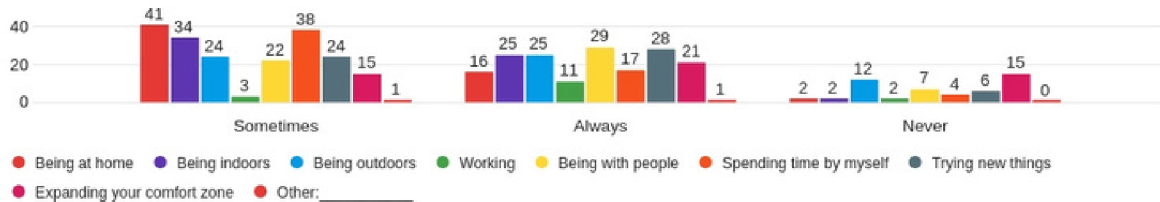
It was alarming how many participants did not feel safe in typical situations during the PreSurvey

Q8 - How comfortable/ at ease/ safe do you feel in the following situations

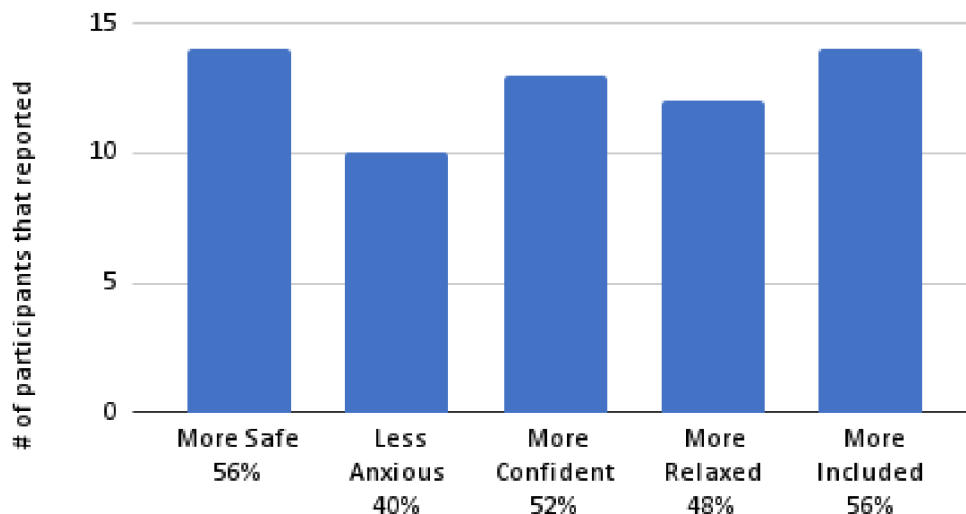


When asked the same question after completing sailing the impact was easy to see:

Q9 - How comfortable or safe do you feel in the following situations?

