

**TO in the community: The Recreation like Strategy of Qualification and Integration in persons with disability in Bogota - Colombia. Project in Collaboration with the University of Coruña – Spain**

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## **introduction**

From the month in February, 2007 teachers of the University of To Coruña have taken part in the Program Attention to the disabled person of the Institute Distrital for the Recreation and the Sport (IDRD) of the Major Mayoralty of Bogota - Colombia. Advising and coordinating workshops the directed leaders recreodeportivos for the work with persons with Disability

The program is directed to: the creation and development of activities I recreate formative orientated to providing alternatives for the incorporation and social and family participation of the persons of all the ages in condition of disability in order to contribute in an effective way to your processes of fitting out habilitation and functional integration, and based on the community

## **Objectives**

Develop, enhance and maintain healthy lifestyle habits that contribute to quality of life  
Strengthen outreach and public awareness and community organization of individuals with disabilities and their families  
Promote the functionality and independence through recreational activities implemented in different phases of empowerment to improve their quality of life

Spaces to facilitate the development of processes of inclusion and construction of dignified life in community

## **Method**

The Community Strategy and methodology is: open and standing invitation to participate in recreational experiences that facilitate and promote the construction and projection of social skills, abilities and interest in social interaction and communication

Activities: Semillero Awareness Month of Disability, Chiquitecas, Walks, Skills Festival, Camp Adventure, Recreation and Aquatic gymnastics, Advice to families

The aim is to integrate the actions of the various Committees and Local Councils on Disability and conduct inter-institutional relations.

## **Results**

Currently working with people with disabilities 6.800.

## **Conclusions**

OT and collaboration between entities from both countries supports the growth of Community