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Addressing Transportation Barriers for Adaptive Recreation Programs

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Addressing Transportation Barriers for Adaptive Recreation Programs

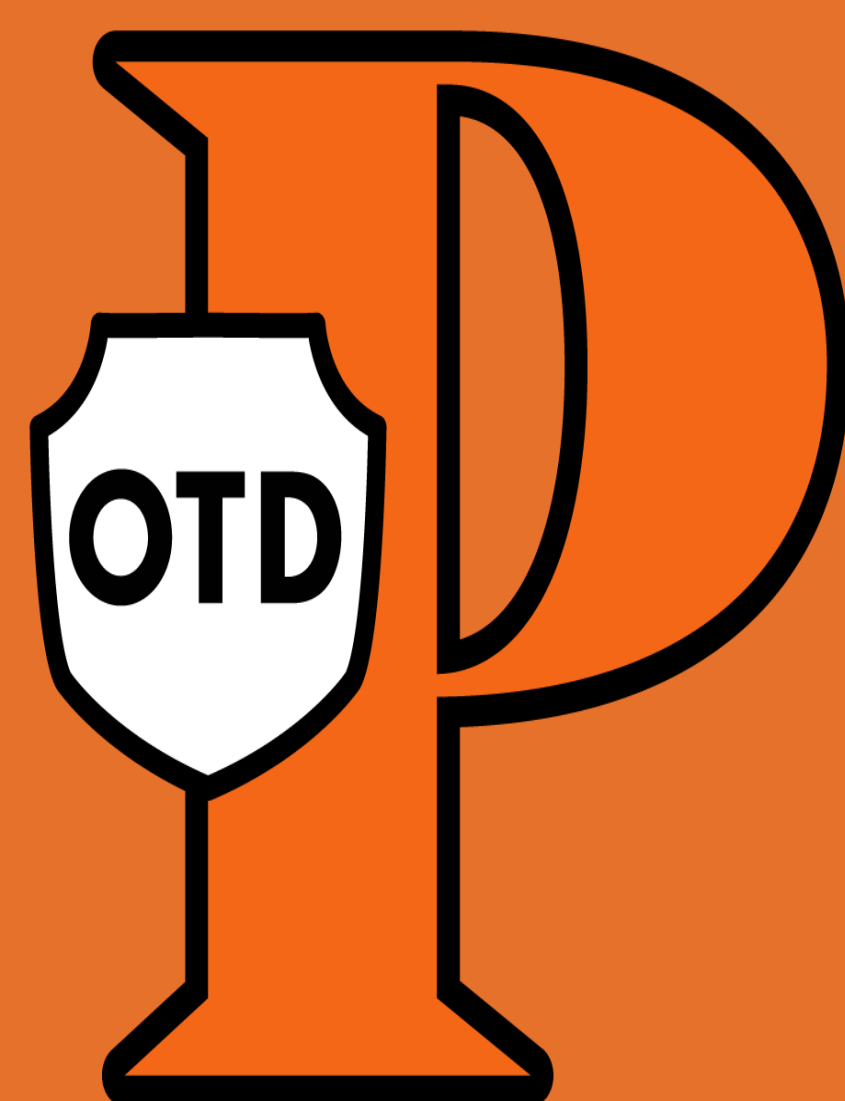
Presented By: Nicole Gargiulo



UOP Mentor: Lexi Herman, OTR/L, OTD

Site Mentor: Marina Gardiner (Guest Services at Achieve Tahoe)

Capstone Coordinator: Noelle Haight



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Background

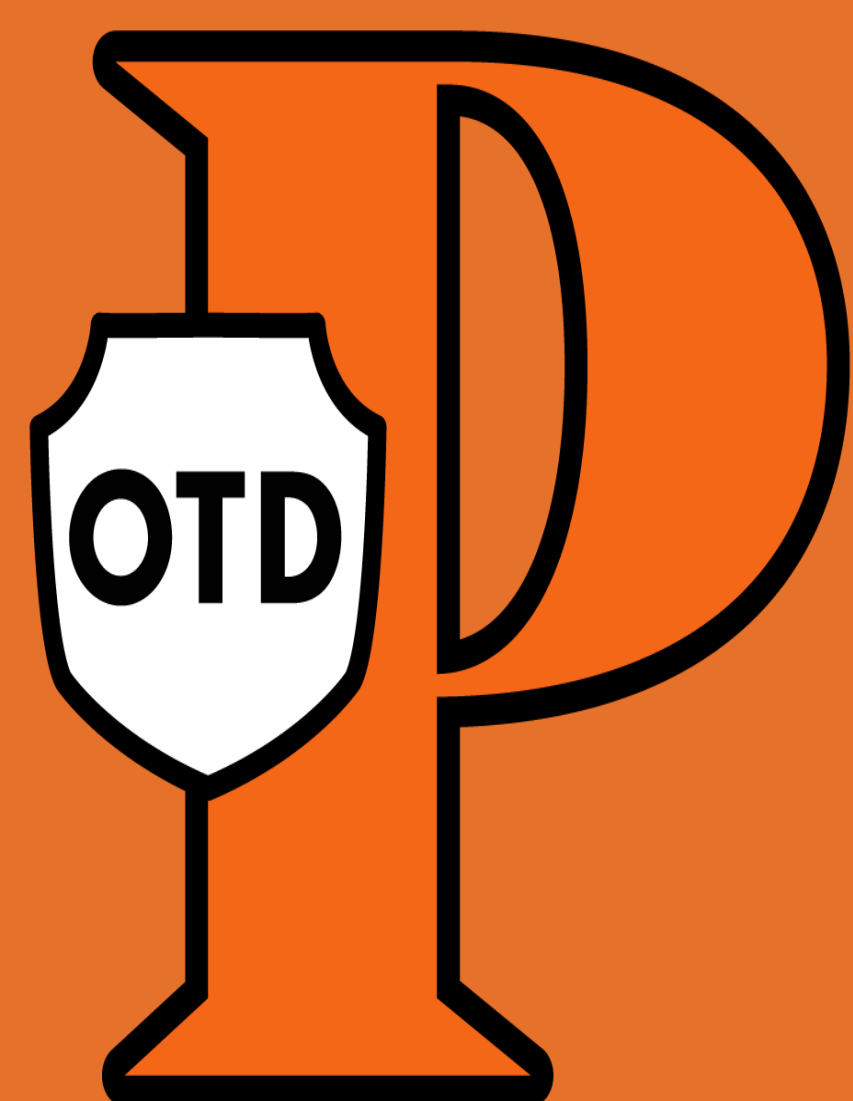
According to the World Health Organization there are over 1.3 billion people living with a disability.

Adaptive recreation programs can provide those with any disability an opportunity to partake in various activities that might otherwise be inaccessible.

Awareness of adaptive recreation programs are often limited due to the belief that one is limited by their disability.



(WHO, 2024)



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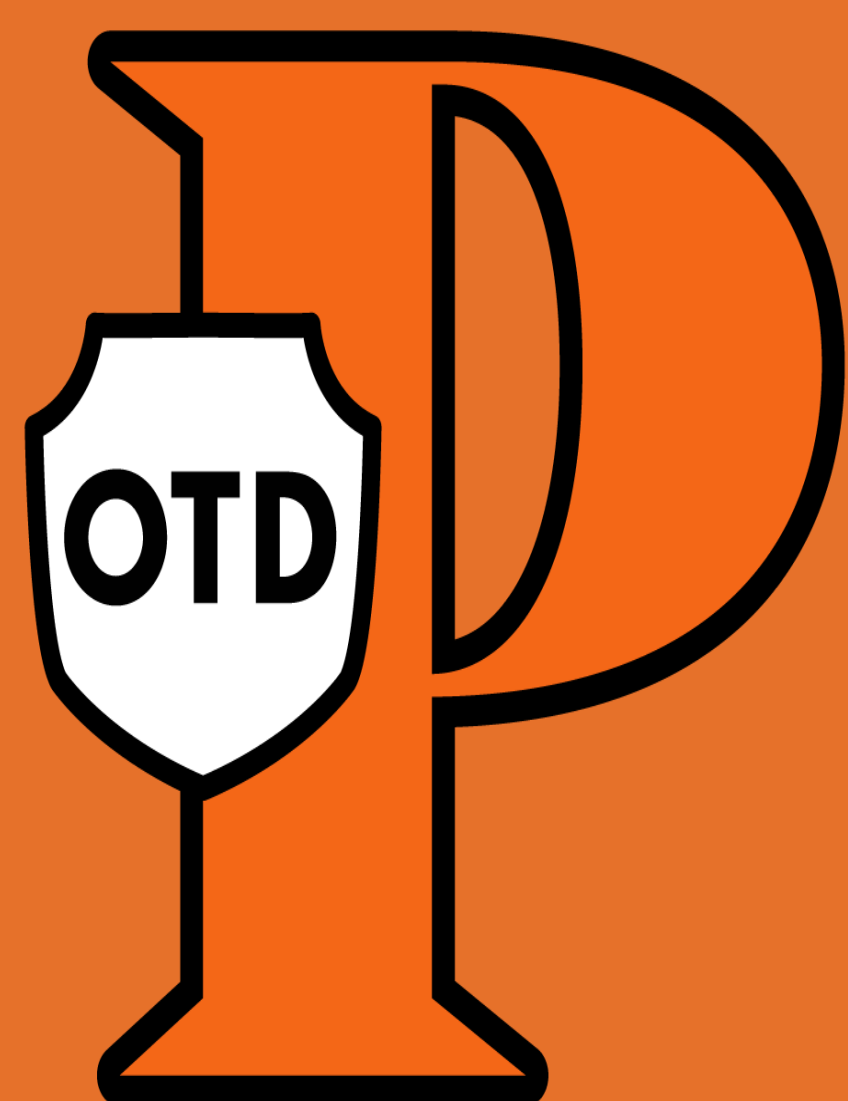
Literature Review

