ADAPTIVE SPORTS PROGRAM

The Whole Person's Adaptive Sports Program is working with other adaptive sports programs across the Greater Kansas City region to provide diverse and inclusive play opportunities at competitive and recreational levels for people with disabilities.

These programs show participants their possibilities and assist them to reach their fullest potential, enriching and transforming their lives through sport. Participants meet positive role models, make lifelong friends, and increase self-confidence and self-worth. Adaptive sports can also improve overall physical fitness and decrease health risks, including anxiety and depression.

CURRENT PROGRAMS

Adult and Youth Wheelchair Tennis

The wheelchair tennis program is an adaptive tennis program for youth and adults with physical disabilities who want to play the game of adaptive tennis recreationally, or at a competitive level (United States Tennis Association/USTA sanctioned tournaments throughout the Midwest region - including the US Open). Adaptive tennis skills range from beginner to advanced.

Archery

The Whole Person's archery program is available to anyone with any disability who is 10 years of age or older. We have clinics throughout the year and plan to have enough interest to host concurrent practices. Equipment will be provided, including adaptive equipment for amputees and those with blindness or low vision.

Boccia

Boccia is a sport specifically for wheelchair users. It is a game similar to bocce ball or curling. We host clinics throughout the year as well as concurrent practices. Equipment will be provided, but participants are more than welcome to bring their own boccia balls. There will also be opportunities for competitions throughout the year.

Track & Field

We will introduce events to anyone who would like to give paralympic track & field a try. We have concurrent practices through the year. Athletes of all physical ability are encouraged to try track & field. With multiple events, everyone is bound to find something they enjoy!

Blind Low Vision Experience

This program encourages blind/low vision participants to enjoy opportunities for greater independence and access to the community through physical and outdoor activities, art and culture events, and more. Recreational examples include “Yoga for Everyone!” (flexibility and strength class) and “Time to Spare” (accessible bowling) and tandem bicycling events. Contact Kirby Hough for more information: khough@thewholeperson.org or 816-659-9403.

OTHER PROGRAMS

The Whole Person is growing the Adaptive Sports Program. We will continue to develop new programs and collaborate with community partners to offer a diverse world of adaptive sports and recreation opportunities in the Greater Kansas City area.

Contact:
Kate Hwang, 816-627-2217
AdaptiveSports@thewholeperson.org
thewholeperson.org/sports
Mission Statement
The Whole Person connects people with disabilities to the resources they need by supporting independent choice and advocating for positive change in the community.

Vision Statement
The Whole Person envisions a fully accessible community where opportunities and choices are not limited by disability.

Core Values
The core values will influence how we interact with each other, guide how we go about our work and fulfill our mission.
- Respect
- Integrity
- Inclusiveness
- Committed
- Collaboration

Who We Serve
- People of all ages with developmental/cognitive, mental health, sensory, and physical disabilities
- The parents, spouses, siblings and significant others of people with disabilities

Programs Include:
- Independent Living Services
- Personal Assistant Services
- Employment Services
- Information & Referral
- Individual and Systems Advocacy
- Deaf / Hard of Hearing Services
- The Whole Family Project
- Transition Services (youth to adulthood and nursing home patients to their own home)
- Adaptive Sports
- Blind Low Vision Experience

Support Groups
Through peer groups there is a full exchange of brainstorming, problem solving, and sharing of concerns, successes, and ways to address issues. Peer groups meet 1-2 times a month. Information about each of these groups, meeting dates, locations and contact information for each facilitator is found in this booklet.

Community Outreach
The Whole Person provides education on disability etiquette, including reasonable accommodations and accepted social interaction, as well as why disability awareness is important. Visit our website to arrange a presentation for your company or organization.

3710 Main Street
Kansas City, MO 64111
816-561-0304

8040 Parallel Pkwy., Ste 300
Kansas City, KS 66112
913-871-4188

Learn more on our website thewholeperson.org

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