



# **Forging a New Future Participatory Action Design and Engineering Technologies with People with Disabilities**

Rory A. Cooper, PhD, PLY

FISA Foundation – Paralyzed Veterans of America  
Distinguished Professor

Director

Human Engineering Research Labs



**Pitt Research**

# PERSONALBEST

AL ROKER'S HOME SHOW # 66  
A FATHER AND DAUGHTER RECONCILE # 69  
HOW CHEF ART SMITH GOT FIT # 70



Cooper on the Three Rivers Heritage Trail in Pittsburgh



BY RORY COOPER

PHOTOGRAPH BY RYAN SMITH

## My Marathon

**'Being Physically Fit Is What Saved My Life'**  
Engineering professor Rory Cooper defied an injury and a pandemic to complete his race

**O**N A RAINY morning last October, I set out to compete in the Marine Corps Marathon in Washington, D.C., riding a three-wheeled handcycle that I designed with friends and colleagues. Since you pedal a handcycle with your arms, this takes upper-body strength, as well as an understanding of ergonomics. That said, no matter how strong you are or how carefully designed your bike is, accidents happen.

That morning the pavement was wet, and I took a hard turn on a curvy on-ramp. I bounced over a curb, then across the grass and landed on the bushes. I was on a wheelchair since I was paralyzed in an accident at age 20, so I couldn't get up and was somebody down for help. I'm not sure how long I was lying there, but it felt like an eternity. Finally, I realized nobody was coming to save me, so I crawled to my cycle and climbed on. Somehow I made it to the finish line 22 miles later, but it was in rough shape: it turned out I had broken both feet and legs and had a huge gash on my back, as well as lacerations. I spent a week and a half in the ICU and long months of healing.

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# YAKITORI

By David Lammers

It's the thought that counts



We had down across the United States and checked into the Sheraton Hotel in downtown Seattle. My three young children all started waiting for something to eat, preferably a hamburger.

I was tired and needed a shower, but we took the kids down the street and into a Wendy's. To get the kids out of my hair, I asked my weary, pregnant wife to find a table while I ordered food for all of us.

I carried two trays over to where my family was waiting. But the only place for me to sit was at a small table nearby. A man in a wheelchair was already sitting at one side of the table, eating a baked potato and drinking milk.

"Mind if I sit down here?" I asked.

"Go right ahead."

The guy had a beard and wore an old tee shirt with a wheelchair racer on the front. My mind started turning. "This is downtown Seattle. This guy is probably living on a stipend, in some rooming house. A baked potato is probably all he can afford," I thought to myself.

"Nice children you have over there," he said. He spoke with a confident voice. Pretty soon I felt comfortable enough with Rory Cooper to ask what had put him in a wheelchair. He had been living in West Germany, working as a translator—a certified translator, he told me. One day, while he was riding a bicycle, a bus ran over him.

After he got out of the hospital, he went to California and got interested in electronics. He got his PhD in electronics engineering last year. His dissertation was in control theory, and now he is teaching at the University of California at Sacramento and developing controls that ease the lives of people in wheelchairs.

My mind flashed back to 1972. Working at a car course outside of Boston, I was riding a bicycle to work early one sunny Sunday morning when I saw a man sitting on the front porch of a mansion, spotted me. His ears stood straight up, and he tore across the lawn.

Why behind me I heard a car go into a slide. The dog grabbed my coveralls at the ankles, and my 10-speed started to topple. The sliding car doped it.

"It's over," I thought, forgetting Yogi Berra's maxim. Later, the doctor told me how lucky I was that my rear end had jammed into the car's passenger window without damaging my spinal column.

I thought of that incident while I talked to Cooper. He said he was in Seattle for a big wheelchair race at the University of Washington. His wife, a German, was back home for a visit. He thanked us for the dinner company before he wheeled down the street to his hotel.

I promised myself never to judge someone again, and never to feel sorry for myself again over some stupid little thing. Premises like that are more easily made than kept.

I thought about Cooper again the other day. My wife was in a small maternity hospital, having give birth to a healthy baby girl a few days earlier. The kids started waiting for something to eat, preferably a hamburger.

After paying for the second extra cheeseburger, I commented to worrying: "How can we take care of all of these kids? How much will it cost to send all of them to school?" And so on.

No bearded man wheeled in to ease my mind. But I remembered the man I'd met in a distant hamburger joint, and I felt a bit stronger. For a moment I thought about how lucky we are. I thought about how some people deal with adversity and strive for greatness.

With human beings, most of the time it's the thought that counts, one way or another.



## Cooper has life back on track

Rory Cooper, left, competing with Tim David in the Central Coast Marathon last December hopes to raise money to support the National Wheelchair Games in Hawaii June 14-20.

Cooper was born in 1952 in a small town in Illinois. He had a normal childhood until he was 20, when he was paralyzed from the waist down in a bicycle accident. He spent the next three years in a hospital, then moved to a nursing home. He was 22 when he was discharged. He was 24 when he was married. He was 26 when he was diagnosed with a rare form of cancer. He was 28 when he was diagnosed with a rare form of cancer.

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AKERY SQUARE

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### A perspective on the ultralight wheelchair revolution

Issue Title: Tech: Any Outcomes Measurement

Article Type: Research Article

Authors: Cooper, Roy A.

Affiliation: Human Engineering Research Laboratories, University of Pittsburgh, Department of Rehabilitation Science and Technology, 1300 Highland Drive, Pittsburgh, Pa 15260, USA

Note: Corresponding author. Tel.: +1 412 3644850; fax: +1 412 3644858.

Abstract: Driven by a desire to improve their quality of performance, able-bodied users began to challenge the rules for ultralight sports. In so doing the frame of a revolution was laid. By producing their own ultralights, amateur ultralight technology was developed. During the late 1970s, several companies were out of the demand for custom sports chairs for daily use. The demand for improved performance and lighter weight was great enough to appear on industry because the larger ultralight manufacturers at the time did not recognize the change in the market place. The door was left open for new players. Although there has been rapid consolidation of many of the original ultralight wheelchair manufacturers, growth continues. This trend should produce some exciting technologies to reduce mass and increase quality.

Keywords: Wheelchair; History; Sports and Design

DOI: 10.1325/1740-1989.04.428

Journal: Technology and Disability, vol. 5, no. 3-4, pp. 383-392, 1994



### Building research capacity among people with disabilities

Issue Title: The Role of Consumers in R & D

Article Type: Research Article

Authors: Cooper, Roy A.

Affiliation: Department of Rehabilitation Science and Technology, University of Pittsburgh, Human Engineering Research Laboratories (151-45), 1300 Highland Drive, Pittsburgh, Pennsylvania 15260, USA

Note: Tel.: +1 412 3644850; fax: +1 412 3644858; e-mail: rcooper@pitt.edu

Abstract: The full inclusion of people with disabilities in rehabilitation science and disabilities studies is necessary for greater and longer success. Full inclusion of people with disabilities can only be accomplished through building research capacity and changing rehabilitation research paradigms. There must also be a national effort to build a rehabilitation research infrastructure with short- and long-range programs to recruit and train scientists with disabilities. The building of research capacity requires the cooperation and collaboration of federal agencies, national laboratories, universities, and advocacy organizations. Research capacity and research quality must be increased to achieve the goals expected by people with disabilities.

Keywords: Research; Rehabilitation science; Disability studies; Science

DOI: 10.1325/1740-1989-9363

Journal: Technology and Disability, vol. 9, no. 3, pp. 97-105, 1997

### Awareness of disability culture in research

Article Type: Research Article

Authors: Cooper, Roy A.