Program implementation, adaptation, and development

Barriers an individual faces during participation

Family involvement

Efforts of program facilitators



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Needs Assessment

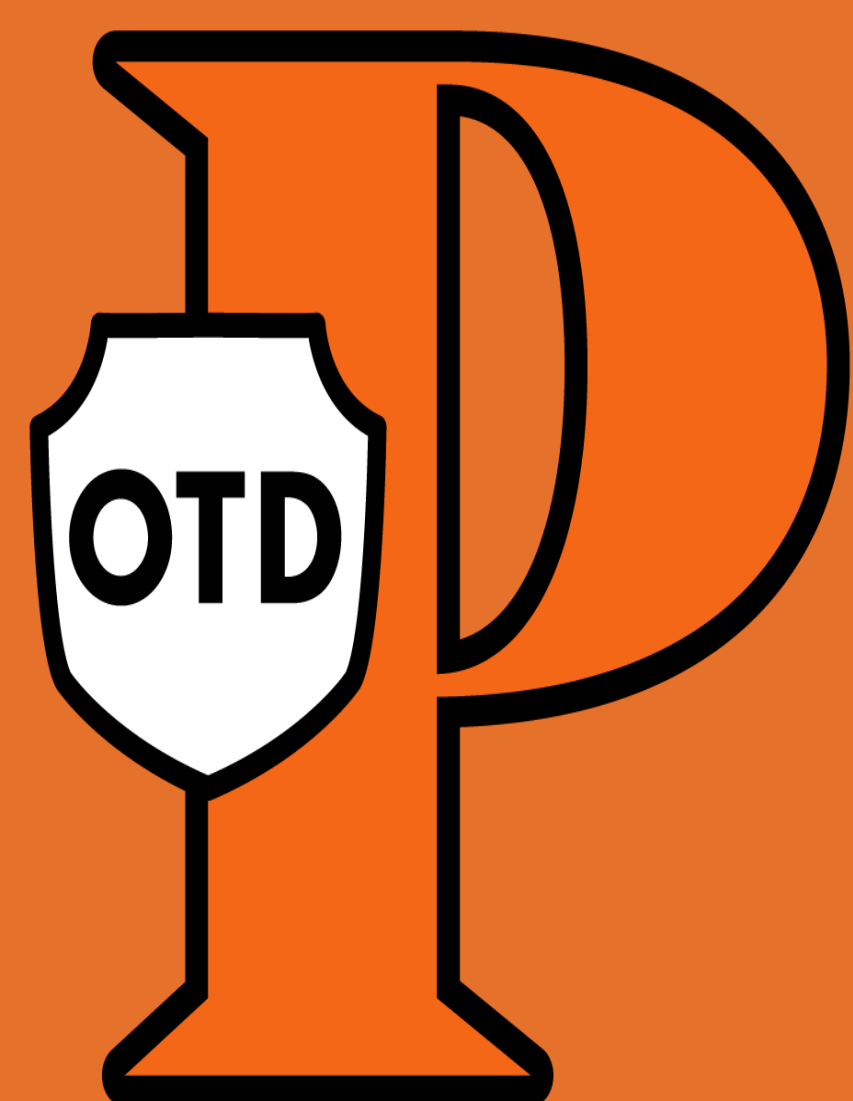
Transportation resources to reduce barriers and improve participation.