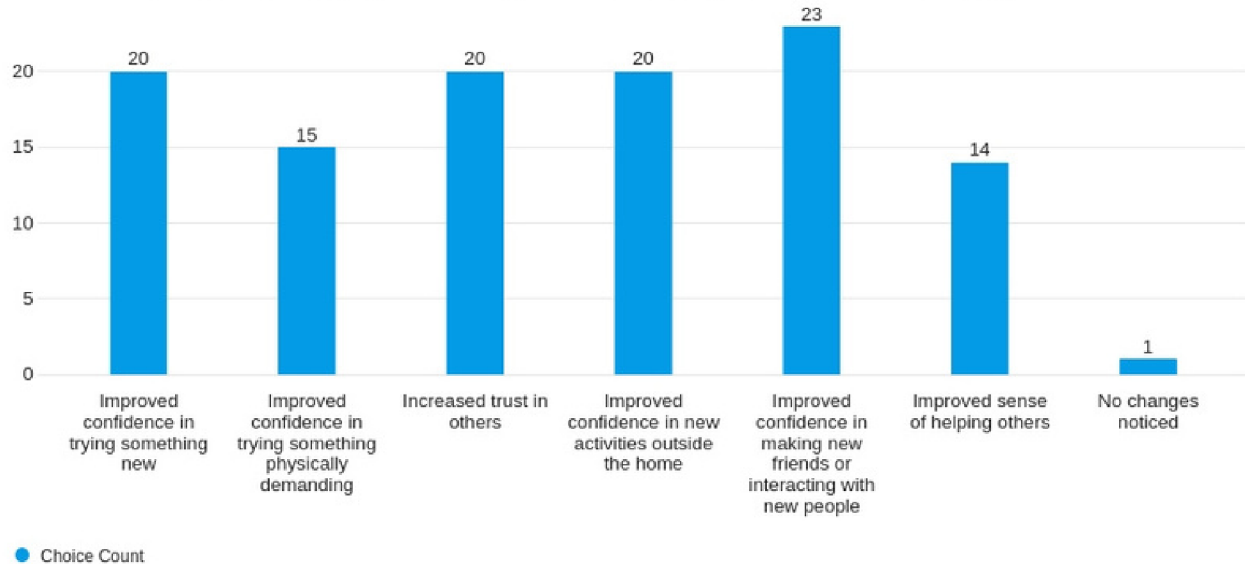


Reported Impact on Feelings



Enhancing Motivation for Change

Q10 - After completing the sailing program, were any of the following impacted? (Check all that apply)



According to the CDC, self confidence is a driver of social connectedness. Perceived impact of sailing on participants' sense of confidence was noted to improve not only in the categories of:

- trying something new
- new activities outside the home
- making friends or interacting with new people

Participant Feedback

Q13 - What are your thoughts on how your skipper/crew communicated with you? (Please no names)

What are your thoughts on how your skipper/crew communicated with you? (Please no names)

They were very knowledgeable about sailing & I liked talking to them.

Everyone is always amazing and excellent teachers/communicators!

Lots of communication; friendliness; spoke in Aphasi friendly way

Helpful; great at explaining things

great. taught on how to duck; they were really nice; pick up the hat that dropped in the harbor

They were nice

Wish couldve drove more; had really good communication

good; helped understand

great; told us what to prepare for

They communicated well, and everybody had a chance to do something on the boat ,and we got to go in the cabin.

They were very helpful and answered questions with reasons why, and taught me how to do things right.

they were very kind and reassuring

they were really great and fun to be around

They reassured me when I was scared.

It was fun, they were nice.

They were fun, and talked about things we liked

Appreciated being treated i aphasia friendly way, felt like could participate.

Everything was good.

Positive. Ater telling the crew to slow down in speech when communicating. Then he did, and had positive conversation

skipper excellent
crew excellent

Q15 - What was your favorite part about the sailing program? If there was not a favorite part just enter "Nothing"

What was your favorite part about the sailing program? If there was not a favorite part just enter "Nothing"

Sailing over the wake of motor boats and feeling the rocking motion a little.

Everything! The people are a,azing, Rena, the sailing, being on the water, learning something new, seeing baltimore in a different way!

Going out and sailing; we had time to see the harbor sites, and conversations about light houses.

steering the boat

Salign around; gettign different boats to honk

at the begining when leaving the dock

when i got to help tack

Seeing all the things around the harbor

Raising the sails; sheeting in the jib

The heeling was fun, also they threw the bouy into the water and we had to catch it.

liking the things that scared me; and learning about the places on the water

tacking

going on the water and actually sailing

turning the boat,

Getting people to honk their horn, and rescuing the hat in the water

When we were sailing fast

Sightseeing, the wind in the sail.

Being on the water

being outside with new people

Sightseeing, learning, new people, I didn't have a favorite.

Participant Feedback Cont.

Q11.5 - Regarding your previous response; What additional assistance/options/other would you like to see more of?

Regarding your previous response;

What additional assistance/options/other would you like to see more of?

More days of sailing, more afternoons (I get up at 5:30 a.m or 6a.m to come there/which is very difficult for me because I am not a morning person, maybe a day sailing trip....where we go from baltimore to another dock that is wheelchair accessible), an accessibility membership or classes (I would love to become a skipper and then I could volunteer to take people out whenever it is needed or teach if I became good enough), being able to stay out longer especially when the wind starts to pick up if a volunteer is willing to stay and help with the hoeyer lift, an evening program— the harbor is beautiful in the evenings and cooler, but everything is great the way it is, this is just my wish list. When I found out about the program I could not believe it was free!

Longer time sailing.

Volunteer Feedback

"It's always been very rewarding for me to take people with disabilities out sailing, when they light up with excitement as we head out onto the water. Even if they fall asleep, I try not to be offended, realizing the sway of the boat has put them in a good place that they can nod off. And it's also so humbling to get a glimpse what the parents' life might be like."

Acknowledgements

Thank the amazing community that makes up
the Downtown Sailing Center for being so
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