

Helpdesk Exercise & Sports: Enabling people with a visual impairment to exercise or sport in their own environment as independently as possible

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Type of Contribution:

Age Range Infant/Toddler, Pre-School, Elementary, Middle School, High School, Adult, Older Adult

Population Visual Impairment, Additional Disabilities/Severe

Physical Activity Visual Impairment, Additional Disabilities/Severe

Session Activity Practical Session: Presentation (30 minutes)

Wouldn't it be great if there was a place where a person with a visual impairment or a trainer of someone with VI could go and just ask their question regarding exercise or sports?

For example questions about which adjustments you can make in your physical education lessons for a student with VI, where to find adapted materials or questions about which sports clubs there are in your neighborhood...well, in the Netherlands there is such a place!

Royal Dutch Visio is one of two organizations in the Netherlands which is specialized in working with people with a visual impairment. One of the goals of the organization is to help people with VI to be more physically active, which is the reason why we set up the Helpdesk Exercise and Sports. This helpdesk is available for anyone (such as pupils, parents, students, teachers, swimming teachers, sports instructors, sports club trainers, etc.) involved in physical education or sports for children, young people and adults with VI. As an organization we work together with multiple stakeholders, such as the National Sports & Olympic association NOC-NSF or the National football association KNVB. We also collaborate with universities and technical studies to help develop new materials or tools.

Together we put all of our efforts towards one goal:

Enabling people with a visual impairment to exercise or sport in their own environment as independently as possible.

During this presentation we will explain what we do exactly, which results we have already achieved and which goals we have for the future.