Affiliation: Human Engineering Research Laboratories, 1300 Highland Drive, Pittsburgh, Pa 15260, USA; Department of Rehabilitation Science and Technology, University of Pittsburgh, 1300 Highland Drive, Pittsburgh, Pa 15260, USA

Note: Corresponding author. Tel.: +1 412 3644850; fax: +1 412 3644858; e-mail: rcooper@pitt.edu

Keywords: Research; Rehabilitation science; Disability studies; Science

DOI: 10.1325/1740-1989-9363

Journal: Technology and Disability, vol. 9, no. 3, pp. 97-105, 1997

# Technology promotes social mobility, health, and participation

## National Council of Disability



“The disability community knows better than any other how being involved in the planning from day one is critical to a successfully accessible product, regardless of how many years in the future it lies.”

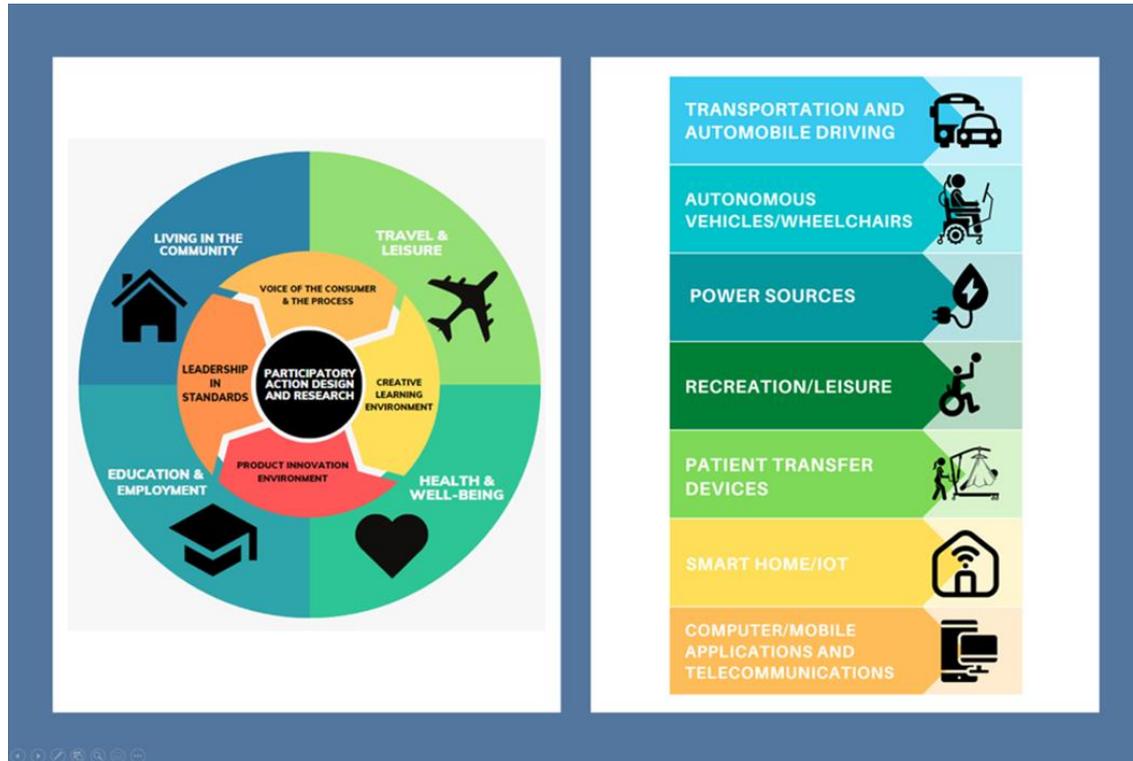


# Design Processes



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# Voice of Consumer – Meta Analysis



# Participatory Action Design Engineering – Research (PADE-R)

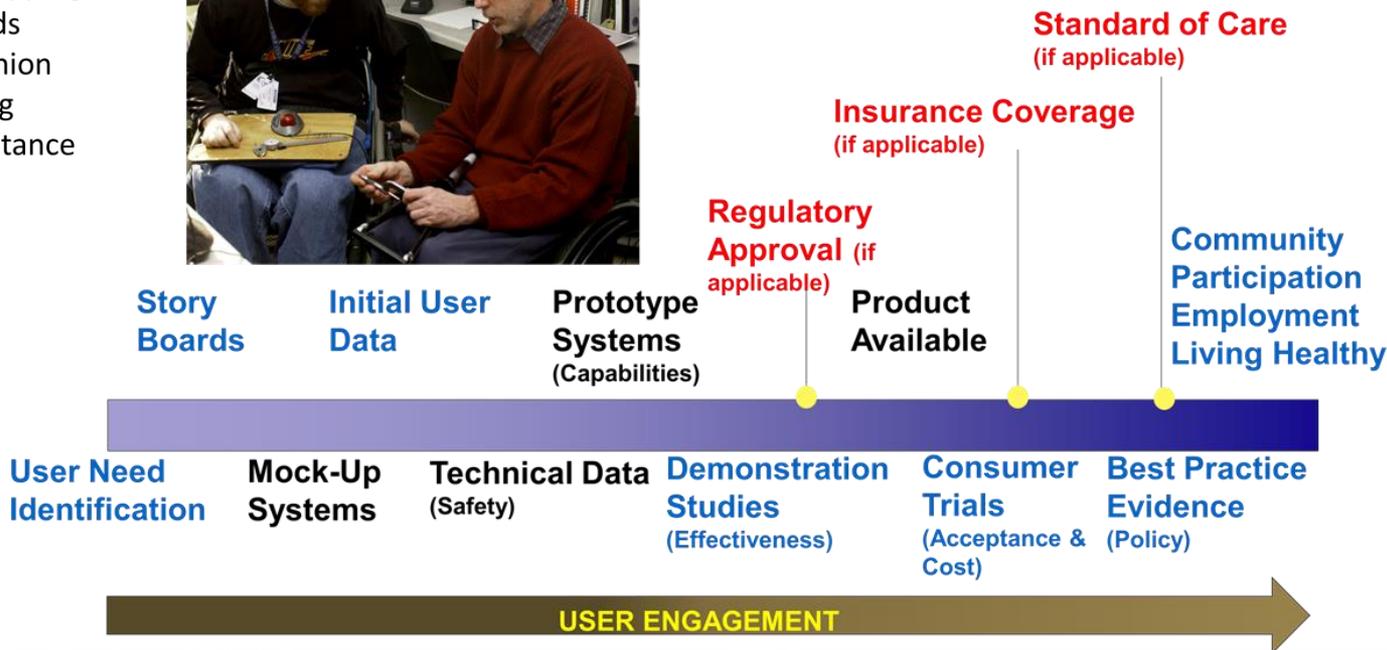


# Participatory Action Design Engineering – Research (PADE-R)



## ❖ Sample Tools

- ❖ Focus Groups
- ❖ Journey Mapping
- ❖ Story Boards
- ❖ Expert Opinion
- ❖ User Testing
- ❖ User Acceptance



# User Perspectives on Robotic Arm Control



## Interview with Current Robotic Arm Owners: JACO Robotic arm is a life-changing benefit.

The robot arm has given me a **reliable source of mobility**. I don't think I've ever been able to fully trust my body to do what needs to be done. **So it has created choice** in how I operate and live my daily life. I previously relied a lot more on care assistance. And it was stressful if somebody didn't show up for a shift because of illness or whatever. But now if I am on my own for an extended period of time, it's not really stressful for me.

I feel like it's kind of hard to quantify how the arm has benefited me, just in that there are so many tiny tasks throughout the day that I can do **without needing to plan ahead** or like specifically ask someone to do it for me ...

There's no privacy and it's kind of humiliating when you have to go to someone and say can you wipe my eyes and you don't want to explain things. And I think **one of the greatest things for me** was when I realized that I could get Kleenex and pull out my own tissue.

## Understanding control input preferences.



Wang, E., Styler, B., & Ding, D. (2023). Autonomous or Manual Control? Qualitative Analysis of Control Perceptions From Current Robotic Arm Owners. *IEEE International Conference on Robot and Human Interactive Communication (RO-MAN)*.

