

Introduction/Background/LEC

The Life Enrichment Center (LEC) is a private nonprofit program for adults with intellectual disabilities in Baldwin County. The LEC was established in 1967. Their mission statement is "to support and maximize the quality of life with Intellectual Developmental Disabilities through person-center, community-based programs and services". Their purpose is "to provide adults with Intellectual Developmental Disabilities to engage in meaningful life experiences within their community that embraces personal dreams and desires". The services promote "safety, health, and wellness, person-centered approaches for the desired goals and outcomes, and focus on quality of life".

Examples of Different Intellectual Disabilities: autism, Dandy Walker Syndrome, behavioral disorders, brain injury, cerebral palsy, Down syndrome, fetal alcohol syndrome, intellectual disability, and spina bifida.

A typical weekly schedule includes multiple classes happening at once within different parts of the center. Every hour, there are art therapy classes, music therapy classes, excursions with outdoor education, recreational activities in the "Activity Center", and DayHabilitation schedules.

Partners of the LEC: Creative Expressions Studio, BodyPlex, Lockerly Arboretum, Georgia College and State University, Georgia Department of Natural Resources: Mistletoe State Park

Abstract/Purpose

This poster was made with the intent of providing future interns and staff with a baseline of progress that has been made with previous interns. Our hope is that future interns would understand the LEC client's goals and limitations better after reading this poster. We wanted to use illustrations to inspire new activities in the minds of future staff and allow them to understand that the LEC is a place where creativity can thrive. Specifically, this poster focuses on previous methods of fitness and wellness incorporated in our semester, but there have been other public health interns that have made tremendous strides in educating the LEC individuals on nutrition, their rights, their personal space, their body, and their freedoms. To add to that, we hope the individuals better understand the importance of exercise in efforts to reduce comorbidities, relieve stress, lose weight, deliver proper nutrients to their body, and stimulate their heart, lungs, and brain to their fullest potential. While some fitness activities were able to take place within the LEC, most activities were executed through the LEC's partnership with BodyPlex. At BodyPlex, as interns, we were able to manage 9 Georgia College Undergraduate Practicum students. Their roles are further explained in other sections, but we are grateful for their support in freely advocating for our clients to reach their goals through fitness and wellness mechanisms. It has been a privilege to teach these students and apply classroom knowledge in the gym.

Staff Members

Barbara Coleman
478-445-5726
barabara.coleman@baldwinlec.org
baldwinlec.org

Lina Sealy
478-491-2782
lina@bodyplex.com

BodyPlex Schedule

BodyPlex Spring 2020 Schedule			
Student	Day(s)	Client 1 (1-2pm)	Client 2 (2-3pm)
Cole Marsh	Mon & Wed	Walter	Chris W.
Mike Cokombe	Mon & Wed	Ashley	Bryant
Bailey Farnell	Mon & Wed	Latrice	Aisha
Meredith Manning	Mon & Wed	-----	Staff/Student or maybe Laura?
Marissa Caporini	Wednesday	Georgina	Bill
Lindsey Whitener	Tues & Thurs	Kevin	Socorro
Meredith Manning	Tues & Thurs	-----	Dec
Kylee & Kelly	Mon & Wed	Small Group	
(Kaitlyn & Josh on Mondays-Practicum 1)		(Shad, Joe, Socorro, Amy)	
Josh Espinosa	Thursday	Chris W.	-----
Kylee Hartman	Tuesday	Aisha	-----

DayHabilitation

- Where: at the Life Enrichment Center
- Description of Individuals: 10-20 people in the room, lower functioning intellectual abilities, 25% wheelchair bound, and high cognitive impairment.
- Sensory Stimulation: oral and vocal engagement through engaging clients minds and bodies to become stimulated for the day. Prompting through musical instruments and singing along to a variety of songs chosen by the individuals.
- Fitness Activities: Stretching, Simon-Says, Hokey Pokey, Happy-and-You-Know-It, Parachute games, balloon games, Life Sized Board Game (rolle dice to draw cards for different exercises or social response to perform while playing the game), and games to move around the room to put colored plastic balls in the respective colored bucket.
- Sensory Relaxation: using music therapy tactics for calming breathing, lowering heart rate and blood pressure, and relieving stress
- Our role as interns: assist the Music Therapist and DayHabilitation staff members while encouraging the individuals to participate fully.



