Toward Leisure Participation for All

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ABSTRACT

Recreation is a universal need and programs should be designed to provide opportunities for all people. These programs would help the individual gain maximum fulfillment from a re-creative experience.

Spinal Injury patients are usually confined to a wheelchair. Most of these people once led a life that was full of physical activities; hence the injury has placed them in a situation that requires quite some limited movement. To most of them, this condition is irreversible, it has confined them to wheelchairs and they are unable to participate in most physical activities. Rehabilitation is mainly concerned with making one gain mobility and also be able to perform daily chores themselves.

The purpose of this study was to find out the type of recreational facilities and activities provided at the National spinal Injury Hospital and the patients participation levels. The population sample included 13 patients, while questionnaires and Interviews were used as tools for data collection.

Keywords:- Leisure, Recreation, Active leisure, Passive leisure, Spinal Injury, Rehabilitation