Barriers that limit participation

**Distance of
Driving**

**Mountain
Roads**

Ice and Snow

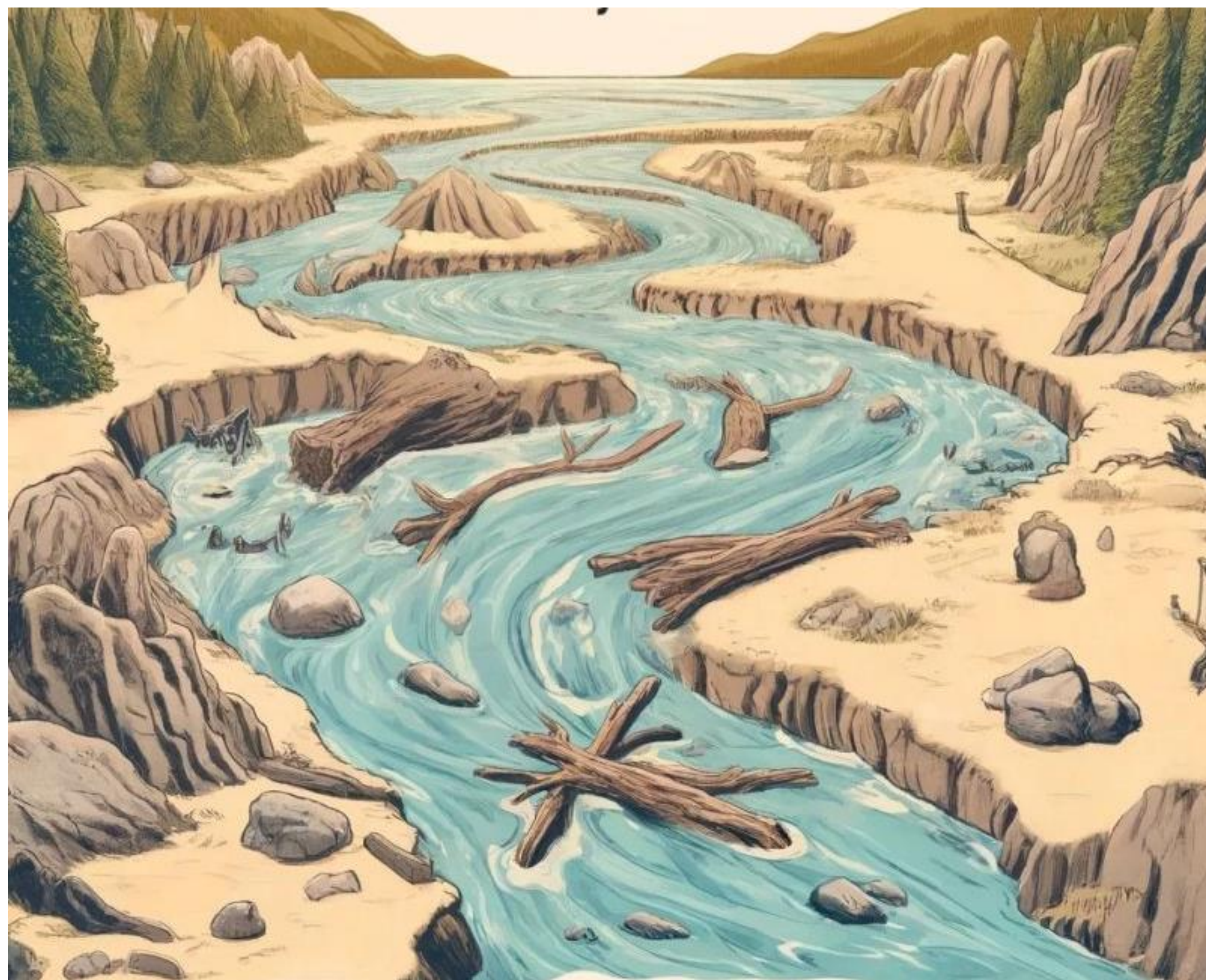


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Guiding Theory

KAWA Model



Disability Justice Framework

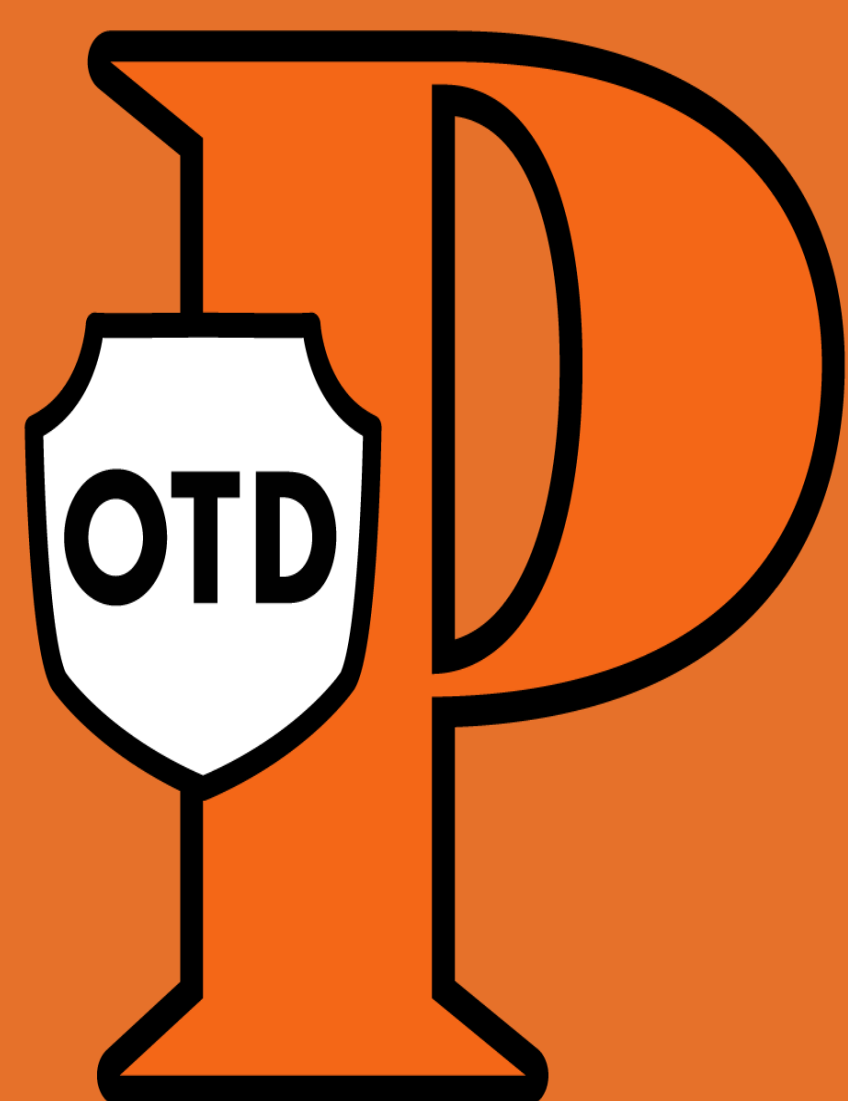


Humanistic approach rather than aiming to meet minimum standards

Lived experiences and qualitative approaches can fill existing gaps and inform local leaders

Improved accuracy and evaluation of how systems work for disabled people

Awareness and acknowledgement of the diversity of disability



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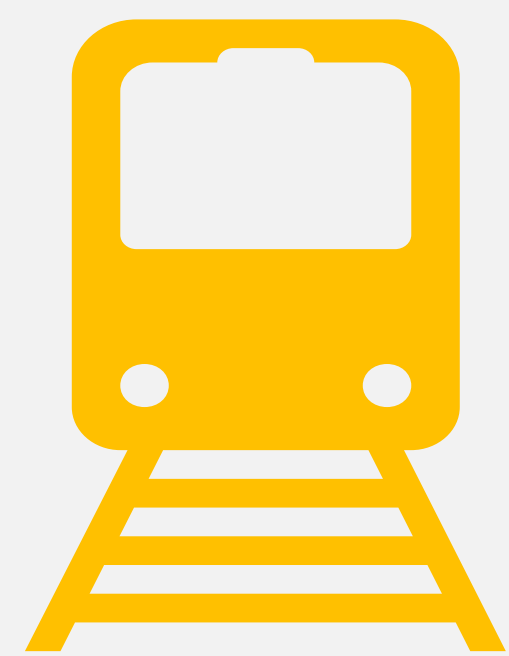
Program Purpose



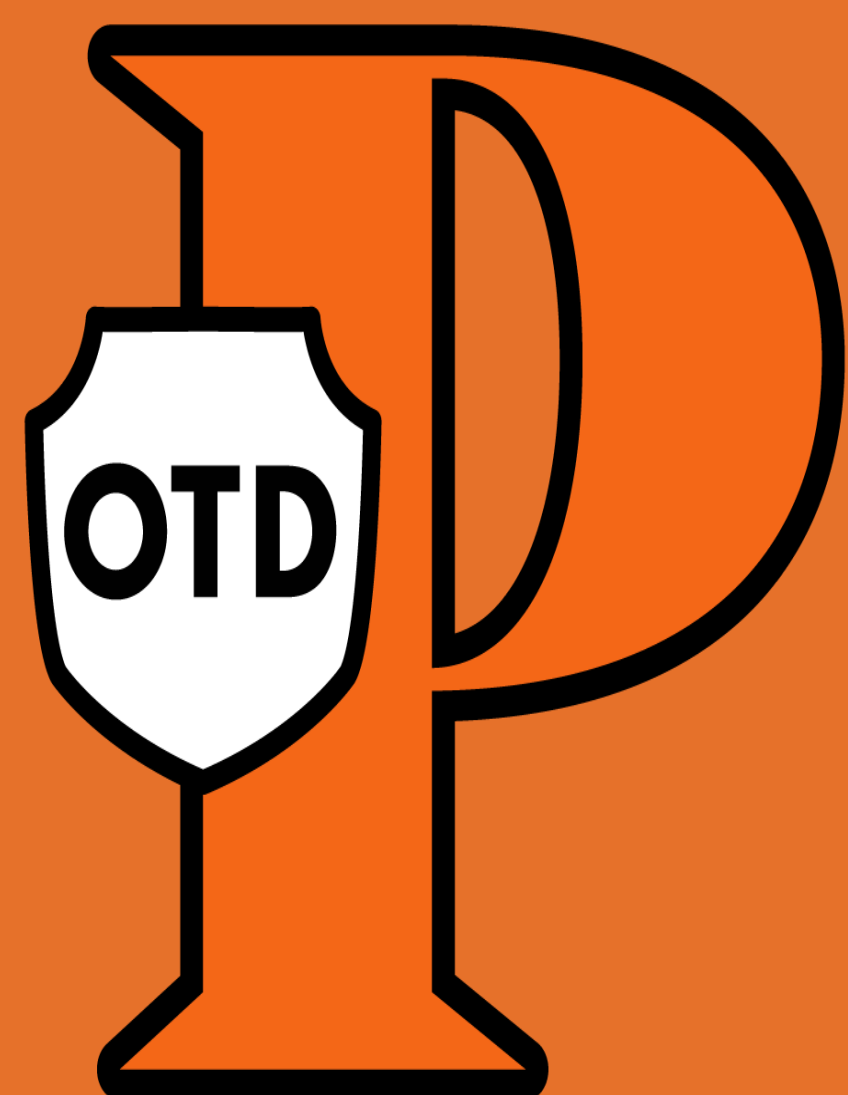
To provide accessible transportation resources for Achieve Tahoe



Greater participation opportunities through transportation



Address the barriers that impact participation



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Outcome 1

Transportation Resources and Website

Transportation Resources for Achieve Tahoe

Palisades/Alpine Meadows

Welcome to the transportation resource page for Palisades and Alpine Meadows Ski Resort. Ensuring dependable transportation is vital for facilitating seamless access to your desired activities. Our resource page provides an array of transportation services tailored to transport you to and from your destination within the same day. Discover detailed information regarding pickup locations, operating hours, associated costs, wheelchair accessibility options, and ticket purchases below.

Kindly note that the information provided pertains to the winter 2024/2025 season. We remain committed to ensuring the accuracy of our information and will continue to update it as companies revise their schedules for the forthcoming season. Please be advised that pick-up locations and schedules are subject to change based on individual company policies. For the latest updates, we encourage you to visit the respective company websites.

Getting Between Palisades and Alpine Meadows

Please verify the drop-off location for each bus. Achieve Tahoe is situated at Alpine Meadows, but some buses only drop off at Palisades. Palisades provides a complimentary shuttle service that is weather dependent, between the two mountains, with pickups and drop-offs at the same location. Please refer to the schedule provided below. Contact Palisades transportation in December of 2024 for information regarding wheelchair accessibility.

Coffeebar at Palisades	Front of Breezeway at Alpine Meadows
<u>Pick up times</u> 8:30, 9:30, 10:30, 11:30, 12:30, 1:30, 2:30, 3:30	<u>Pick up times</u> 9:00, 10:00, 11:00, 12:00, 1:00, 2:00, 3:00, 4:00

Driving Instructions

Palisades

The Village at Palisades Tahoe
1960 Olympic Valley Rd
Olympic Valley, CA 96146

Alpine Meadows

Alpine Lodge
2600 Alpine Meadows Rd
Tahoe City, CA 96145

Getting to Palisades on Olympic Valley Road

Begin on I-80 E, you will then take exit 185 for CA-89 S toward Lake Tahoe. At the traffic circle take the 1st exit onto CA-89 S. Turn right onto Olympic Valley Rd and continue straight until you see the Olympic Towers and the entrance for Palisades Ski Resort.

Begin on I-80 W, you will then take exit 185 for CA-89 S toward Lake Tahoe. At the traffic circle, take the 3rd exit onto CA-89 S. At the next traffic circle, take the 1st exit to stay on CA-89 S. Turn right onto Olympic Valley Rd and continue straight until you see the Olympic Towers and the entrance for Palisades Ski Resort.

Palisades at Olympic Valley Road to Alpine Meadows

Start on Olympic Valley Rd and follow out to Highway 89. Once you reach the traffic light for Highway 89, turn right. The entrance for Alpine will come up on your right at the next traffic light. Follow Alpine Meadows Rd all the way up.

Parking Reservations Booking System for Palisades and Alpine Meadows



Northstar

Click on your starting location to find cities with transportation options or to get driving directions to the resort. If you are planning on driving, you may need to reserve parking. Details are provided below.

PARKING RESERVATIONS FOR NORTHSTAR

The Northstar parking reservation system will open upon the ski resort opening in December of 2024.