Activities Center

- Where: at the Life Enrichment Center
- Description on Individuals: 15-30 individuals in the rooms, higher functioning intellectual abilities, 5-10% wheelchair bound, faster paced environment, high stimulus, and less cognitive impairment.
- Fitness Activities: Sewing, computer modules, basketball, art classes, outdoor activities, music classes, floor Tic-Tac-Toe, Simon Says, Musical chairs, Zumba, corn hole tournaments, social parties, home economics, and wellness classes.
- Our role as interns: create documentation lesson plans, implement new activities, facilitate group participation, and inspire movement.



Introduction to BodyPlex

- Small Group Training: focuses on lower intensity exercises for lower functioning clients specifically enhancing: balance, coordination, fine and gross muscle movements, and team building social skills through fitness. 4 individuals attend these classes on Monday and Wednesday from 1-2. Georgia College Practicum 1 students assist the clients during the Monday session. As interns, our role is to formulate activities and timed structure for these sessions. We are responsible for set-up and breakdown of these sessions. We delegate tasks for practicum 1 students to engage with our clients. At the end of each session, we would fill out documentation with engagement, enjoyment, and prompting mechanisms for each client.
- Personal Training: focuses on higher intensity exercises for higher functioning clients specifically enhancing: weight loss, muscle size, cardiovascular endurance, mobility, stability, coordination, flexibility, and balance. 12 clients get trained by respectively paired Practicum 2 students who are equipped to design and implement hour long workout sessions. As interns, our role is to supervise multiple clients with in the hour, look out for limitations and fatigue of the clients, and advocate for proper form and safety during these sessions.

Small Group: Part 1: Stretching

- Description: gain ROM, prevent injuries, warm up, increase flexibility
- Procedures without assistance (5 mins): Touch toes/reach for the sky (3x), Wrist circles/arm circles (all directions) (10x), Neck circles (15 s), Arm across body (both side) (2x), Trunk twist (5x), Chest expansion (10x).
- Procedures with assistance (5 mins): Leaning side to side (15 secs), Hip rotations (3x each leg), Standing on one foot for as long as possible, Quad stretch (hold for 15 s), Hamstring stretch (hold for 15 s), Calf raises (15x)

Small Group: Part 2: Cardio

- Description: increase heart rate and lung capacity, build up stamina, and burn fat in order to reduce the risk of: diabetes, heart diseases, high blood pressure cholesterol, and some forms of cancer
- Procedure: Walk three laps around BodyPlex, Run in place for 1 minute, Hurdle Steps (Variations: two feet each box, one foot each box, pick up cones after stepping over hurdles), Step Ups (Variations: Forward then Lateral: 2 on—2 off, 1 on—1 off), Cone Exercise (place 14 cones in two lines use left hand to pick up cones on the left side and right hand to pick up cones on right side)

Small Group: Part 3: Fine Motor

- Description: strengthen muscles of the fingers, palm, and wrist in order to improve grasping objects such as pencils, homework, buttons, and more)
- Procedure: Firm Putty Exercises (scissors, pick pennies out of putty, flat pinch, roll into ball, twist), Shoe Tying, Lacing, Buttoning, Wrist Flexion, Wrist Extension, and Wrist Rotations.

