

## **Interview 2: Transcript**

**Question: So, generally, what have you been up to since Shake It Up?**

Answer: Well, Shake It Up's been over for about a year for me. One of the last things I did with Shake It Up was go kayaking and sailing. I connected with the sailing program and I raced all summer. I joined the sailing club and was able to do competitive racing. I love it. As far as the other...basketball, some of the other activities we did, I really haven't pursued any of them individually.

**But the sailing your into?**

They'll have to tear me off the boat or say I can't come any more. It's so invigorating and I really love it.

**And you got started with it through Shake It Up?**

Through Shake It Up, yeah.

**Have you been active in any of the other recreational activities, handcycling...?**

No, not really. The sailing's been the thing. I sailed once, sometimes twice a week last summer. The sailing kind of ends as the school year begins and the school year takes all my energy, so it worked really well for me. The handcycling, no. It would be good for me, but that's how I would approach it: it would be good for me, so I don't do it.

**Well, I think sailing's good for you, too. Have you gone to any of the Access to Adventure events?**

I haven't.

**Okay, I was just curious about that. In addition to all the recreational stuff we also had this morning workshop covering nutrition, taking care of your skin, talking to health professionals. Was any of that useful to you? Have you used any of it?**

Yeah, I have the handouts we got. I find I get other materials from the insurance company, and they're supposedly educating me on my condition, and they're not nearly as informative as the stuff I got from Shake It Up. The skin thing, pressure sores and that sort of thing was very helpful. There were tiny tidbits here and there that I found helpful, it's hard to say exactly what, but just the conversation among the participants I think really helped me. I'm able to make some decisions more easily without doing research.

**Have you stayed in touch with anybody that you met through Shake? Any of the participants?**

I've really connected with the sailing group and I think I'm the only one that did Shake It Up with us that did that. I thought I would. I collected email addresses and all, but I felt that I would have to really organize something to get in touch with the folks, and I really am stretched to the full with my teaching. So during the school year my social life is my family and what I have to do.

**Did you find it helpful to meet other people with similar issues?**

Similar and different. I really gained an appreciation. I can grouse about how things are difficult for me but then when I see people with high spinal chord injuries it puts all my difficulties in perspective. So I found that helpful. And I also found it helpful to find out that sometimes it's just a matter of equipment or making modifications, and most of the time those can be done. When I start looking at things I want to do, and thinking, 'okay, what equipment do I need to do it', it's a much better attitude. Instead of thinking that I'm closed out of activities. Y'know, I'm not going to ice skate, and I don't really want to, but I found with Shake It Up that there are people who are willing to help. I think that was the most wonderful thing, was to find people willing to help me simply recreate. Not necessarily to be a better teacher or do a better job, but simply that recreation has a value. I think Shake It Up gave me was the first time in years I had physically competed, like in the basketball game, and we were competing and I was like, 'ooh', and I hadn't had that feeling in so long. That probably why I pursued the racing. I really do like that.

**Competition?**

Yeah. It was fun competition, playing games - physical games. That was probably high value for me.

**Are there any other benefits you got from Shake It Up that you think you wouldn't have had otherwise?**

Just an overall awareness of the range of things that are available and also the kinds of folks that I met at Shake It Up, just good people dealing with all kinds of issues. I started Shake It Up thinking it would be good for me and that I might do something fun. It's like growing older - how do you explain what you've done, what you've learned? You just know. I'm more comfortable in my own skin, I think, because of my experience with Shake It Up.

**Is there anything else at all you want to say about your participation or about Shake It Up in general?**

Thanks Pam for starting the program many years ago - it seems like so long ago that I interviewed to be part of Shake It Up. I remember making that call and thinking, 'should I, shouldn't I?' And just thanks for researchers and for people who are interested in recreation for people with disabilities. It just does make a world of difference when you have something to look forward to that's simply fun. I love teaching and I look forward to that, but very often it's

like I'm working, working, working, buy I'm going racing on Wednesday. It makes my life more like able bodied people's lives where they do things for fun.

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