VILLAGE VIEW LOTS

Reservations are required for Saturday and Sunday and peak periods between 7am -12pm, cost \$20 for vehicles with 3 or fewer people, but free for vehicles with 4 or more people

Free parking Monday-Friday and non-peak periods

After 12 pm, no reservations or cost required on weekends and peak periods

CASTLE PEAK LOT

Address: 200 Northstar Dr

No reservation or cost required

Continuous shuttle provided to pick up and drop off at entrance. Information regarding wheelchair accessibility will be provided in December of 2024.

PREFERRED PAID LOT

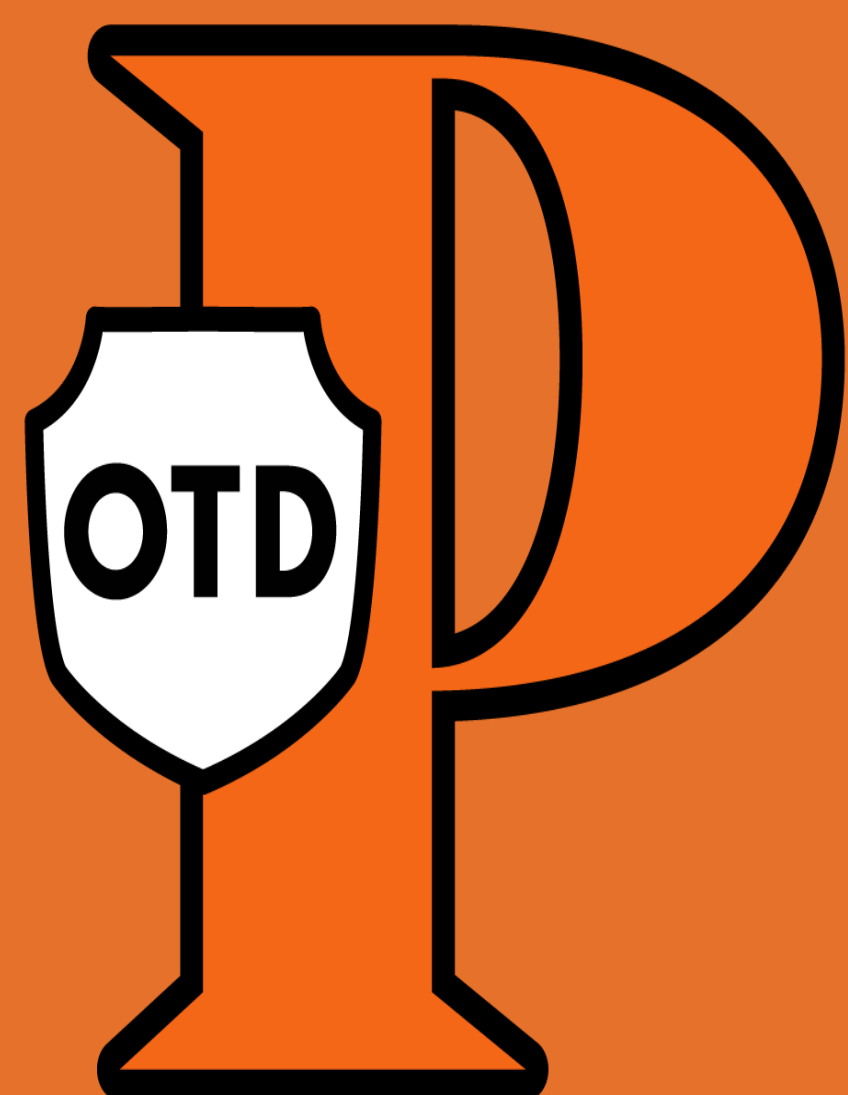
Reservations required on weekends and peak periods from 7 am to 3 pm

Cost is \$20 Monday – Friday and \$40 on weekends and peak periods

ADA ACCESSIBLE PARKING

ADA parking can be found in the Auto Drop Area, Transit/Loading Dock, and Castle Peak Parking Lot

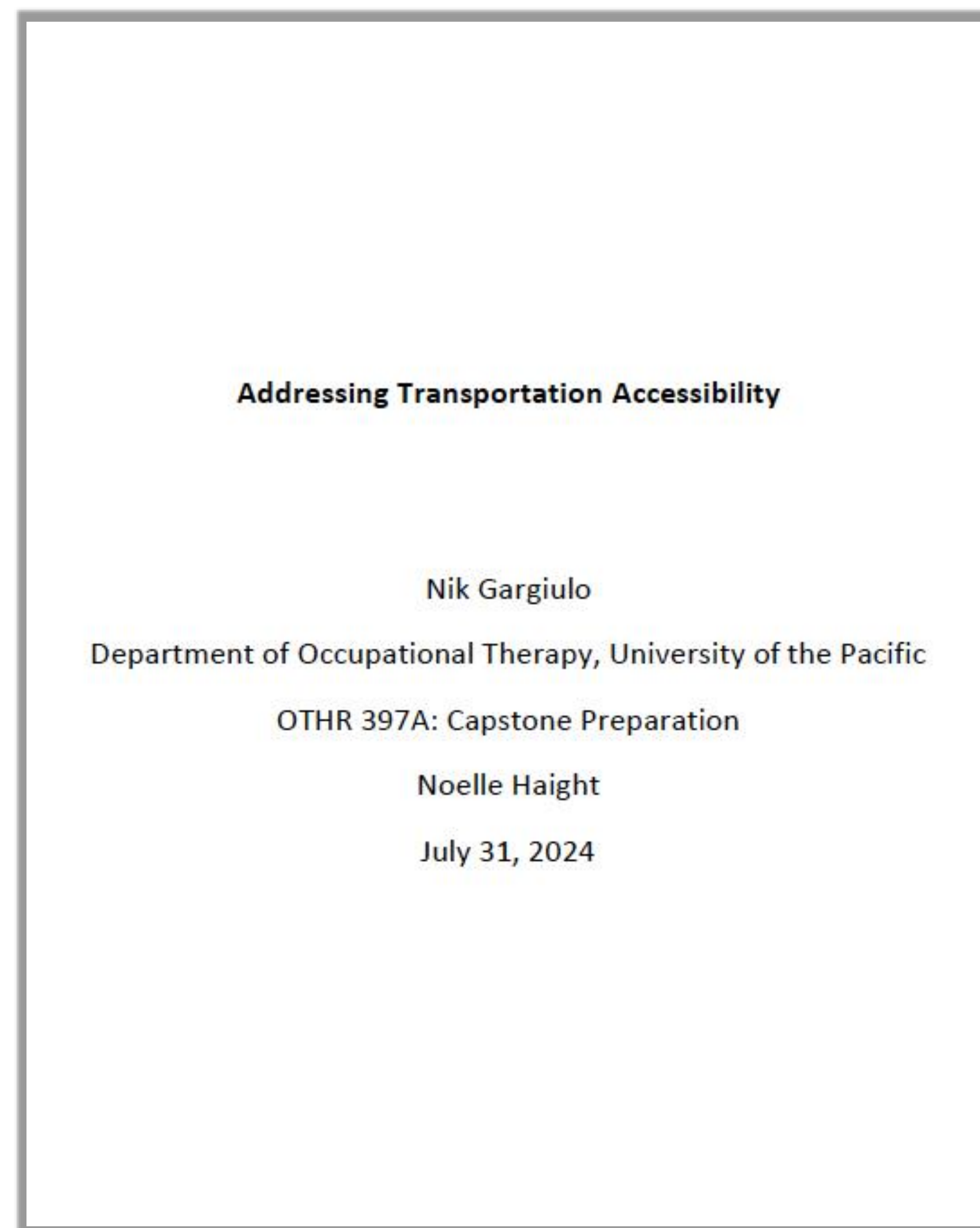
Driving Instructions	+
Sacramento Area	+
Bay Area	+
Reno	+
Lake Tahoe Area	+



