

## Reaching People with Disabilities through Healthy Communities

**Spencer, Homecare Options Inc.**

### **This project has impacted my life because:**

I have gained independence in many aspects of my day-to-day life. This has truly changed my life – you can't imagine the feeling of being able to take steps on your own after having been confined to a wheelchair for the majority of your life.

### **The most influential policy, system, or environmental change of this project to me was:**

The inclusive physical activity opportunity with Homecare Options and Platinum Fitness – the ability for me to work out at the gym with a personal trainer and have access to the gym with no fees. I do not have the ability to pay for these things due to my limited income.

### **As a result of this, I/we:**

For my entire life, I was unable to walk independently. I was most often confined to a wheelchair and required assistance transferring into and out of the chair. I was able to use walking sticks or crutches at times, but very limited. After working with the program with Homecare Options and Platinum Fitness, I am now able to transfer independently. I walk with crutches still, but am able to go much farther and for longer periods of time. I have recently started walking with the assistance of one staff and no crutches. I can get into and out of the vehicle alone with no assistance. I am able to go to the bathroom and get up and down off of the toilet with no assistance. It has helped my staff as well; they used to have to physically assist me with everything, lifting and all – and now they do not have to do that at all. I have gained independence that I would never have had if I had not had this opportunity.

### **What was the emotional connection, self-efficacy, or “ah-ha” moment for this project?**

It is quite simple – this project is changing lives for everyone involved.

***Please note that testimonials may be edited for clarity by the NACDD Communications Department.***