



THE HSC HEALTH CARE SYSTEM
The HSC Pediatric Center
Caring. Serving. Empowering.

November 12, 2018

To Whom It May Concern:

HSC Pediatric Center's Kids in Action is an adaptive program for children with complex health care needs and their siblings. Sponsored by The HSC Health Care System, Kids in Action provides athletic, social and health-based activities while focusing on each child's goals and strengths. Kids in Action was initially designed for outpatients and former patients at The HSC Pediatric Center, but is open to all children in the Washington metropolitan area. Typically Kids in Action participants are outpatients, former HSC patients, and kids in the community.

The majority of Kids in Action's activities are active sports based and it appeared that Kids in Action lacked more "unique" family experiences- Sailing was the missing piece that Kids in Action was in search of. Kids in Action's motto is that all abilities are welcome and necessary adaptations will be made. CRAB sailing jumped right in and followed suit. The abilities of our participants range from verbal to nonverbal, ambulatory to non-ambulatory. On the sailboats, on the water, all we see are abilities and the disabilities remain on land.

It is nice to see that all kids with varying abilities are able to participate in their own way. As one mother said, "My son did everything the other kids did, without being able to talk or walk; but he still got as much out of it as the other kids". CRAB sailing is an amazing program that allows children and their families to take a break from their everyday struggles and obstacles and encourages them to participate in something that would not normally be accessible or feasible without this opportunity.

Over the last seven years, Kids in Action and CRAB sailing have formed an amazing partnership and we are committed to building on that strong foundation for the future. Sailing together as a family truly makes a huge difference in the lives of our children and their families.

If I can be of further assistance, please feel free to contact me.

Kind regards,

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Director of Kids in Action
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Rehabilitation and Transitional Care