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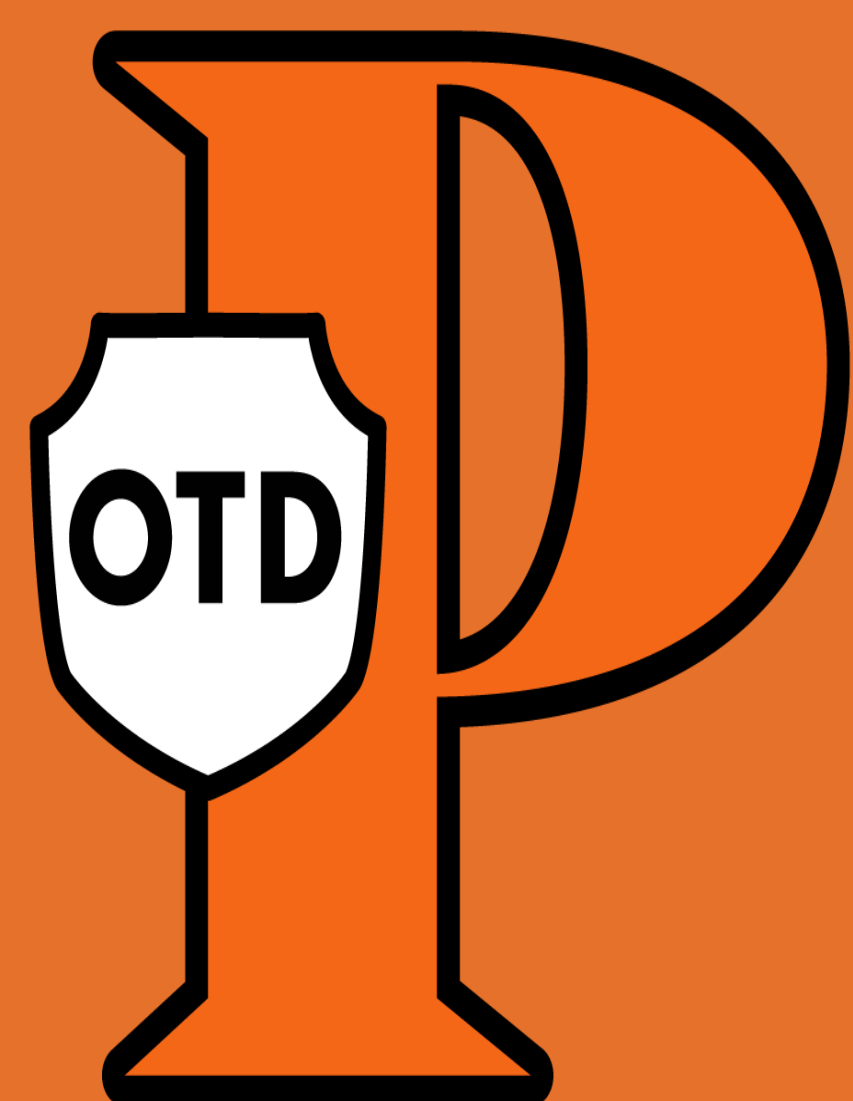
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Outcome 2



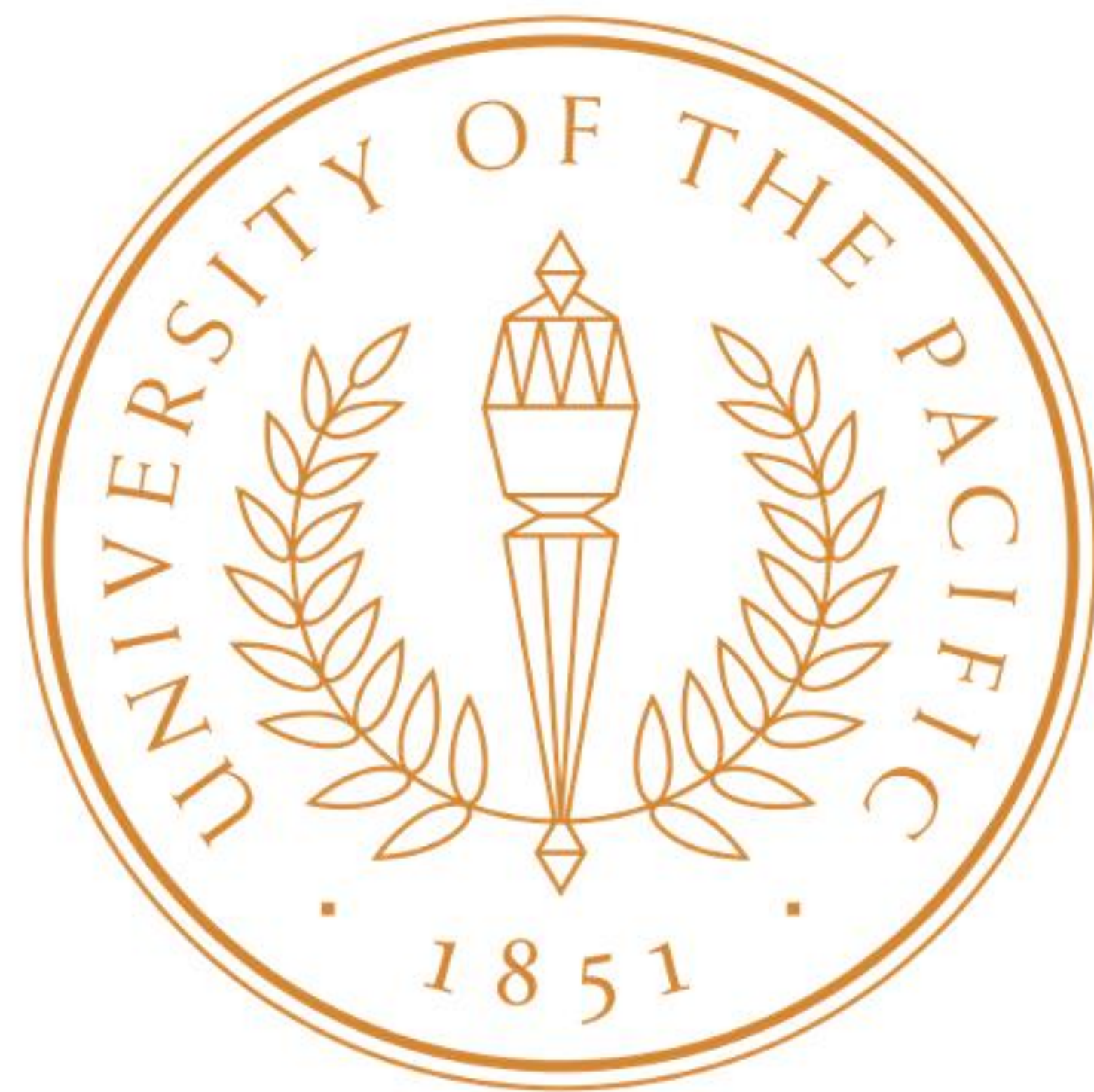
Addressing Transportation Accessibility

- Impact in the progression of accessibility with public transportation
- Collaboration with the lived experiences could improve public transportation accessibility
- Unique considerations of individuals with disabilities when accessing transportation services



Outcome 3

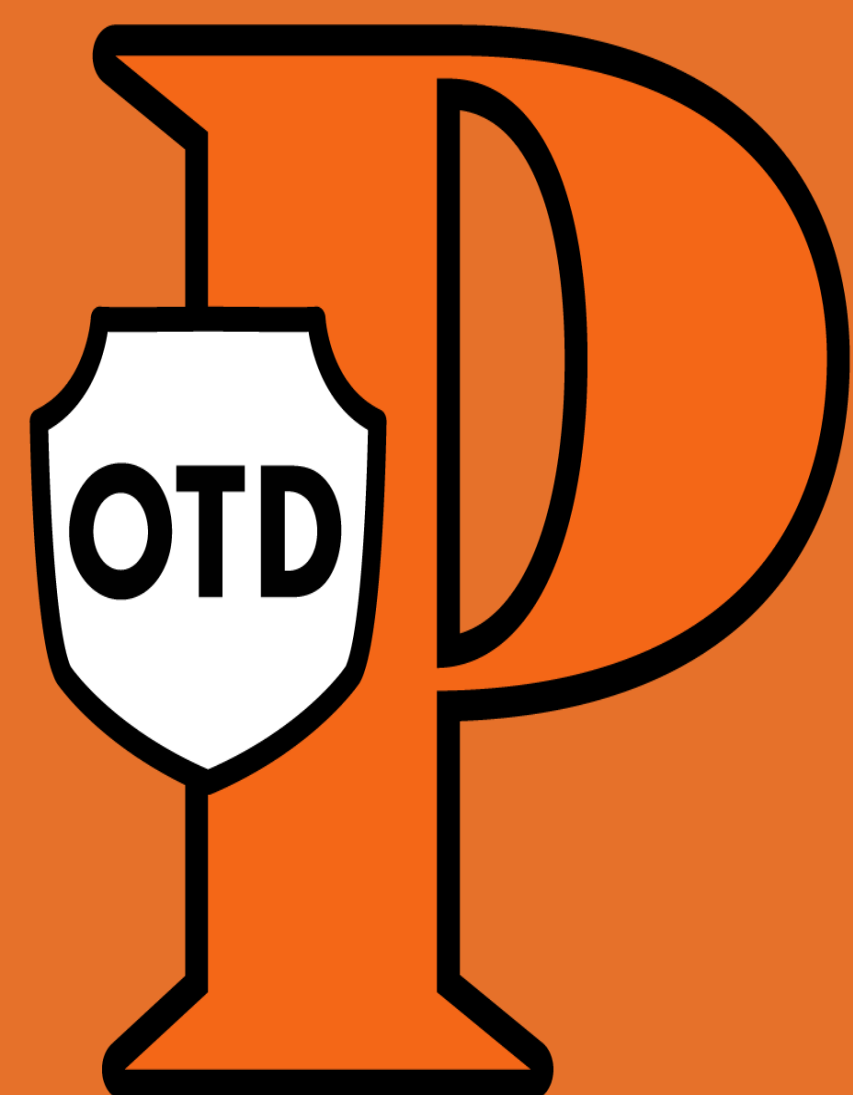
**Community Mobility and Transportation
Resource Guide**



By Nicole Gargiulo
University of the Pacific
July 31, 2024

Community Mobility and Transportation Resource Guide

- Rules and regulations for public accessibility standards
- Role of occupational therapy
- Occupational therapy assessments