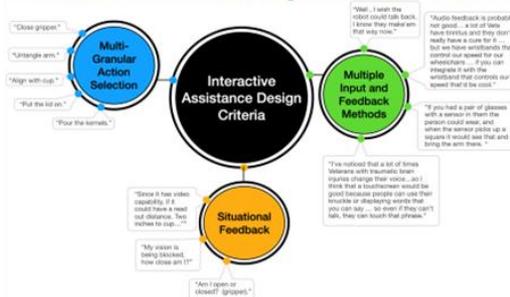
Chung, Cheng-Shai, Styler, B. K., Wang, E., & Ding, D. (2023). Robotic Assistance in Action: Examining Control Methods for Long-Term Owners of Wheelchair-Mounted Robotic Arms. *RESNA Annual Conference 2023*. <https://www.resna.org/sites/default/files/conference/2023>

Styler, B., Wang, E., & Ding, D. A Life-Changing Benefit: Qualitative Perspectives from Kinova® Jaco® Robotic Arm Owners. <Under Review>

I think they all serve their purpose for certain users, and I think it's important that we acknowledge that disabilities come in all kinds of shapes and sizes, and **Jaco is about restoring independence**, not being told, "No, you can't because there's no control method for you"...I think they all have their purpose, and with some combinations for certain users, they could really excel together.

## Exploring Control Authority Preferences at the NVWG: Participants prefer to be in-control by operating the system at all times.

### Interactive Assistance Design Recommendations.

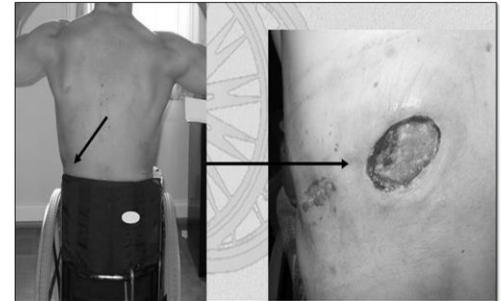


Styler, B., Deng, W., Simmons, R., Admoni, H., Cooper, R., & Ding, D. Exploring Control Authority Preferences in Robotic Arm Assistance for Power Wheelchair Users. <Under Review>

# Design as Extension of Person



- 3D Scanning
- 3D Modeling
- Athlete and Coach Engagement
- Close fit to body
- Ergonomic analysis



# Wheelchair Racing



- Custom devices designed for sports specific performance
- High speed and Acceleration
- Steering compensation for power and turning
- Close fit to body



# 3D Printing High Performance Parts



- **PEEK (polyetheretherkeetone) with composite based additive manufacturing (CBAM) process.**
- **PEEK can be 3D printed to make durable, lightweight and geometrically complex carbon fiber composite parts.**
- **Parts can achieve tensile strength of 205 MPa with heat resistance to 250 Celsius.**
- **Nylon and ABS are also commonly used.**



# On the Move Pad



Represented by the Department of Veterans Affairs, Washington, DC (US); University of Pittsburgh—Of the Commonwealth System of Higher Education, Pittsburgh, PA (US)

D797,466 S \* 6/2014 Lancaster D6/603  
 D750,919 S \* 3/2016 Palmetto D6/604  
 D818,291 S \* 5/2019 Palm D23/311  
 (Continued)

Primary Examiner—Robert A DeChanty  
 (74) Attorney, Agent, or Firm—Ballard Spahr LLP

(57)

### CLAIM

The ornamental design for a toilet seat wrap, as shown and described.

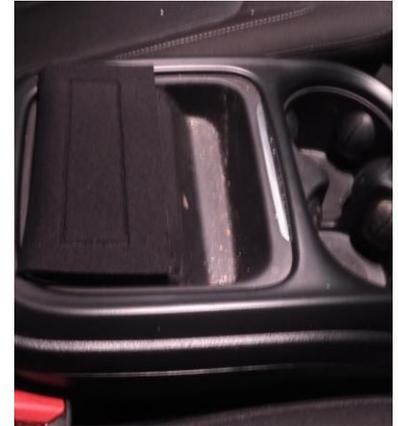
### DESCRIPTION

FIG. 1 is a front perspective view of a toilet seat wrap showing our new design.  
 FIG. 2 is a front end elevational view of the toilet seat wrap of FIG. 1.  
 FIG. 3 is a back end elevational view of the toilet seat wrap of FIG. 1.  
 FIG. 4 is a left side elevational view of the toilet seat wrap of FIG. 1.  
 FIG. 5 is a right side elevational view of the toilet seat wrap of FIG. 1.  
 FIG. 6 is a top plan view of the toilet seat wrap of FIG. 1, and  
 FIG. 7 is a bottom plan view of the toilet seat wrap of FIG. 1.  
 The broken lines having consistent dash lengths (dash-dash-dash) are shown on the toilet seat wrap in FIGS. 1-7 for illustrative purposes only and form no part of the claimed design.

(72) Inventors: Rory A. Cooper, Gibsonsia, PA (US); Rosemarie Cooper, Gibsonsia, PA (US)

(73) Assignee: United States Government as Represented by the Department of Veterans Affairs, Washington, DC (US); University of Pittsburgh—Of the Commonwealth System of Higher Education, Pittsburgh, PA (US)

- (\*\*) Term: 15 Years
- (21) Appl. No: 29758,914
- (22) Filed: Sep. 17, 2020
- (51) LOC (13) Cl. 23-02
- (52) U.S. Cl. D23/309; D6/601  
 USP: D23/311-312; D6/601
- (58) Field of Classification Search  
 USPC: D23/311-312; D6/601  
 See application file for complete search history.
- (56) References Cited  
 U.S. PATENT DOCUMENTS  
 3,689,947 A \* 9/1972 Wolf A47G 9/1045