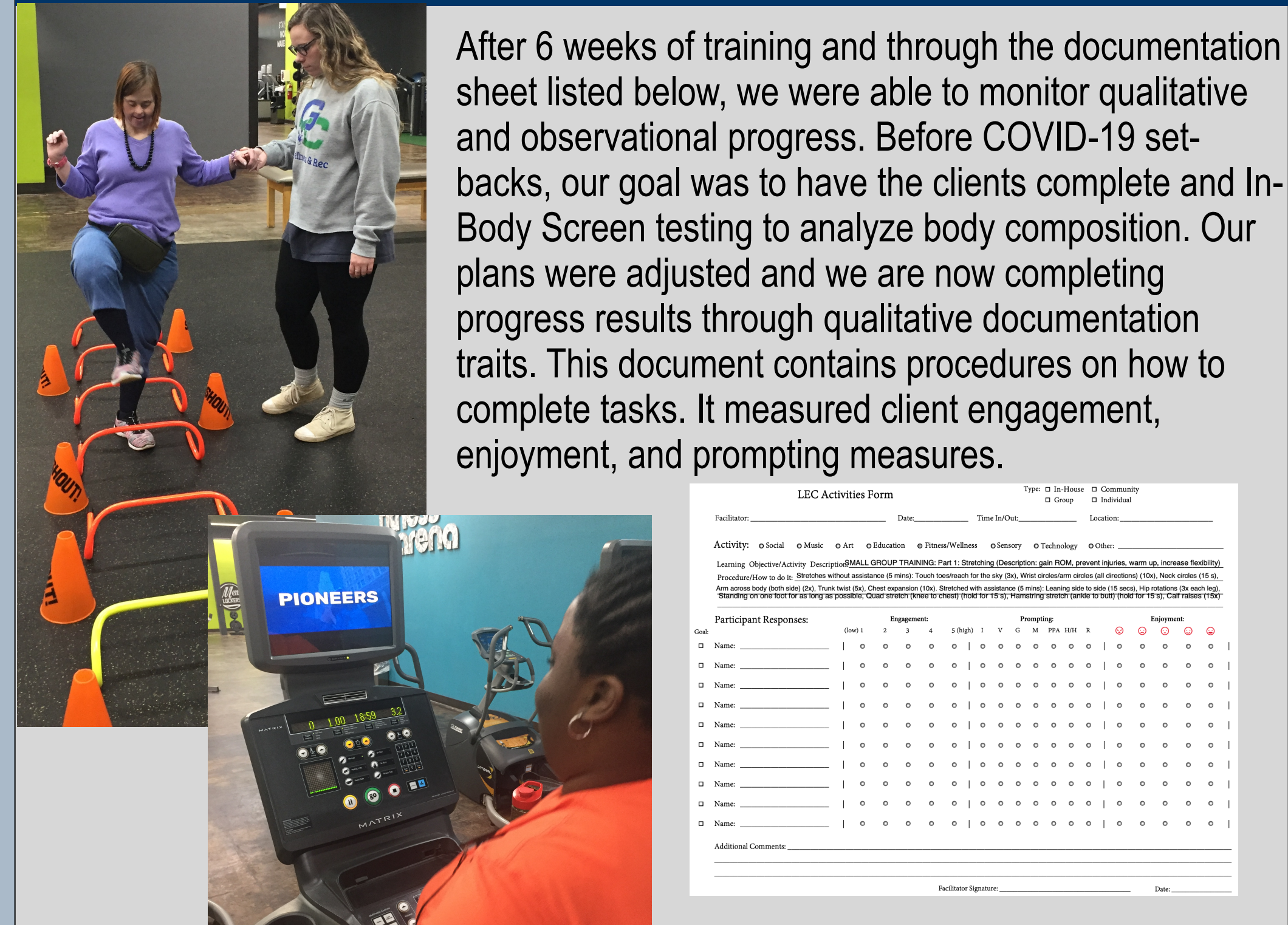
Small Group: Part 4: Muscular Strength Endurance

- Description: strengthening and toning specific upper body and lower body muscles in order to improve gait, posture, stability, and mobility
- Procedure: Bicep Curls, Lunges, Chair Squats, Banded Abduction, Banded Dorsiflexion and Plantar Flexion, Standing Dumbbell (DB) Bicep Curls/Tricep Extension (5-10lb), DB Deltoid Airplane Lifts (5-10 lb), Front lunges, Side lunges, Calf Raises, Shoulder raises with 5 lb dumbbell in each hand, Wall Sits (30s), and Chest Extensions (20x)