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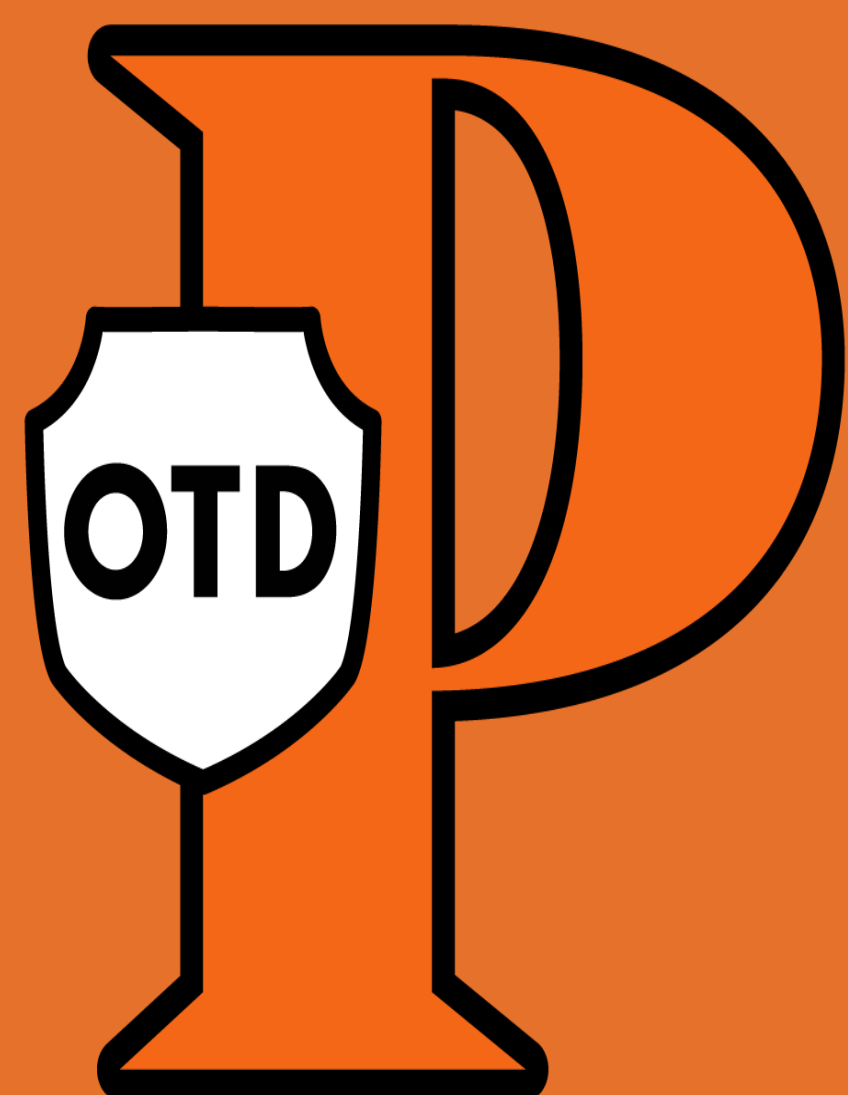
Discussion

Adaptive recreation programs promote

- Self-efficacy
- Improved participation
- Improved quality of life
- Independence

Role of Occupational Therapy

- Bus safety
- Accessibility standards
- Design modifications



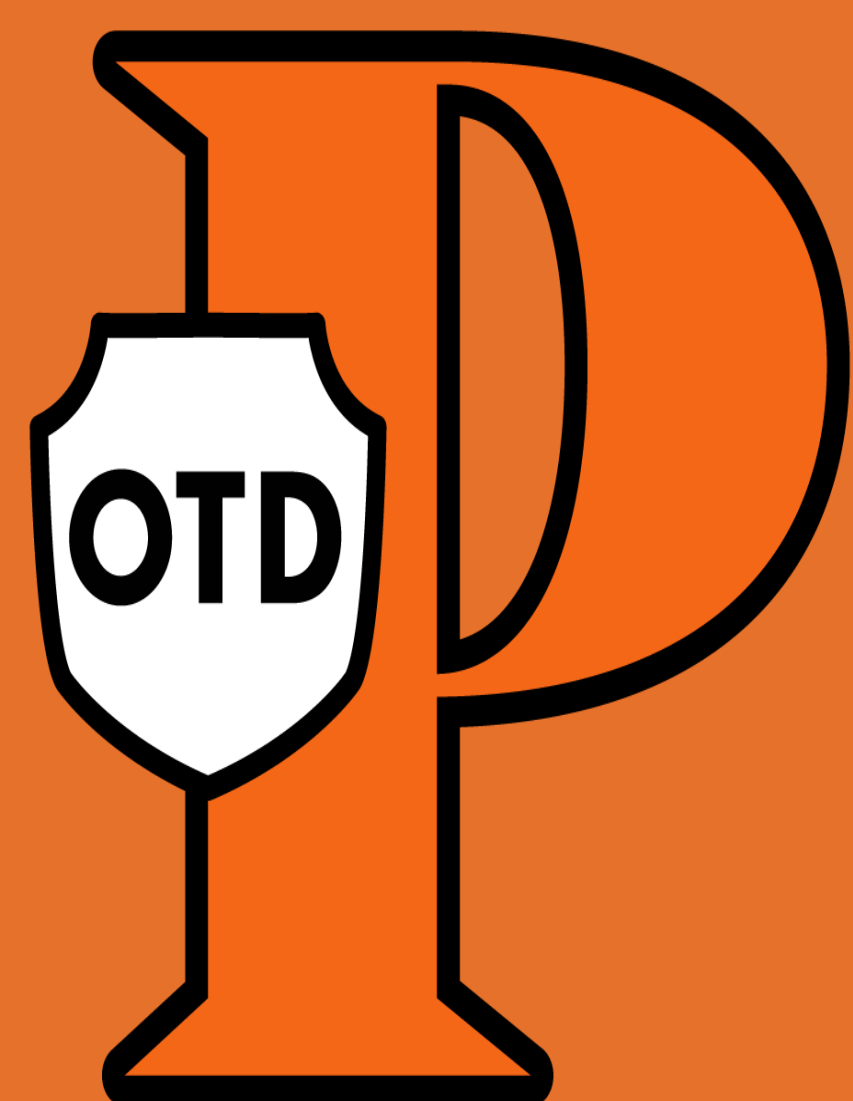
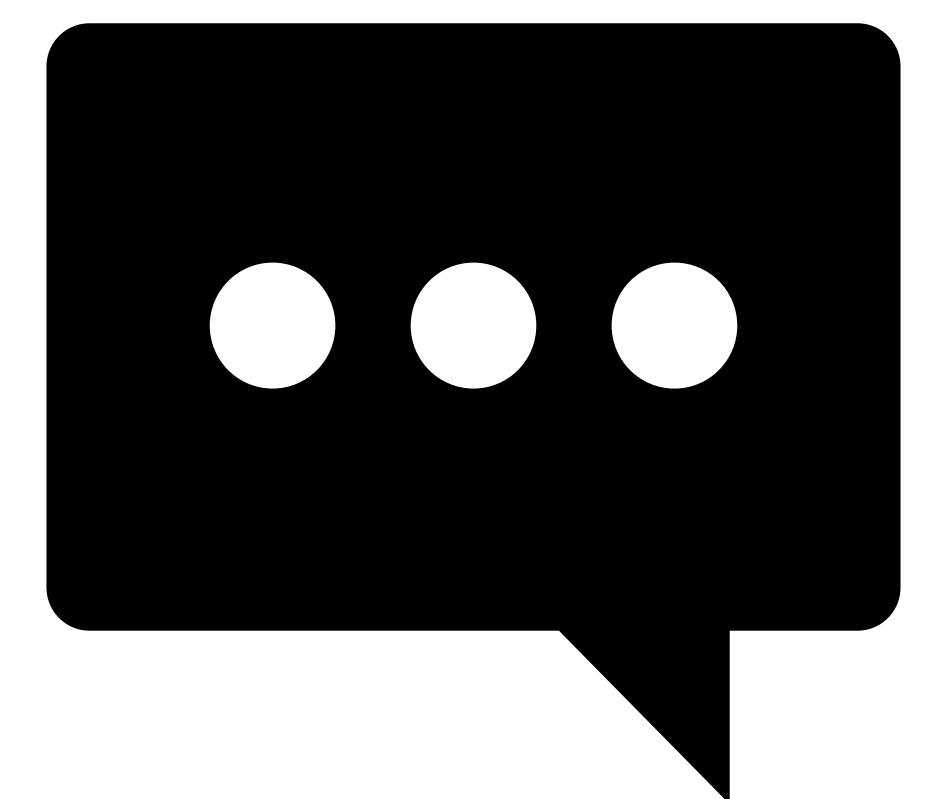
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Discussion