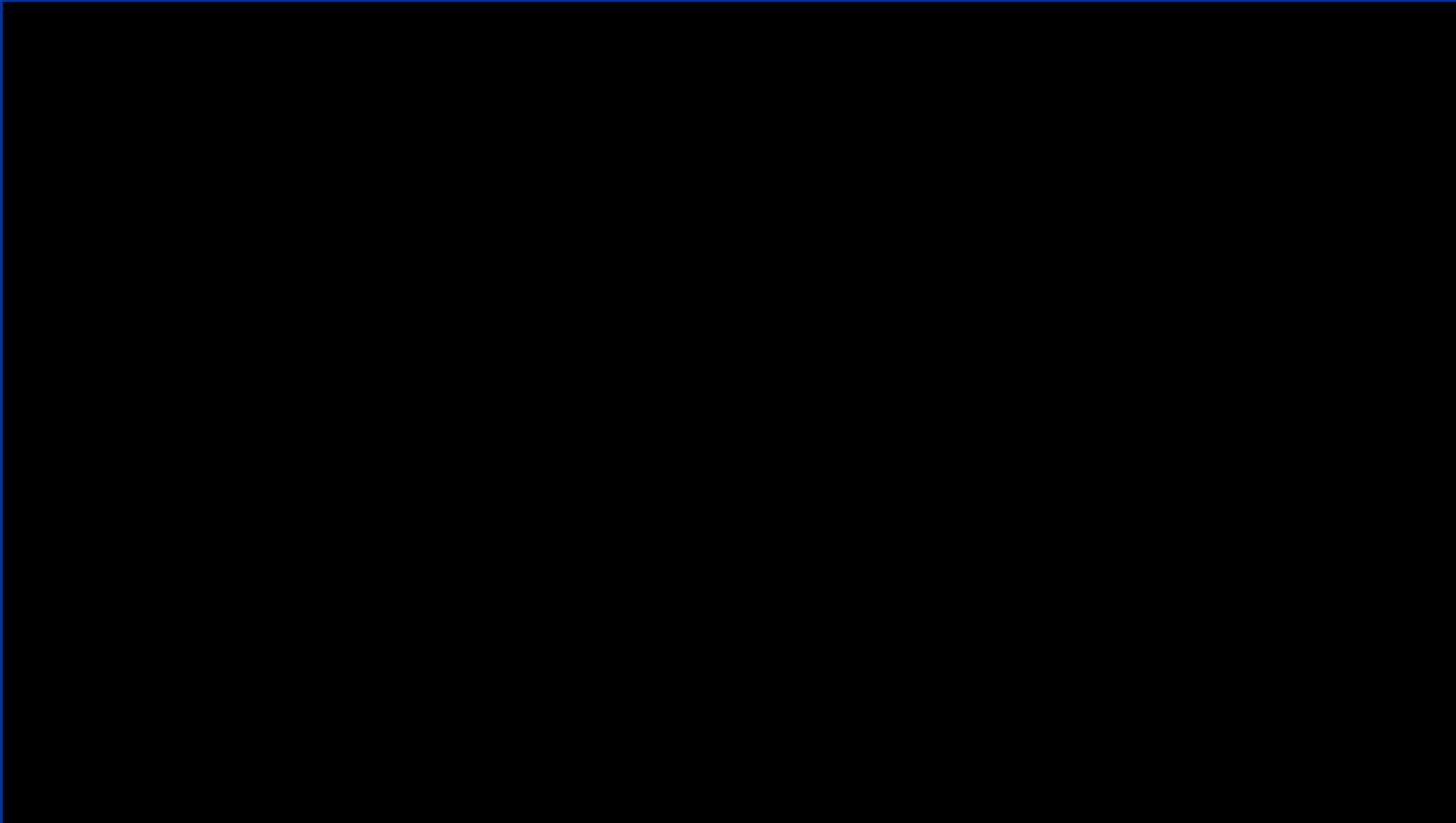


# Kirigami inspired Wheelchair Design



- **Cutting and folding metal to transform wheelchair design for improved performance at lower cost.**





# Measurement and Coaching



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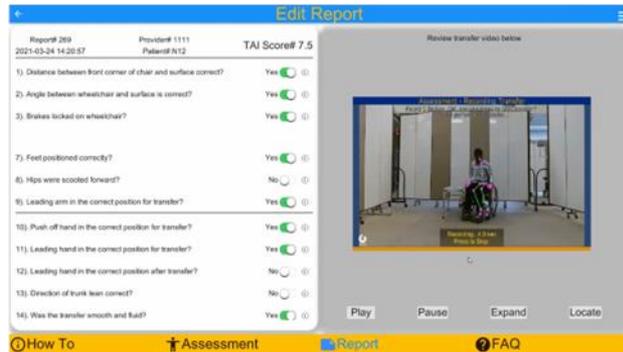


# Remote Sensing and Coaching



## TransKinect

- Overuse pain and injury is common among WC users and linked to weight-bearing ADLs.
- TransKinect is a software application designed to analyze the quality of independent transfer technique with the goal of reducing UL forces.
- Microsoft Xbox Kinect and machine learning models in a simple GUI
- Scores transfer based on ergonomic and biomechanical features



## Intelligent Body Mass

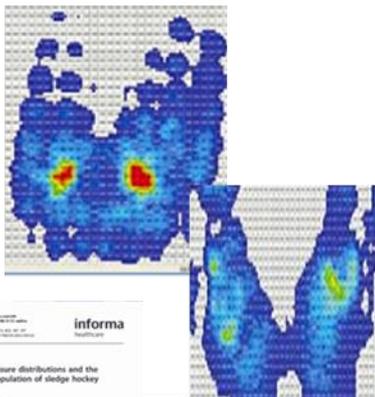
- Help people with limited mobility be weighed in bed.
  - Metabolic Disease
  - Health weight maintenance
- Weigh multiple people.
- Measure sleep length and quality.



# Performance Improvement and Injury Reduction



## Pressure Mapping



**Disability Rehabilitation**  
**informa**

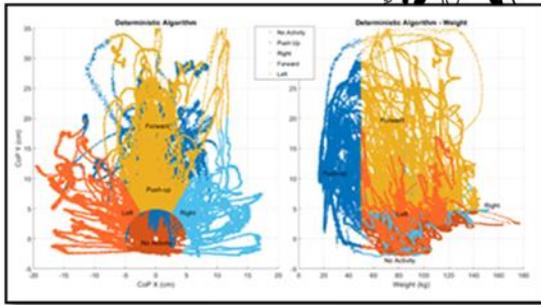
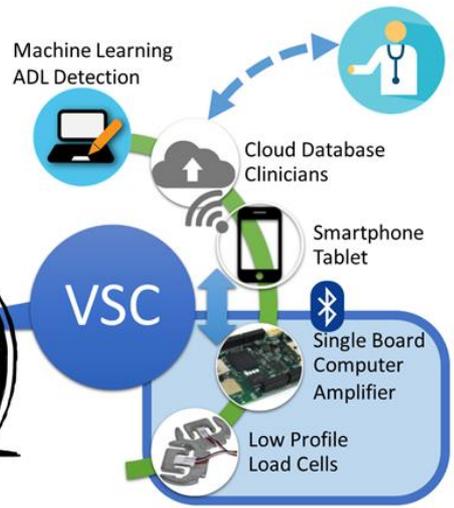
**RESEARCH PAPER**  
**Pressure mapping to assess seated pressure distributions and the potential risk for skin ulceration in a population of sledge hockey players and control subjects**  
 James Bennett<sup>1</sup>, Paul J. Stammers<sup>2,3</sup>, and Ross A. Cooper<sup>1,4</sup>

**Abstract**  
 We measured maximum pressure, time of occurrence of maximum pressure, and time of occurrence of maximum pressure over time for 10 sledge hockey players and 10 control subjects. The results show that sledge hockey players experience significantly higher maximum pressures and longer durations of high pressure compared to control subjects. This suggests that sledge hockey players are at a higher risk of developing pressure ulcers compared to control subjects.

**Keywords**  
 pressure mapping, seated pressure, sledge hockey, control subjects, maximum pressure, time of occurrence of maximum pressure, duration of maximum pressure.

**Background**  
 The purpose of this study was to assess seated pressure distributions and the potential risk for skin ulceration in a population of sledge hockey players and control subjects. The results show that sledge hockey players experience significantly higher maximum pressures and longer durations of high pressure compared to control subjects. This suggests that sledge hockey players are at a higher risk of developing pressure ulcers compared to control subjects.