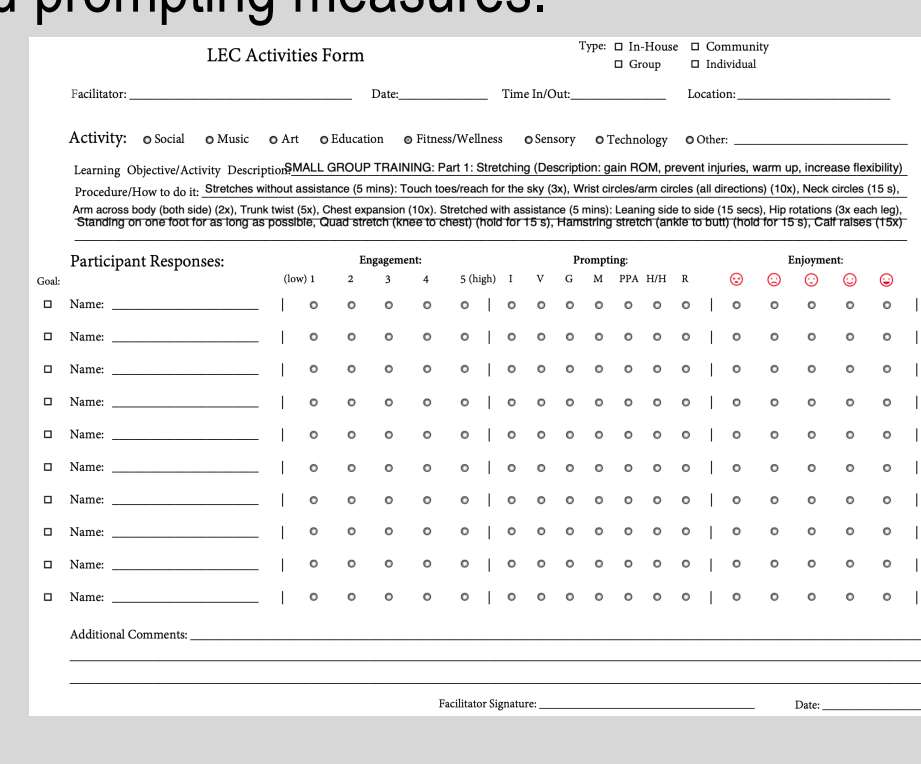
Small Group: Part 5: Team Building/Social Engagement

- Description: improve social skills and communication skills through a playful activity
- Procedure: Weighted 10 lb Ball Pass (Over/under or side to side pass), Ball toss while saying the name of the person you are talking to, Cone Activity

Results from Small Group Training



After 6 weeks of training and through the documentation sheet listed below, we were able to monitor qualitative and observational progress. Before COVID-19 setbacks, our goal was to have the clients complete and In-Body Screen testing to analyze body composition. Our plans were adjusted and we are now completing progress results through qualitative documentation traits. This document contains procedures on how to complete tasks. It measured client engagement, enjoyment, and prompting measures.