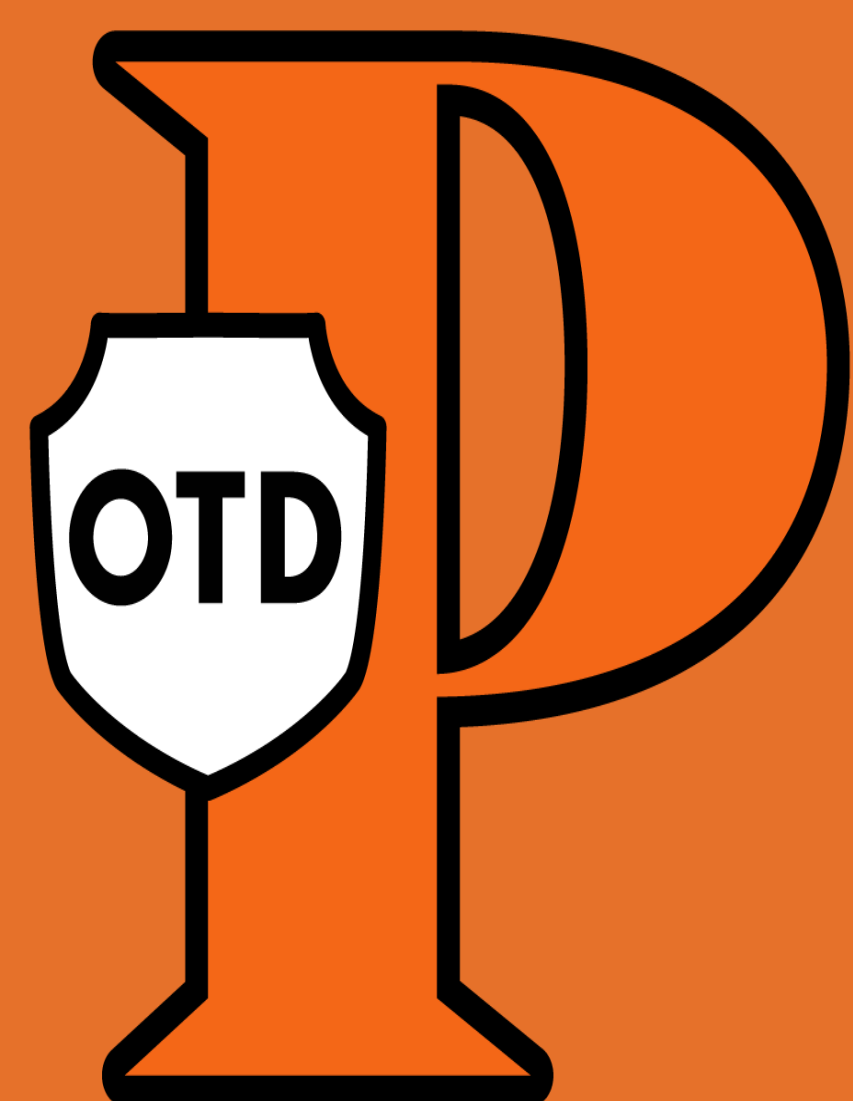
Barriers:

- Availability of information on transportation services websites
- Time of year
- Knowledge of information from staff of transportation services



Impact

- Participants, future participants, and family/caregivers of Achieve Tahoe
- Other recreational programs
- Occupational therapy



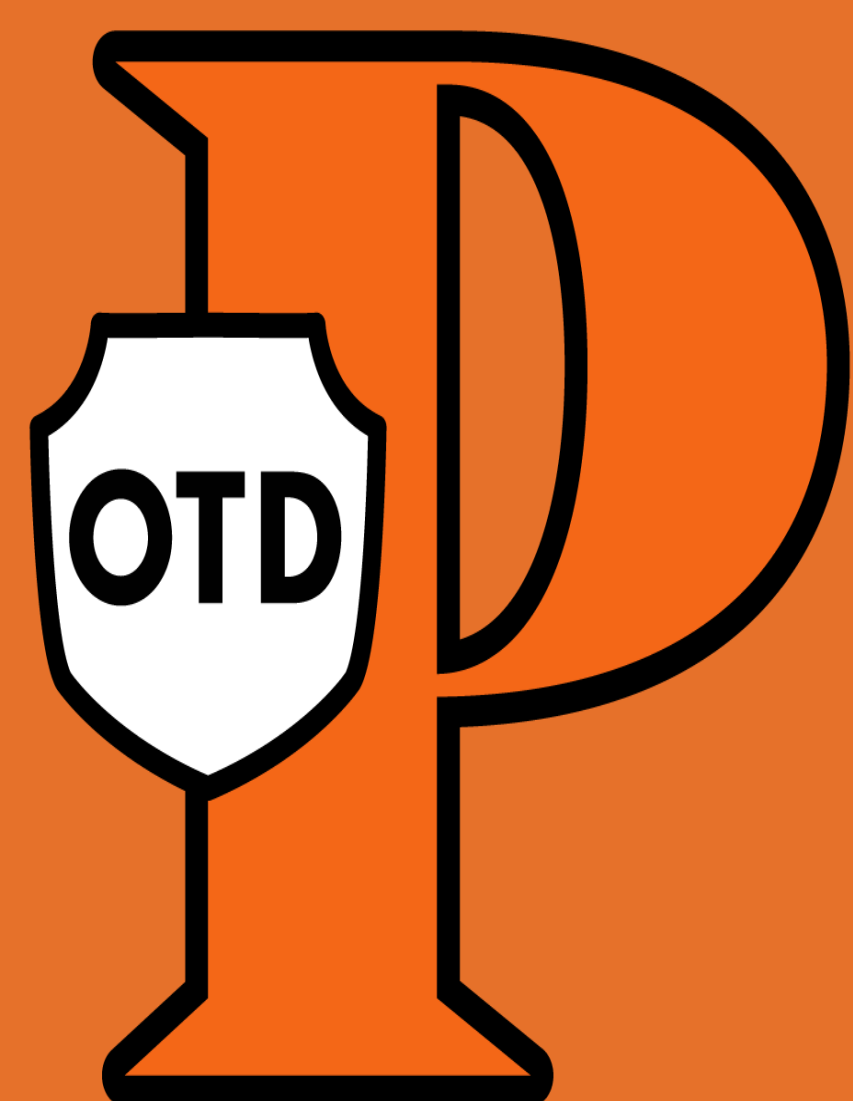
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Future Implications

Community based transportation guide, to make getting around where one lives more accessible

Working with transportation companies to provide comprehensive information on their website on accessibility or to increase the number of accessible buses they provide



Acknowledgements

I would like to express my thanks to:

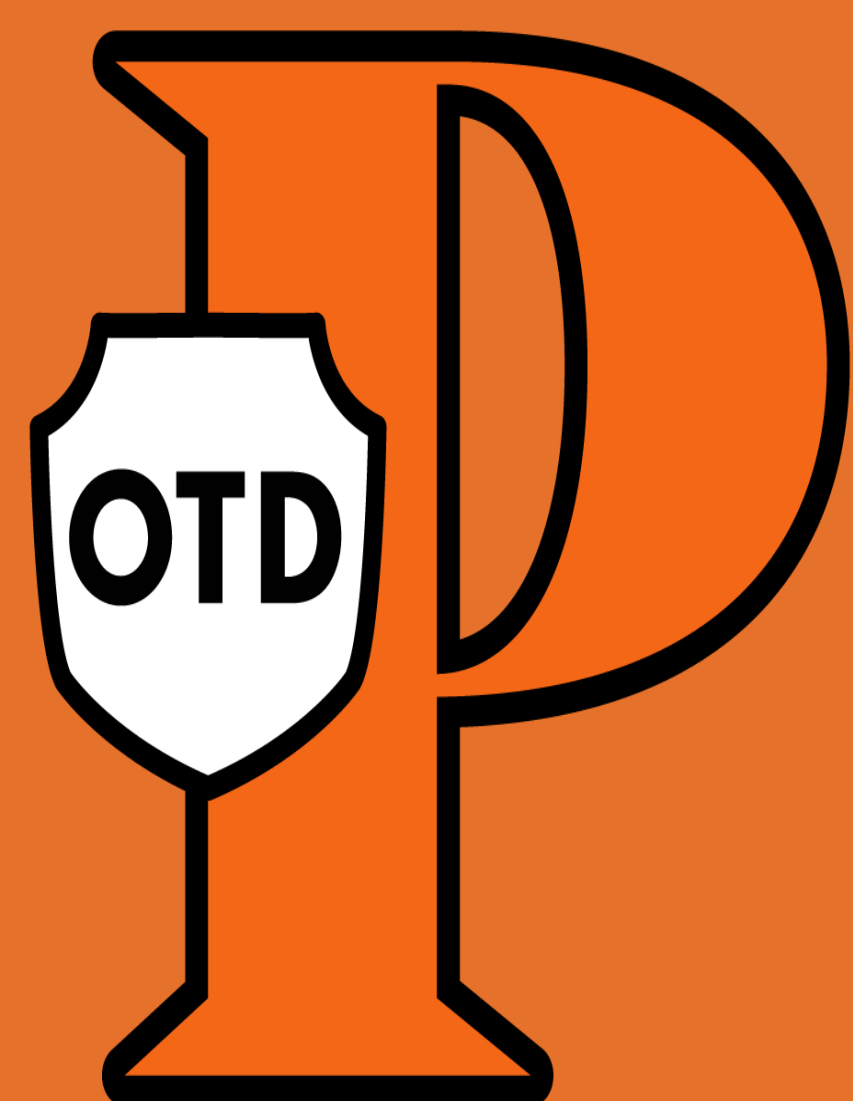
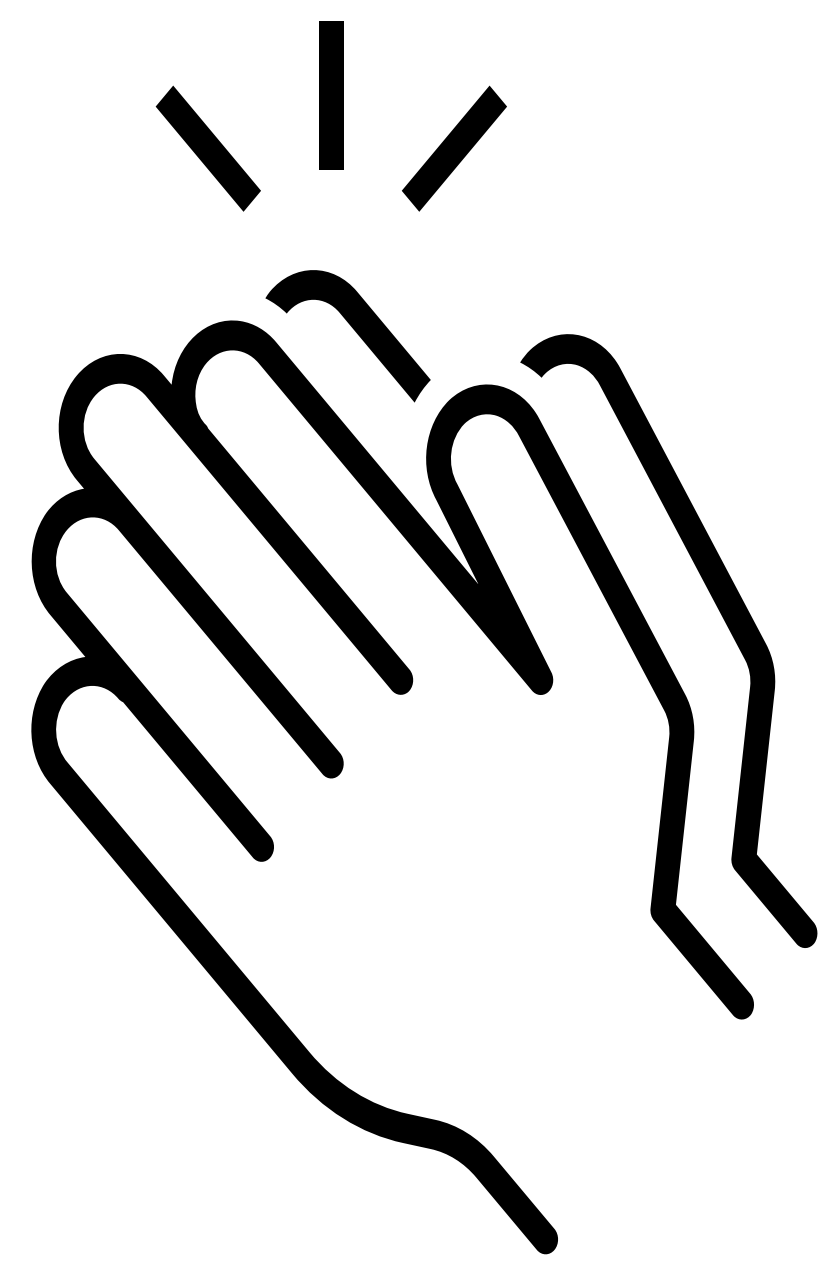
Lexi Herman, OTR/L, OTD