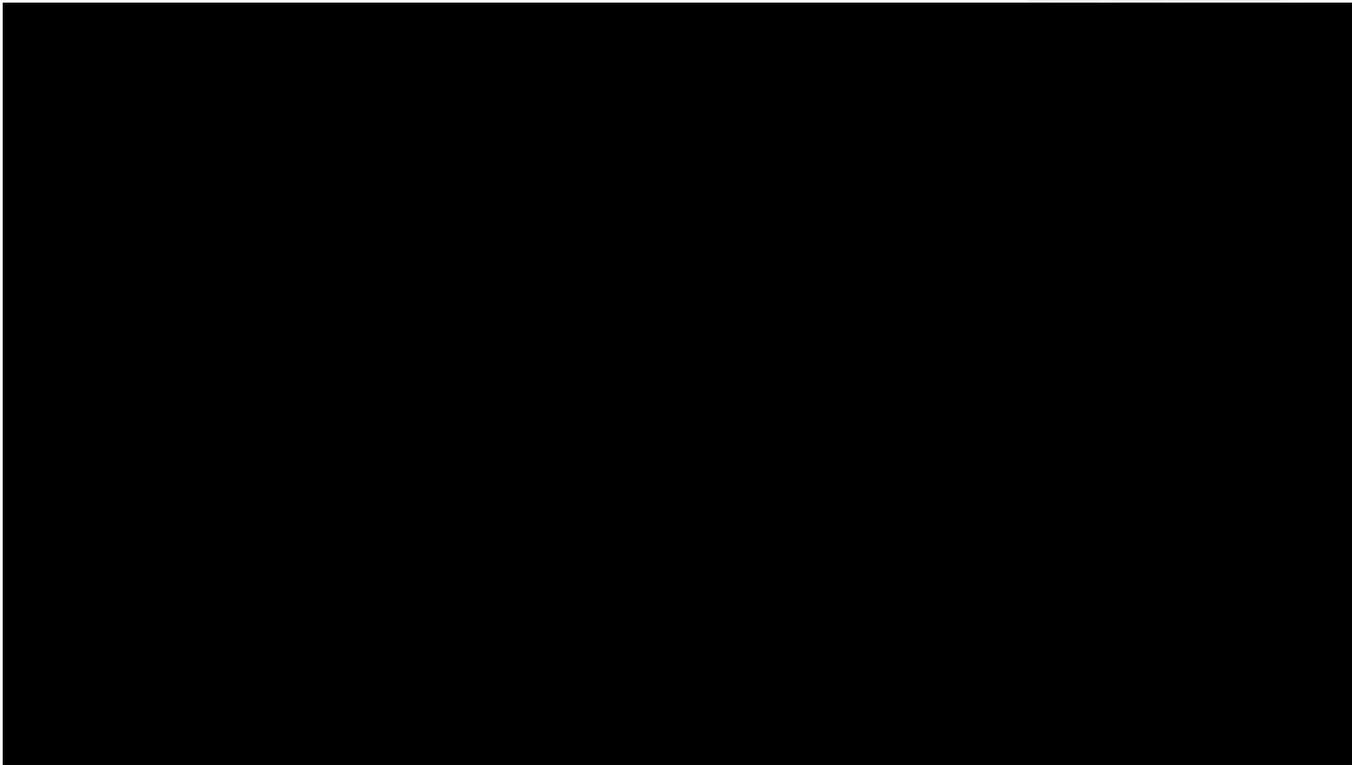
## Monitoring Pressure Relief Activity



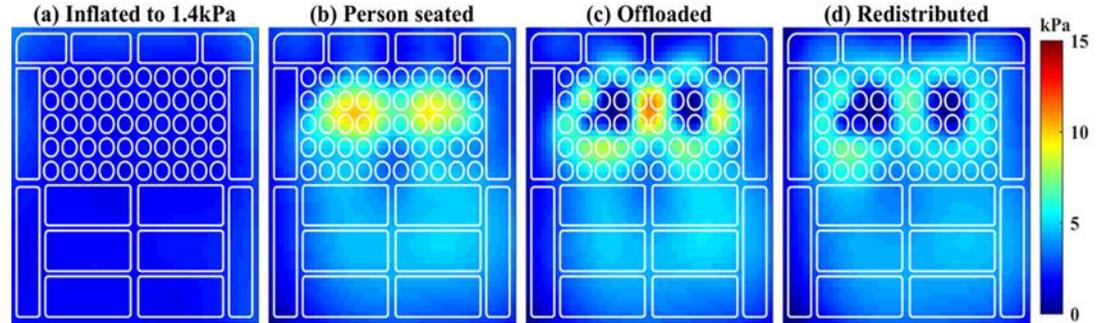
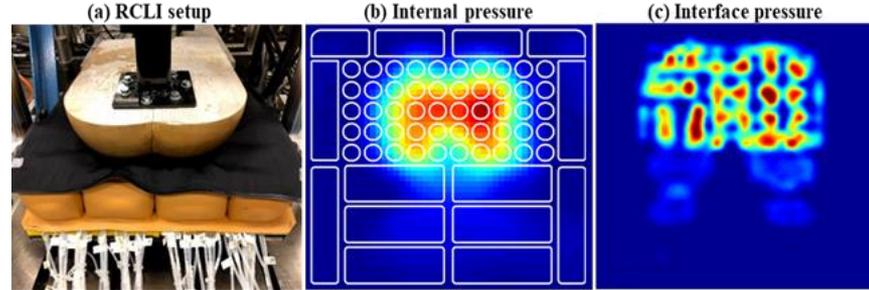
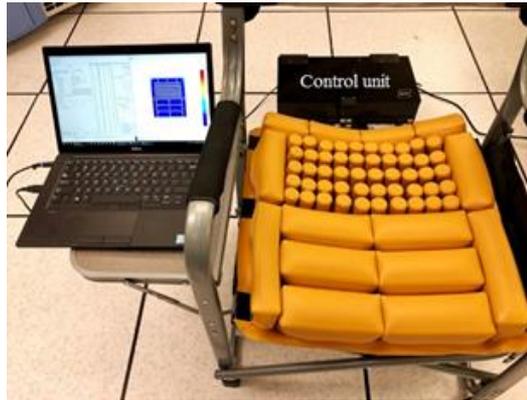
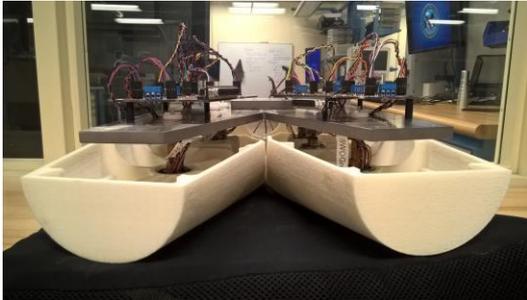
# Coaching Safe Seating Behavior



Smartphone-based  
Virtual Seating Coach



# Active Cushion (collaboration with UTARI)



# Robotic Arm Assist System



1. User moves to QR-like tag using joystick.
2. User selects circle on touchscreen for highlighted subtask. (i.e. push, pick)



3. System automatically moves robot through subtask then returns to user control.

## Modular software architecture to create multi-step manipulation actions: Push, Pick, Pour.



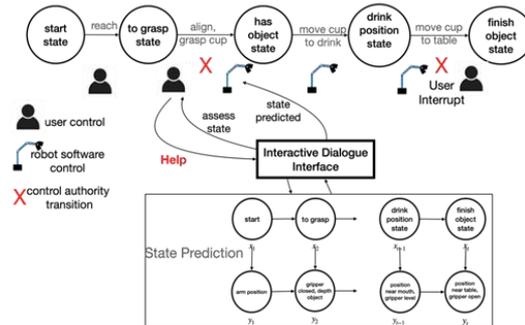
Dispense popcorn kernels. Grasp cup. Pour kernels. Place lid. Open microwave. Move jug to microwave.

Push Pick Pour Pick Push Pick

Ding, D., Styler, B., Chung, C.-S., & Houriet, A. (2022). Development of a Vision-Guided Shared-Control System for Assistive Robotic Manipulators. *Sensors*. doi:10.3390/s22124351

## Flexible Control Authority: User initiated control authority at any point in a task.

**State Estimation for seamless transitions.**





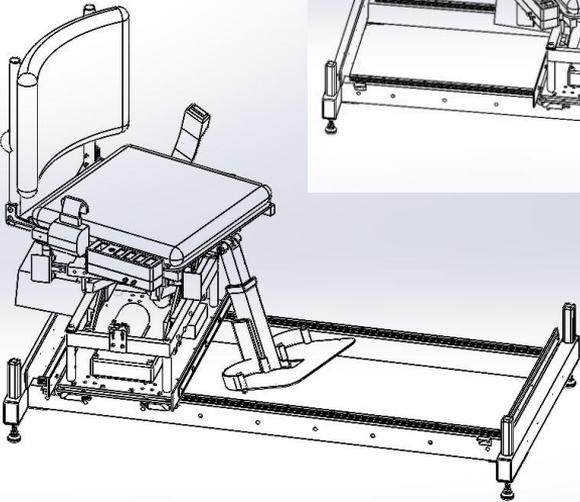
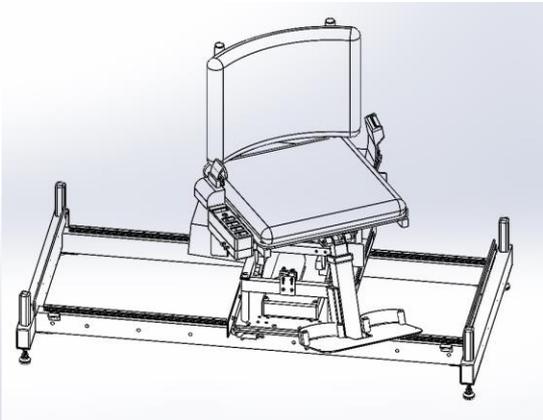
# Transformative Assistive Technologies



