

Wheelchair Biking

Evidence-Based Treatment for Addressing Depression

South Zone Therapeutic Recreation

March 2018

There are 13 wheelchair bikes across the South Zone providing therapeutic recreation treatment for individuals who are experiencing depression and social isolation.

This specially engineered bike built-for-two combines a wheelchair and a bicycle. Last year, over 100 seniors experienced improved quality of life, social well-being and increased energy. This treatment has two components to help decrease depression; an invigorating bike ride and a social group reminiscing about past biking adventures.

Every client is assessed by a recreation therapist using standardized tools to measure leisure functioning, depression and mood. Clients do not have to be wheelchair-bound to participate.

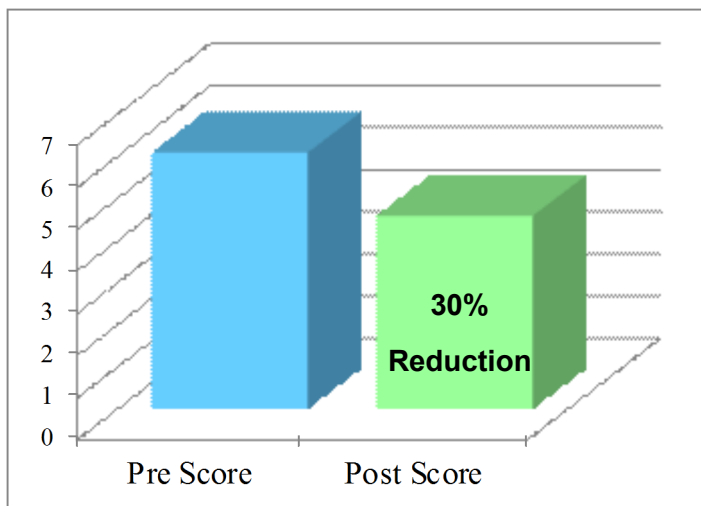


Staff require specialized training to safely operate the wheelchair bike.

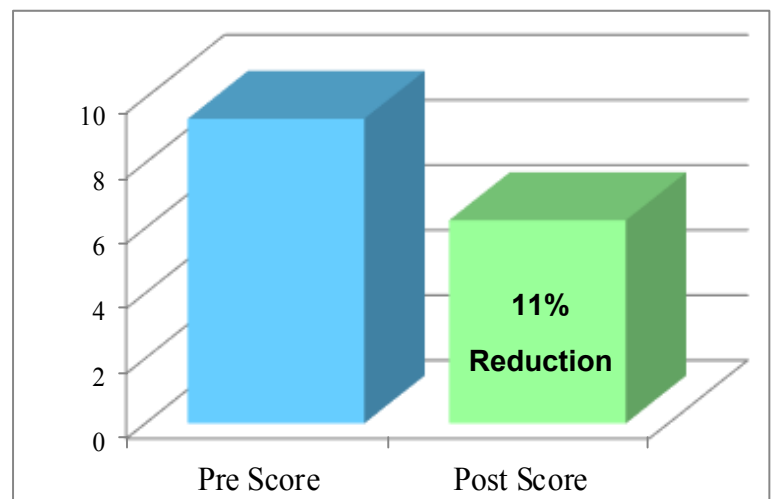
Watch Video Clip!

 “CTV News Wheelchair Cycling”

Clients experienced 30% reduction in symptoms of depression!



Geriatric Depression Scale



Cornell Scale for Depression



*“This makes my life
worth living!”*

What are people saying ?

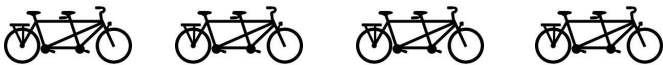
“I have been waiting for you to come!
I love seeing you and that bike!”
~ 75 year old client

“The wheelchair biking program was
the highlight of the summer!
The feedback from families was
beyond positive.”
~ Home Care Nurse

“At my age, I never thought I could have this
much fun again but you changed that for
me. You taught me how to trust again
and how to enjoy life.”
~ 90 year old client

This exhilarating experience provides individuals living in facilities the opportunity to be outdoors, breathe fresh air, and have a little adventure. Many of our seniors have few opportunities for an active lifestyle. They can be socially isolated and depressed. This intervention provides an avenue to reduce loneliness and fill them up with joy!

Factoid! Last year we accumulated enough kilometres to bike across the country in celebration of **Canada’s 150th Anniversary!**



Thank You Southern Alberta!

Many thanks to AHS, health foundations, resident and family councils, service clubs and individuals who generously contributed to make wheelchair biking a reality. We are looking to expand our program to Medicine Hat!

