

going rural health



THE UNIVERSITY OF MELBOURNE

Going Rural Health
Department of Rural Health

ALLIED HEALTH
NURSING
DENTISTRY
SPEECH PATHOLOGY

www.goingruralhealth.com.au



Physiotherapy Snow Placement A Service Learning Placement with Disabled Wintersport Australia.

The Going Rural Health team designed and set up a placement for 4 physiotherapy students at Falls Creek with Disabled Wintersport Australia (DWA).

Where: All access accommodation at Howmans Gap Falls Creek

When: Aug - Sept 2019

Who: Going Rural Health, Charles Sturt University, Disabled Wintersport Australia

Impacts: Helped provide equal opportunity for participants with disabilities to participate, provided educational resources that will improve the quality of training for future guides, helped reduce burden on guides for weekly camps.

Over the 6-week placement students assisted the clients of DWA to be able to go skiing and undertook projects to create resources for volunteers about how to appropriately fit equipment, strategies for safe skiing, manual handling skills and developing videos for volunteers on fitting of equipment.

This placement had two main learning areas of focus:

Area 1 : Guiding on DWA weekend camps

>Increased awareness of different neurological/other conditions.

>Further developed understanding of activities available for people with a disability at a wider participation level.

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>Improved communication abilities that were flexible and adapted to different participants, other guides, carers.

>Learnt how to choose appropriate ski equipment depending on the needs and goals of participants and to be adaptive when their ability or goals changed.

>Improved collaborative goal setting skills through developing good rapport and working with participants and other guides to develop short and long term goals.

Area 2 : Resource development for DWA to use in the future.

>Worked collaboratively in pairs to develop a multimodal educational resource for future guide training.

>Equipment resource: Outlined common health related issues experienced by participants and possible equipment modifications available to address these.

>Manual handling: Outlined common manual handling practices to reduce the risk of injury to participants, guides and members of the public.



What the Physiotherapy students said....

"This placement has been an eye opening experience on the abilities each participants have. It highlighted that with the right support people can achieve things far beyond what they may have originally thought they could have."

"I am so lucky to have been given an opportunity like this where I could help bring joy and adventure to someone's life."

"What a fun placement, I had such a great time hanging out at the snow with the participants. DWA is such an inspiring organisation to work with and I will definitely be coming back as a volunteer guide next year."

"I was really proud to be a part of such an inclusive environment that places such a high emphasis on participation for all."

"Overall it was a truly amazing and rewarding experience, that has taught me so much that I can apply to my future practice."

"The (students') work will help our guides and participants Australia-wide indefinitely, and will be an amazing resource for our more than 900 athletes and over 300 guides."

DWA National Operations Manager

https://www.youtube.com/watch?v=_RAtuF159sM

www.disabledwintersport.com.au