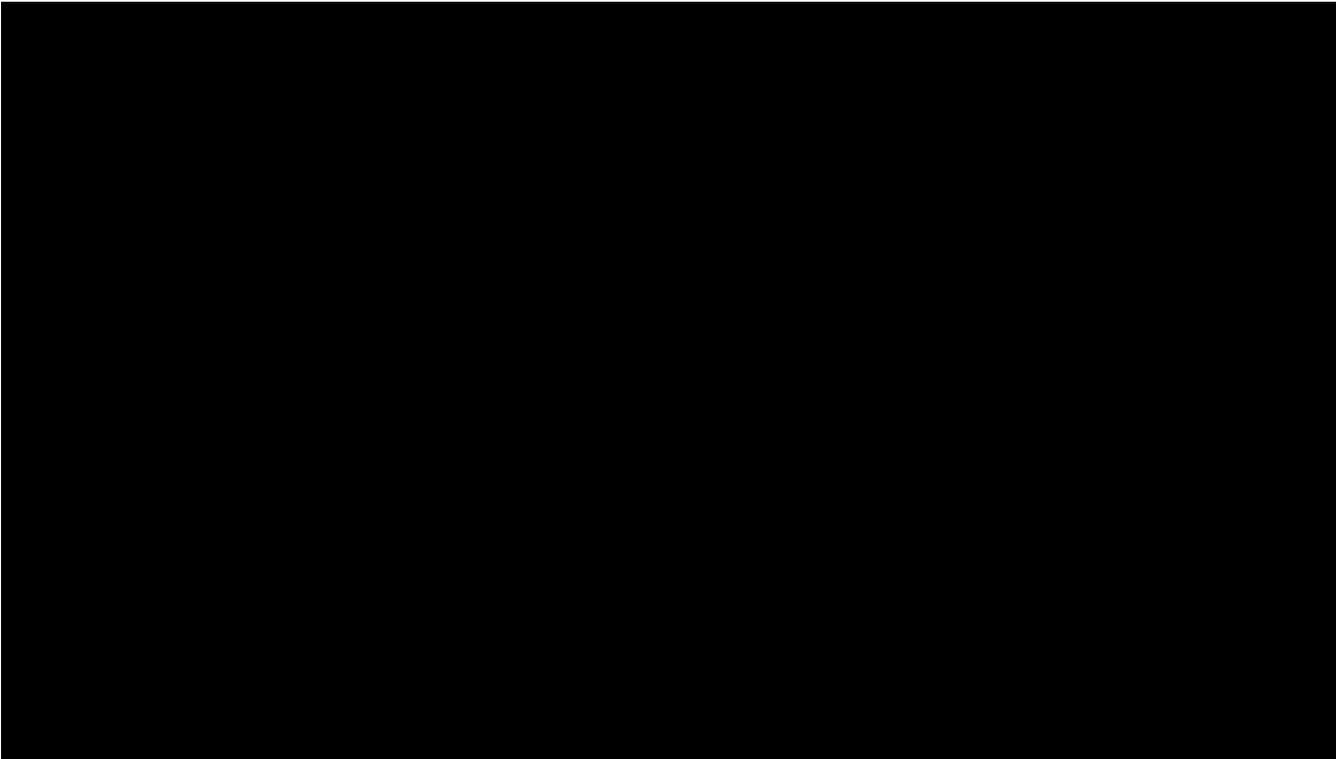
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# Robotic Workstation



# OmniBot



# Mobility Enhancement Robotic Wheelchair (MEBot)



U.S. Patent Feb. 9, 2021 Sheet 23 of 31 US 10,912,688 B2

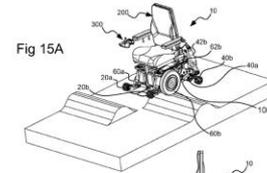


Fig 15A

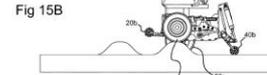


Fig 15B

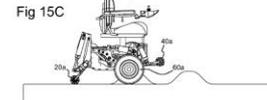


Fig 15C

U.S. Patent Feb. 9, 2021 Sheet 18 of 31 US 10,912,688 B2

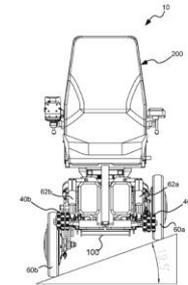


Fig. 11

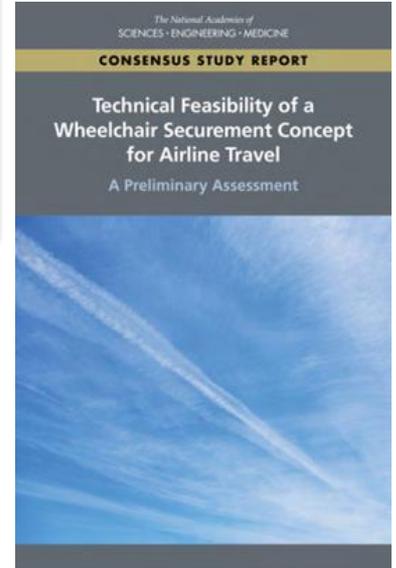
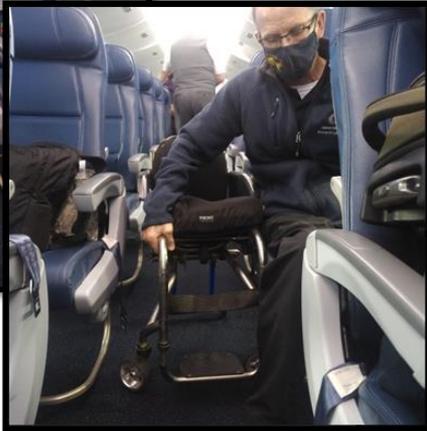




# Opening Water Sports/Games/Parks to Powered Mobility Device Users



# Airline Travel



# Transformative Assistive Technology Education



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# Inspiring Future Generations



Technology and Innovation, Vol. 22, pp. 1-15, 2022  
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ISSN 1549-8241 • E-ISSN 1549-825X  
http://dx.doi.org/10.21203/2.2022.15  
www.techonlogyandinnovation.org

## INVENTORS WITH DISABILITIES – AN OPPORTUNITY FOR INNOVATION, INCLUSION, AND ECONOMIC DEVELOPMENT

Jonathan Duval<sup>1</sup>, Sivashankar Sivakanthan, Brandon Daveler, S. Andrea Sundaram, and Rory A. Cooper

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In the United States, about 26% of the population reports having some form of disability. However, people with disabilities (PwD) are underrepresented in science, technology, engineering, and mathematics (STEM). The representation of PwD as patented inventors is unknown, but likely underrepresented, given their limited numbers in STEM and the workplace. This study set the goal of identifying PwD with patented technologies that have also been introduced into the marketplace. Using web searches and patent awards/applications, 21 influential inventors with disabilities were identified. The impact of these inventors was assessed and is briefly described. Technologies that were invented for PwD that have had mainstream success were also identified. Inventors with disabilities have made important contributions, but further study is required, as the inclusion of PwD in the inventor community is a nascent field of study that is important for expanding the innovation community.

