

FAQ's: SOAR (Shared Outdoor Adventures for Resilience)

What is a ropes course?

A ropes course is a challenge activity designed for personal growth and team-building. Some ropes courses involve high elements (where you are wearing safety gear such as helmets and harnesses, and doing challenges high above ground such as tight rope walking, jumping from platforms, etc). Some ropes courses involve low elements (where you are doing challenges on the ground or slightly above the ground).

This particular program involves a low ropes course. Low ropes courses emphasize team building, leadership, communication and creative problem-solving. No prior experience with ropes courses is required.

How “low” is low?

A low ropes course means that the challenges you do are either on the ground, or slightly above the ground. At Northwest Teambuilding, there is no challenge higher than 3 feet. Safety gear such as a helmet or harness is not required. If there is any possibility of falling in the midst of completing a challenge, the participant is spotted in order to ensure safety. Low ropes course challenges include things like balancing a group on a large teeter totter platform, walking on cables 2 feet above the ground (with group support), or using a buoy swing to get members of a group from one spot to another. Watch this short [video](#) for examples of low ropes course elements with Northwest Teambuilding.

How can I tell if this program is a good fit for me or my loved one?

The program is geared toward people with early stage Alzheimer's, who were diagnosed before age 65. If you or your loved one are up for a challenge (in a supportive, accessible environment), and if you are at least somewhat comfortable discussing your experience with Alzheimer's in a group, you are a good fit! Please ask if you have questions.

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What if I have limited mobility?

The trail around the ropes course is accessible to people who use adaptive devices including wheelchairs or walkers. The ropes course facilitators are trained to incorporate people of all abilities in a variety of creative ways. They have led groups of people with physical disabilities, vision impairments and more. If you have specific questions about your ability to participate, please ask.

Do I need to have a partner to attend?

The program is designed as an experience for people with younger onset Alzheimer's alongside a family member or friend. Part of the intent of the program is to enhance your relationship and give you tools to better communicate and support each other. Family members or friends may also play a lightly supportive role during the day, such as reminding about the instructions for a challenge. That said, we understand that not everyone has a friend or family member who can attend with them. If that is your situation, please let us know and we'll be happy to talk through options.