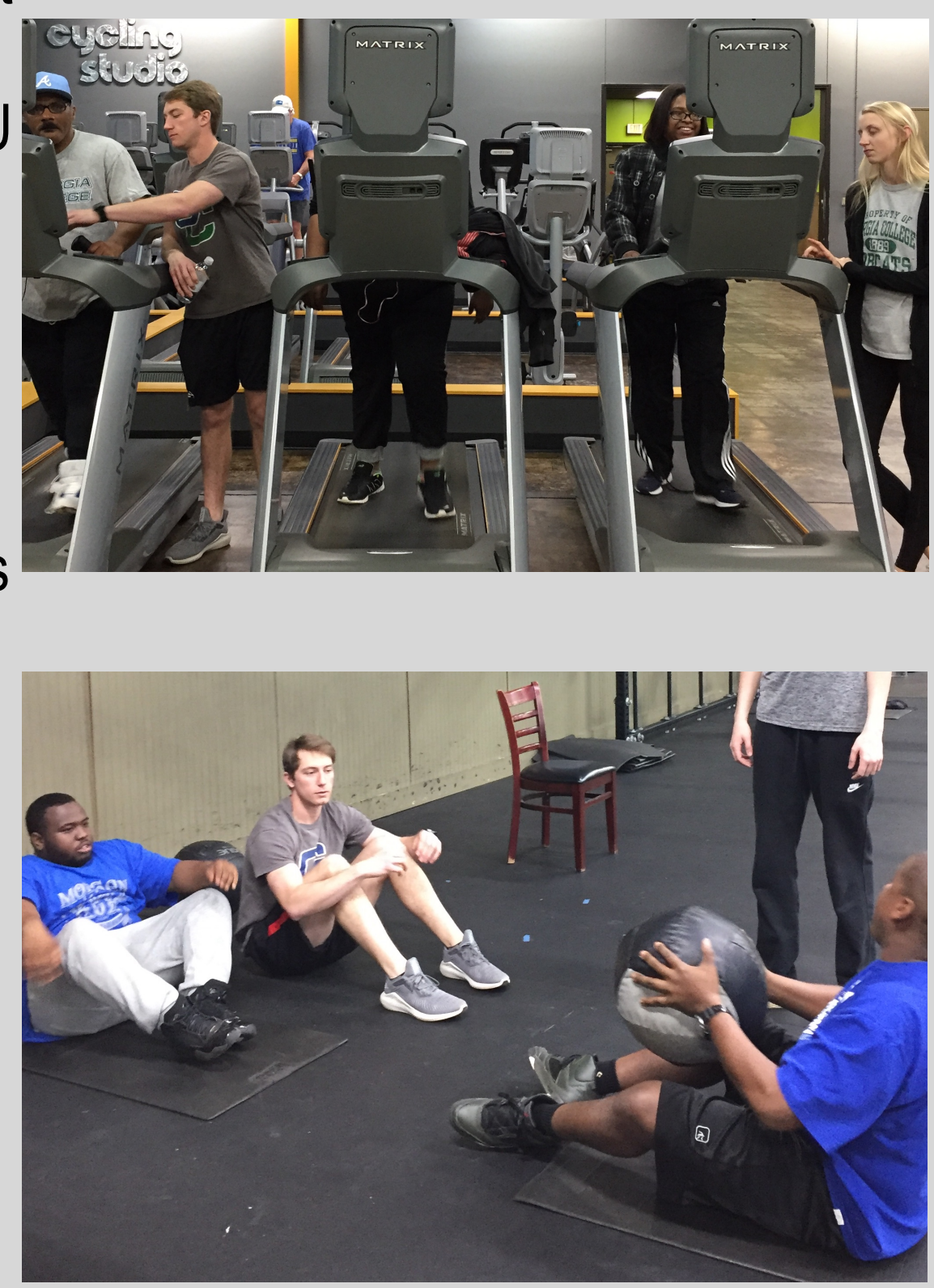
Personal Training: Lower Intensity

The Lower Intensity clients are involved in Small Group Training. The goal for these clients is to become more active, gain standing stability and mobility, increase range of motion, increase strength, and increase endurance. The client profile of a type client in the small group setting is one with IDD and these individuals are typically physically weaker, use lower weights, less sets and repetitions. The procedure for the lower intensity small group is seen one the column to the left. Practicum 1 GCSU students are able to observe the small group session and carry out the instructions of the supervising intern who creates the exercise prescriptions for that day.



Personal Training: Higher Intensity

The Higher Intensity clients get trained by Practicum 2 Strength & Conditioning GCSU students. The goal for these clients is to reach personal exercise goals and increase specific skills (ie: coordination, core strength, limb strength, maximal endurance, more sets & repetitions, and increase to higher weights). The Practicum 2 Student creates their own exercise prescriptions and implements them while adhering to the goals and limitations of the client. The interns role is to supervise the Practicum 2 student from afar.



Conclusion/Results

Results from Small Group Session: Increases engagement and enjoyment and decreased prompting measures over the course of 6 weeks.

Results from Practicum Personal Training: INCREASED: participation, skeletal and lean muscle mass, speed, coordination, enjoyment
DECREASED: weight, BMI, body fat percentage