



CAMP Reina Sofía therapeutic canoeing CANARY ISLANDS

At CAMP Reina Sofía, the mentally disabled care centre, which belongs to the Institute of Social and Social Health Care of the Gran Canaria island council, Clece provides a range of innovative care therapies. In 2014, for example, it implemented a therapeutic canoeing project. Various residents with intellectual disabilities were given the chance to enjoy a physical activity in the open air, benefiting from the positive impact on their health and quality of life.

The dynamic of the therapy consisted of weekly canoeing sessions, including theoretical explanations, prior warm-up, transport in canoe and navigation. The therapy is an innovative way to help people with disabilities enjoy the benefits of sport and the water.

*Benefits of sport for people
with disabilities*

Better quality of life

Innovation in care therapies