Noelle Haight

The UOP OTD 24 cohort

The faculty of the UOP OTD Department

My partner, family, and friends



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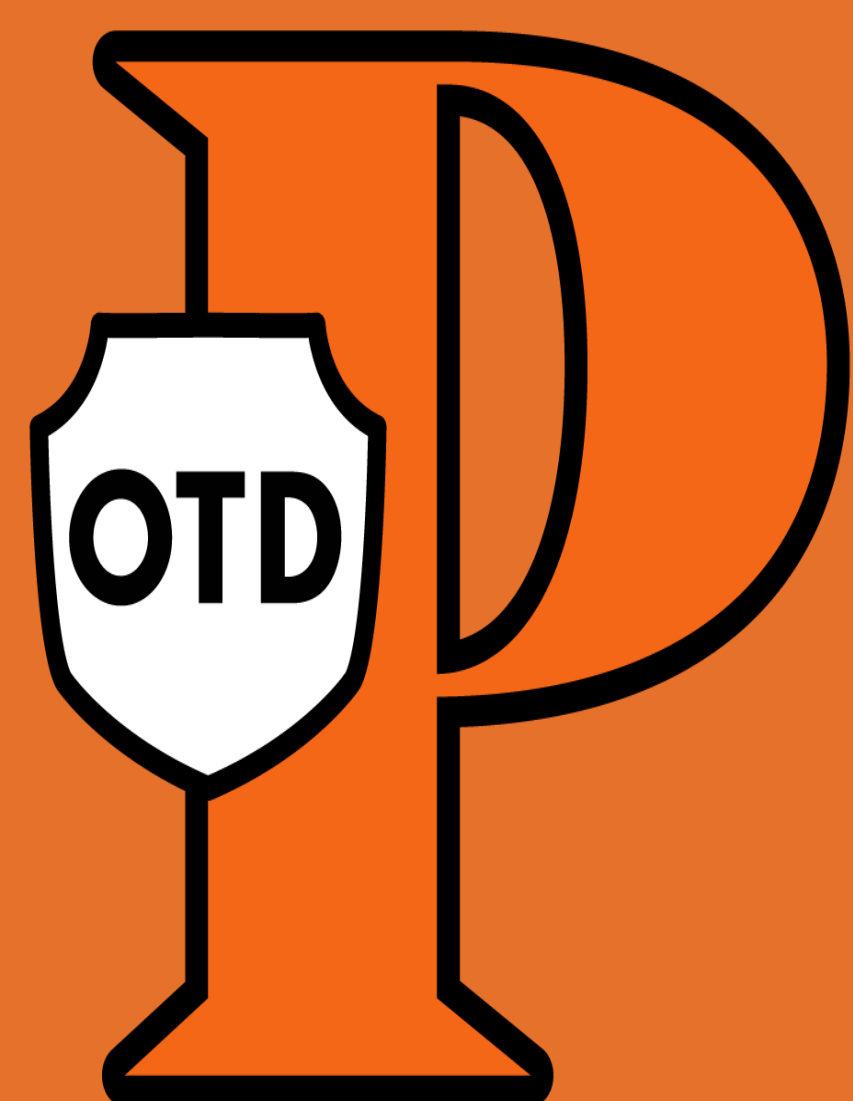
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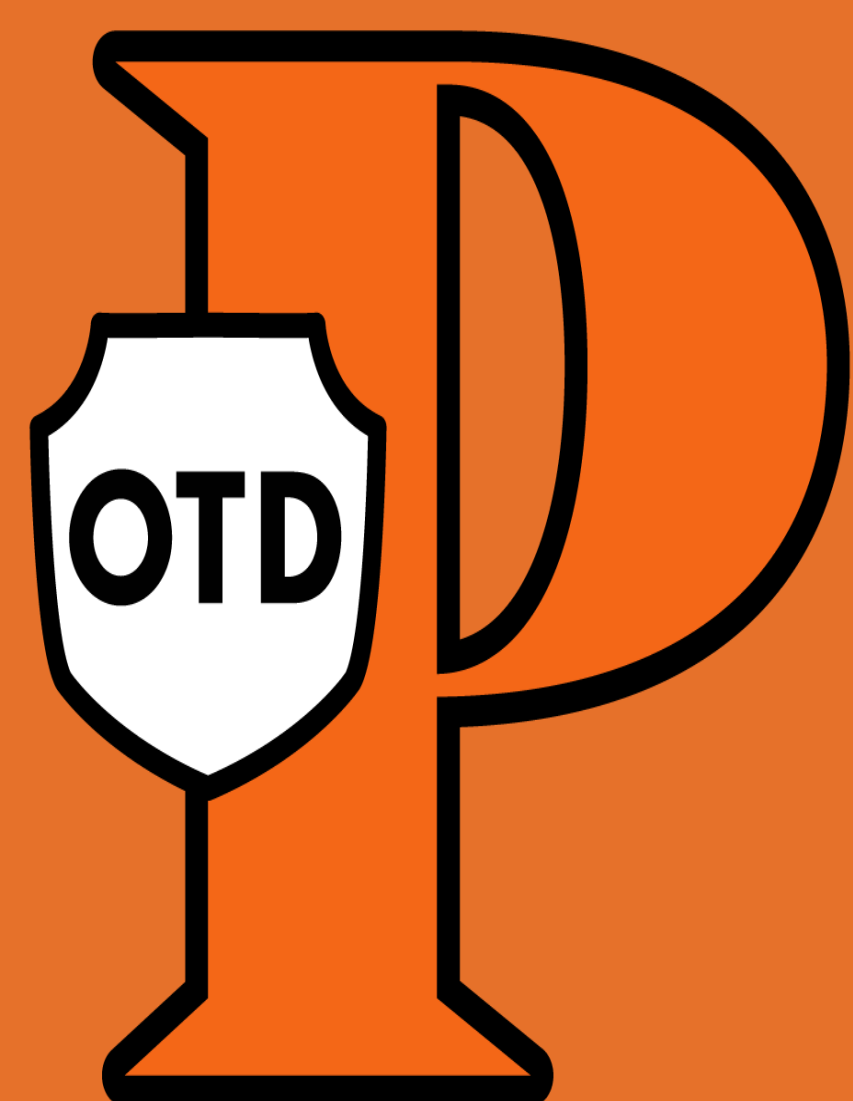
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