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Background

- Climbing and the community of climbers may be an overlooked opportunity for occupational therapists to promote social participation, diversity inclusion, and a sense of well-being.
- Skilled observation and interviews with administration suggest that the occupation of climbing creates a place of belonging and empowerment (references), raising questions about the experience of climbing for those who experience impoverished social participation and systematic exclusion.
- Given no known partnership exists between occupational therapy and the climbing organizations in OKC, we believe an exploration into a potential role for occupational therapy to maximize social participation, inclusion and a sense of well-being through the occupation of climbing, is warranted.

Purpose

This project aims to:

- detail the exploration initiated by occupational therapy students in partnership with Summit Climbing Gyms
- clarify a potential role for occupational therapy
- maximize social participation, inclusion and sense of well-being through the occupation of climbing.

Methods

First-year and second-year occupational therapy students completed a thorough web review of the climbing gyms in the Oklahoma City metropolitan area to understand mission, vision, history, and goals, followed by a national web and social media search investigating the climbing culture.

A literature review exploring best available evidence regarding climbing was completed and summarized to identify key elements that complement the occupational therapy scope of practice.

Interviews with organizational administration and climbing members were conducted, furthering clarity and potential focus for occupational therapy.

The final step of the program development is for OT students to develop a series of 5 group interventions to address the prioritized need generated through the negotiated process with the climbing organizations. Pre and post measures of well-being will be instituted, using a Lichert scale of the following statements:

1. I believe that my climbing community encompasses a diverse group of individuals (Ex., different socioeconomic status, age, race, ethnicity, physical and cognitive abilities).
2. I believe that the climbing community has provided optimal opportunities for personal growth and no more opportunities are needed.
3. I understand the benefits of educational opportunities outside of the immediate climbing community and how they benefit the overall diversity and involvement of the sport.
4. I understand how to utilize self-care for the longevity of participating in climbing.



Proposed Results

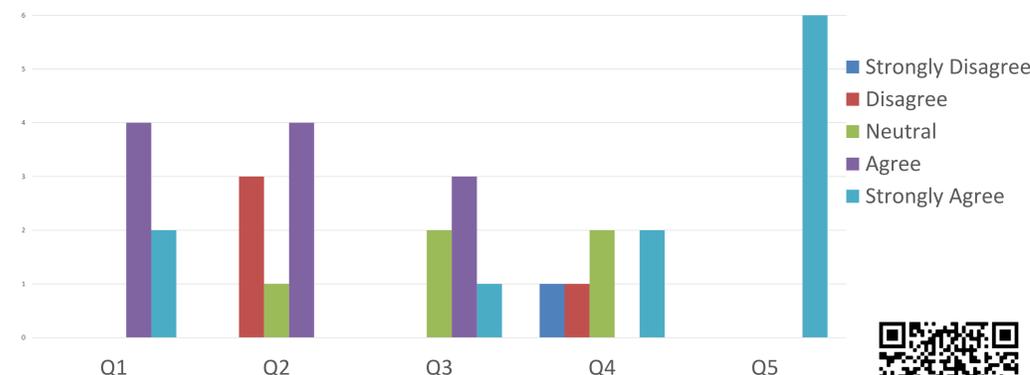
Based on skilled observation, there appears to be a mismatch in the results provided and the results we see, specifically covering diversity and its role:

To date, considerations for OT include:
a) using the occupation of climbing as a means to deliberately promote belonging for traditionally isolated persons such as people of varying socioeconomic, racial, and ability backgrounds and b) creating an identity of competence and feelings of being supported for individuals struggling with confidence due to conditions related to stress, anxiety and depression.

Relevance to Allied Health

We anticipate the results of our experience developing interventions in collaboration with local climbing organizations will unveil opportunities for other programs in our college to partner, given our commitment to empower life and maximize health and well-being of individuals with and without a disability.

Pre Survey Results Acquired To Date



Scan QR Code For References