**Key words:** People with disabilities; Patent; Invention; Innovation; Inclusion; Employment

### INTRODUCTION

Inventors are frequently known to address challenges they encounter in their daily lives. For inventors with disabilities, solving these problems can have a life-changing impact not just for themselves but also for others who benefit from their ingenuity. According to the U.S. Centers for Disease Control and Prevention (CDC), more than 26% of the U.S. population, about 61 million Americans, are living with disabilities (1). The most prevalent disability type in the U.S. adult population is mobility disabilities (13.7%) (1), but the CDC also classifies disabilities relating to cognition (10.8%), independent living (6.8%), hearing (5.9%), vision (4.6%), and self-care (3.7%). Many inventions are created by people with disabilities (PwD) who have, through their inventions and the resulting products, regained freedom previously unavailable due to their disabilities, made

others' lives easier, and, in some cases, have had a much broader impact.

The inventor's journey often begins with an education in the science, technology, engineering, and mathematics (STEM) fields coupled with exposure to innovative and creative concepts (2). Building on experience, interest, and aptitude, it is important to provide inventors with opportunities and to channel their creativity into inventions, which may ultimately be translated into intellectual property and, if desired, commercial or societal success (3,4). The pathways along which inventors with disabilities develop and enhance their skills, harness their ingenuity and experiences, and capitalize on their successes and failures are fraught with pitfalls. There are many traps along the path to invention, and the process is rarely linear. However, nearly all paths start with the cultivation of interests and talent along with the development of

TECHNOLOGY AND INNOVATION  
https://doi.org/10.1080/15498241.2024.2412819



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### A SURVEY OF DISABILITY AND OTHER DEMOGRAPHICS OF US PATENT RECIPIENTS

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#### ABSTRACT

Several studies have shown that minorities including women, African Americans, and people with disabilities are underrepresented and face barriers to higher education, specifically in the Science, Technology, Engineering, and Math (STEM) fields. Inventing something useful to society and obtaining a patent is considered a pinnacle of these professions. However, the demographics of people obtaining patents is not currently known. This study aimed to quantify the demographics of people obtaining US patents from 2018 to 2022. Patent information and inventor addresses were accessed, compiled, and sampled, and survey were sent to 4,951 inventors. The results showed that the inventors were 85% male, 80% White/Caucasian, 87% had no military service, and 7% had a disability. Additionally, 70% had a STEM degree. This survey shows that several minority groups are underrepresented in those receiving patents. Targeted programs utilizing frameworks such as social identity theory, social constructivism, and diversity and inclusion theories could help booster these numbers and bring diverse ideas and perspectives to the STEM professions resulting in inventors and innovations which could benefit society.

#### KEYWORDS

People with disabilities;  
patent; invention;  
innovation; inclusion

### INTRODUCTION

It is becoming clear that people with disabilities are underrepresented in the Science, Technology, Engineering, and Math (STEM) fields (1). Despite accounting for 27% of the US population, only about 10% of employed scientists and engineers report having a disability (1,2). Additionally, a 2017 US Department of Education report found that 11.1% of the undergraduate student population reported having a disability, comprising a cognitive disability at 8.5% (compared to 12.8% of the US population), physical disability at 2.1% (compared to 12.1% of the US population), hearing disability at 1.2% (compared to 0.1% of the US population), and vision disability at 1.1% (compared to 4.8% of the US population) (1,3). Thus, people with disabilities appear to be underrepresented in undergraduate education which is leading to underrepresentation in the STEM workforce. This is a force for innovation and invention which could benefit society (4–9).

It is not yet possible to know the demographics of inventors due to the United States Patent and Trademark Office (USPTO) not currently obtaining demographic information of patent applicants or awardees. The Inventor Diversity for Economic Advancement Act (IDEA Act) introduced in the Senate and House of

Representatives in 2019 would require the USPTO to gather data on the diversity of inventors (10). As of December 2023, the bill had not been enacted into law. Although the IDEA Act may illuminate more reliable statistics on inventor diversity or lack thereof, there are some studies which tried to predict demographics for gender and race (11). For instance, a 2020 USPTO report revealed a gender gap showing that only 12% of all inventor patentees are women (12). A 2018 report estimated that Black and Hispanic college graduates were half as likely to have received a patent as white college graduates (13). However, both studies attempted to predict gender and race from the inventor's names combined with other various sources, so the accuracy may be questionable. Other minority groups, such as the LGBTQ and disability communities, seem to have no inventorship data at all.

Despite the underrepresentation of people with disabilities (PwD) in the STEM fields, many notable inventors have had disabilities. A recent review highlighted some of these inventors, including Alexander Graham Bell, Thomas Edison, Chikuo Asakawa, and Rory Cooper (14). All are members of the National Inventors Hall of Fame (15,16). A large portion (16 of the 21 inventors identified in this review) were awarded patents for assistive technology that helped PwD.

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Accepted: January 1, 2022

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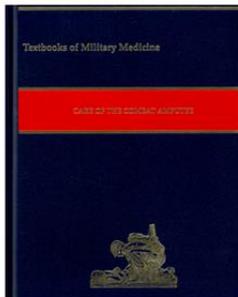
**JMVFH** JOURNAL OF MILITARY, VETERAN AND FAMILY HEALTH

### Psychological strategies of Veterans and service members who participate in organized sports

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<https://doi.org/10.3138/jmvfh.4316>



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Journal  
**Disability and Rehabilitation** >  
Volume 31, 2009 - Issue 5

Rehabilitation in Practice

### Psychosocial impact of participation in the National Veterans Wheelchair Games and Winter Sports Clinic

Michelle L. Sporrer, Shirley G. Fitzgerald  PhD, Brad E. Dicianno, Diane Collins, Emily Teodorski, Paul F. Pasquina & ...show all  
Pages 410-418 | Accepted 01 Feb 2008, Published online: 07 Jul 2009

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### Investigation of the Effects of Sport, Exercise and Recreation (SER) on Psychosocial Outcomes in Individuals with Disabilities

Laferrier, Justin (2012) Investigation of the Effects of Sport, Exercise and Recreation (SER) on Psychosocial Outcomes in Individuals with Disabilities. Doctoral Dissertation, University of Pittsburgh. (Unpublished)

AMERICAN JOURNAL OF  
**Physical Medicine & Rehabilitation**

### Investigation of the Impact of Sports, Exercise, and Recreation Participation on Psychosocial Outcomes in a Population of Veterans with Disabilities: A Cross-sectional Study

Laferrier, Justin Z. PT, PhD, OCS, SCS, ATP, CSCS; Teodorski, Emily MSW; Cooper, Rory A. PhD

American Journal of Physical Medicine & Rehabilitation: December 2015 - Volume 94 - Issue 12 - p 1026-1034  
doi: 10.1097/PHM.0000000000000263  
Original Research Articles

# Adaptive sports & recreation promotes mental health and community integration

# Need to Expand Opportunities for Powered Device Users



## Powered Soccer



## Powered Wheelchair Field Hockey



DISABILITY AND REHABILITATION ASSISTIVE TECHNOLOGY  
https://doi.org/10.1080/17445019.2020.1787228



### REVIEW

### A review of adaptive sport opportunities for power wheelchair users

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### ABSTRACT

**Purpose:** To identify adaptive sports opportunities for individuals who use powered wheelchairs for their primary means of mobility, and to determine barriers and facilitators for new sporting opportunities. **Materials and methods:** A structured literature review of the peer-reviewed scientific literature and analysis of major adaptive sport competitions information. PubMed and Scopus were searched for the phrases "power wheelchair sports" and "complex disability sport" to identify articles discussing competitive sport opportunities for power wheelchair users. Also, the websites and instructional materials were searched to identify what sports exist for power wheelchair users in the Paralympics, the National Veterans Wheelchair Games, the Invicta Games and the Warrior Games. **Results:** Eleven articles were found from PubMed and Scopus which met the criteria, most of which were focused on power soccer. The search for sport opportunities from the four major competitions found few events where someone using a power wheelchair could participate, most of which involve a stationary chair during competition (e.g. archery, billiards). **Conclusions:** This literature review identified few programs for sports for people who use power wheelchairs. Many challenges such as lack of appropriate technology, lack of programs, and challenging classification categories all interact to contribute to this problem. Opportunities exist for better and more appropriate technology to be developed and for new and innovative sports and rules to be adopted for these athletes to benefit more from sport and recreation.

