

Reaching People with Disabilities through Healthy Communities

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Jamie Shufflebarger, Sioux City, IA

This project has impacted my life because:

My son wasn't able to participate in activities that an almost 20 year-old should be able to, like most around his age. The added improvements, equipment, and help of the Cone Park staff has allowed Dewey to go tubing and play in the splash pad. More importantly, he watched his dad try ice skating. Dewey was watching, laughing, and chasing him around outside the rink. To see him be so interested in others is very exciting and brings me joy.

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

Having the double tubes available at Cone Park has been a key environmental change for our family. Without the double tubes Dewey would have been afraid to go alone because the hill looks intimidating, especially the first time you go down it. He needed a little extra reassurance, and the double tubes provided that. They allowed myself, my husband, and staff from Camp High Hopes to enjoy a ride down the hill with Dewey smiling and laughing all the way down!

As a result of this, I/we:

(List how you have been impacted, influenced, affected – e.g. tell us something you can do now that you couldn't before, or what the change has helped to improve)

Our family has been more outgoing and we have interacted with more people in the community because we are using the facilities in Sioux City. The quality of our lives has improved because we are being included in the parks. Before the improvements, it was too hard for us to enjoy the sledding hill. I couldn't hold on to Dewey and the tubes and it was hard for us to get on and off the belt, so we had to leave. The staff will now slow down or even stop the belt, which makes it a lot easier and safer for my son to get on. They park staff also make sure we have a double tube and they even help us get it to the top of the hill so I can help my son.

What was the emotional connection, self-efficacy, or "ah-ha" moment for this project?

When Dewey gets to do activities to the best of his abilities, just like his peers, it is a happy, tear-jerking love that I feel. I love seeing his face light up looking at the world and trying something new even if it's not an activity he ends up liking, because otherwise he is just stuck on his iPad. Everyone needs to be included in their community in some way, and now we are included. I feel proud to call Sioux City home with all the inclusion I see happening in our city.

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