

### **Interview 3: Transcript**

**Question: What have you been up to generally since you've been part of Shake?**

Answer: Just trying to finish up school and getting back to work.

**Have you been active in any of the recreation events we did like handcycling, kayaking, sailing, any of those?**

No I haven't, especially since this winter really wasn't that great. I plan on going to the Shake It Up handcycling event. I just got my handcycle back out of storage. It still hasn't broken, so we have plans to go on Sunday depending on the weather. Other than that I really haven't done much.

**In addition to the recreational stuff we did all those morning workshops. We talked about skincare, talking to health professionals, nutrition... Has any of that been helpful to you?**

It wasn't helpful for me because I already knew most of that stuff. It was information I already knew.

**Was it helpful at all to meet other people that have disabilities and did they have any creative ways of dealing with things that you were interested in?**

A lot of the individuals that were there I already knew over the years and I've been injured longer than them, so I helped them a lot over the past. There were a couple of little gadgets that I learned about that I use now like the handsplint that (name withheld) had that I use now and it works great. A lot of stuff I had seen in the past so I didn't learn a lot. But it's great just to be interactive with them and hang out for friendship.

**Have you seen any of the participants in Shake since the program ended?**

I've got together with (names withheld), we see each other at least every couple of months because we have spinal chord injuries. And (name withheld), I'm actually her counsellor now. That's about it. A lot of them I hadn't talked to beforehand have haven't talked to since. But those three I still keep in touch with.

**What in general would you say were the benefits to you of being part of Shake It Up? What did you get out of it? Are you glad you participated?**

I'm very glad I did. Especially with learning different activities. I'm very active. I like doing things that aren't just in my chair like getting out in a kayak. Kayaking wasn't one of my favorite things, handcycling I've been doing for a long time. I tried the sailing. I didn't enjoy it as much. I like activities that are a little more fast paced, but it was fun just for the experience of it. This year I want to try the SCUBA diving. I wish some of the sports were a little more intense and active.

**You need to do some sail racing or something, maybe.**

I heard that's fun. To me, just sitting in a seat, staring - give me something with a big motor.

**Is there anything else you want to say about Shake It Up or your participation in it generally?**

I believe it's a great program, especially for people that don't have the opportunity to get out, to see what's available to them, the different recreational activities. I thought that was great. For me, just because I've been around a little, I knew about a lot of the activities but it was fun just to get out there, hang out with the people and do different things. It was a good experience for me.

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