### ► IMPLICATIONS FOR REHABILITATION

- Athletes with complex disabilities and high support needs are not provided with the same opportunities as other athletes.
- Challenges such as insufficient technology, lack of programs, and challenging classification categories all interact to contribute to the lack of opportunities.
- Opportunities exist for better and more appropriate technology to be developed and for new and innovative sports and rules to be adopted for athletes with complex disabilities and high support needs to benefit more from sport and recreation.

### ARTICLE HISTORY

Received 11 April 2020  
Accepted 4 May 2020

### KEYWORDS

Adaptive sports; power wheelchair; high support needs; disabled athletes

### Introduction

It is important for people with disabilities to have opportunities to participate in society and to pursue healthy life activities [1–5]. There is a growing population of people with disabilities and the technologies and approaches used by them are also growing [5–9]. Participation in society requires the physical environment to be accessible, the proper technology for their needs, and for people to have appropriate supports in place to succeed [10–15]. Having fun is important to wellbeing, to establish a positive perception of self, and to form healthy relationships [16–19]. Activities that many people with disabilities find attractive and beneficial are adaptive sports and recreation.

There have been several studies conducted on the benefits of adaptive sports and recreation activities and competitions [20–22]. Adaptive sports and recreation are among the most effective strategies for achieving higher outcomes during medical rehabilitation, for changing perceptions of self among people with disabilities, and for promoting greater inclusion of people with

disabilities in society [23–29]. Studies related to adaptive sports and recreation also suggest that there are benefits to employment, education, and training [30–36]. Sports and recreation also help to change the perception of people with disabilities [37]. Technology plays an important role in creating sports and recreation opportunities [38]. People with disabilities are often drivers of innovation in adaptive sports and recreation [39–46]. There are growing opportunities and types of activities in which people with disabilities can participate [38–42–43].

The Paralympic movement started in 1946 and remains a catalyst for growing sports, recreation, and inclusion opportunities [45–52]. However, few opportunities exist within the thousands of adaptive sports and recreation organisations, schools and colleges for individuals with complex disabilities and high support needs [53–55]. The descriptor "people with complex disabilities and high support needs" is adopted from the definition used by the International Paralympic Committee, which has recognised the need to be more inclusive of this population [51]. The

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# Transportation Board Game – “HERL-Town”





# Transforming Clinical Education



## The Caregiver Assisted Transfer Technique Instrument (CATT)



## TransKinect



**Edit Report**

Report# 269	Provider# 1111	TAI Score# 7.5
2021-03-24 14:20:57	Patient# N12	
1) Distance between front corner of chair and surface correct?	Yes <input checked="" type="radio"/>	<input type="radio"/>
2) Angle between wheelchair and surface is correct?	Yes <input checked="" type="radio"/>	<input type="radio"/>
3) Brakes locked on wheelchair?	Yes <input checked="" type="radio"/>	<input type="radio"/>
7) Feet positioned correctly?	Yes <input checked="" type="radio"/>	<input type="radio"/>
8) Hips were scooted forward?	No <input checked="" type="radio"/>	<input type="radio"/>
9) Leading arm in the correct position for transfer?	Yes <input checked="" type="radio"/>	<input type="radio"/>
10) Push off hand in the correct position for transfer?	Yes <input checked="" type="radio"/>	<input type="radio"/>
11) Leading hand in the correct position for transfer?	Yes <input checked="" type="radio"/>	<input type="radio"/>
12) Leading hand in the correct position after transfer?	No <input checked="" type="radio"/>	<input type="radio"/>
13) Direction of trunk lean correct?	No <input checked="" type="radio"/>	<input type="radio"/>
14) Was the transfer smooth and fluid?	Yes <input checked="" type="radio"/>	<input type="radio"/>

Review transfer video below

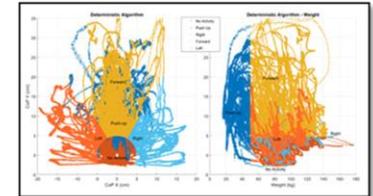
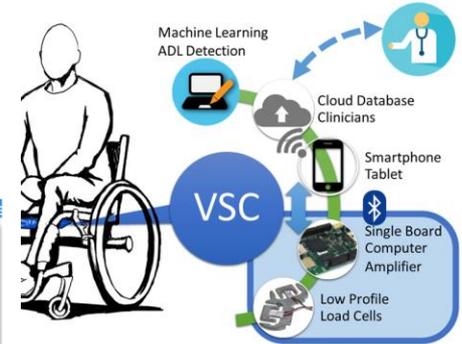
Assessment - Recognition - Transfer

Recording: 4.0 sec  
Press to Stop

Play Pause Expand Locate

How To Assessment Report FAQ

## Virtual Seating Coach

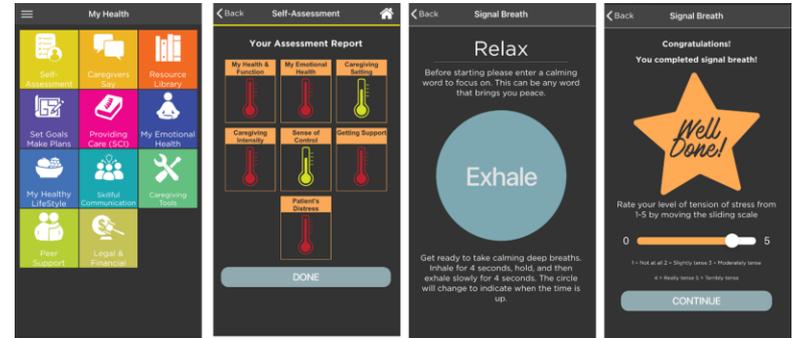
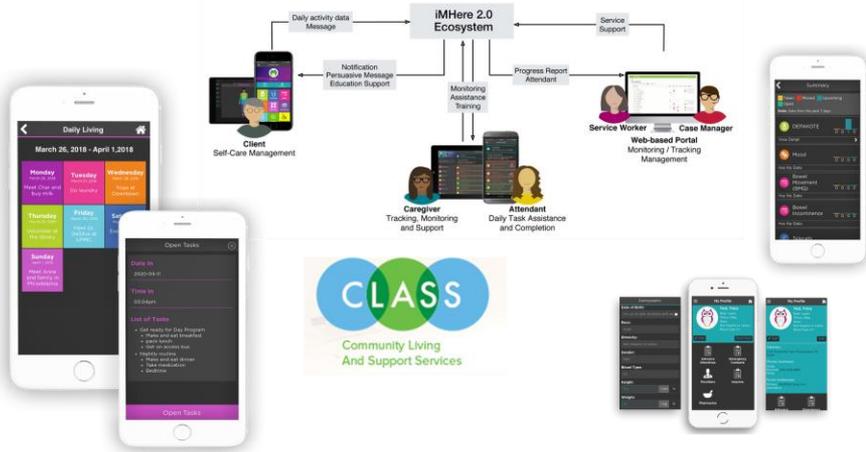


# Community Based Support



## Smart Organizational Connectivity

## Caregiver Intervention & Support



# Turn Adversity to Advantage

and

# Action into Accomplishment



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