

# CCRI Helps People with Disabilities Get Rolling Safely



Jackie and her caregiver enjoying one of the new adaptive bikes

## Adaptive bikes a source of independence and improved health

Biking is a great way to get physical activity. But for people with disabilities, riding a traditional bicycle can be difficult or impossible. “Adaptive” bikes serve to overcome such difficulties, but are very expensive. Creative Care for Reaching Independence (CCRI) in Moorhead received funding and training from PartnerSHIP 4 Health (PS4H) to incorporate five adaptive bikes into their organization. This allows CCRI to offer the people they support, some for the first time, a chance to ride a bicycle.

The mission of CCRI is to enhance and enrich the lives and learning of people with disabilities. Access to adaptive bikes provides another option for physical activity, as well as a new transportation choice, and increases independence. The bikes may be used on site or people can check bikes out for an extended period of time. This is especially valuable for CCRI clients that live outside of Fargo-Moorhead. Wendy, who is served by CCRI, reported, “I gain independence being able to go out biking by myself.”

## PartnerSHIP 4 Health offers bike safety training

During the summers of 2015 and 2016, PS4H collaborated with CCRI to organize bike safety events or “bike rodeos.” During each event, PS4H introduced clients and caregivers to basic bike safety concepts as well as how to operate each adaptive bike, which range from side-by-side bikes for two riders to a hand-powered recumbent bike. AAA Fargo provided free helmets to each bike rodeo participant.

Anna Larson, CCRI Development Associate and Volunteer Coordinator, encapsulated the challenge and the benefits of the new bikes and related training: “The adaptive bikes have given the people we support the opportunity to ride a bike. That sounds simple, but for people with various physical abilities, bike riding isn’t that simple. It has been amazing to watch people experience that opportunity for the first time. The bike rodeo was great for everyone to learn what each of the bikes does. Some people didn’t think they could ride a bike, but thanks to the Duet bikes, staff could help them power it and they were able to have that experience.”

Making adaptive bikes available to CCRI is just one example of how PS4H is making it easier for everyone in our region to have access to physical activity.

To learn more about PartnerSHIP 4 Health, local public health and community partners in Becker, Clay, Otter Tail and Wilkin counties, please visit <http://partnership4health.org>

February 2017  
CCRI  
Clay County

**CONTACT INFORMATION:**  
Austin Hauf, LCI #5229  
MN GreenCorps member  
PartnerSHIP 4 Health  
218-299-7839  
[austin.hauf@co.clay.mn.us](mailto:austin.hauf@co.clay.mn.us)

