

HOST YOUR OWN

One Day in the Chair™ Event

A free event guide from One Day in the Chair™ | A Life in Full™ Program

01 WHAT IT IS

One Day in the Chair™ is a live disability awareness experience. Participants begin on an obstacle course in their mobility device, whether that's a walker, wheelchair, mobility scooter, or Powerchair. Non-disabled participants use either a wheelchair or a walker and move through hands-on Stations that simulate common disability challenges — then, if space/time allows, finish the event with “Jack’s Race,” a timed event in whatever mobility device you have. The event is designed to be fast, memorable, and conversation-starting, ending with many saying, “I never knew it was so hard...”.

You don't need a big budget, a big space, or a big team. You need a few supplies, a little setup, and a willingness to let people feel something they've never felt before.

This kit gives you everything to run it. As additional support is developed (printable signs, scoring sheets, and course setup designs), it will be available at <https://mylifeinfull.com/one-day-in-the-chair/>.

**Our Goal – To Bridge the Gap where education & training ends—
and Real Inclusion in Employment CAN Begin
“Did you know...?”**

29.7% Youth (ages 16–19) labor force participation vs. 36.6% for peers (BLS, 2025)

22.8% People with disabilities who are employed vs. 65.2% of peers (BLS, 2025)

2.6x Net income for disability inclusion leaders vs. peers (Accenture, 2023)

02 THE OBSTACLE COURSE/STATION CHALLENGE

The Station Challenges listed below are designed for participants to experience the effects of all impairments beginning with mobility challenges. The obstacle course layout and the number of volunteers available determine which obstacles/station challenges can be done and how complex the course design can be.

Ideally, there would be one volunteer per Station/Obstacle; however, stations can be located near each other so a single volunteer can handle multiple stations. The more complex the course design, the more assistance is needed from volunteers to inform participants of each station area.

For a quick and simple course requiring limited number of volunteers, design the Station Challenges/Obstacles that need assistance near the beginning (which is also the end of the course), halfway through the course have a turnaround area (e.g., a ramp), and between the beginning and the turnaround area have cones for maneuvering around/backing up/turning, etc. For any obstacle/station that doesn't require assistance from a volunteer (e.g., backing up/turning), make sure it is clear to participants how/where they are to maneuver through signs or instruction cards, or taped arrows on the ground.

Tip: post a visible “Did You Know?” fact at each station connecting the simulation to real disability experience.

Station Challenge	What Participants Do	Supplies Needed/Setup Details
1 Mobility	Navigate an obstacle course	• Cones - Available through Amazon, 24" cones -

Wheelchair Obstacle Course – <i>One Day in the Chair™ Signature event</i>	in a wheelchair/mobility device through various obstacles including: backing up, turns, weaving through cones, picking something up from the ground/placing obstacles in a container or on a rod (both while seating in mobility device), going up/down a ramp/elevated surface (2-3”), and pushing an empty box with your mobility device to the ending designated area. And all of the stations below can be part of the obstacle course—or not, depends on your event and what you want to accomplish with it.	Approx \$20 - Box - Tape - Bean bag/Cornhole/Ring toss ‘Connect 4’ type setup - Piece of wood or other material 2-3” high, 3”x3” minimum 1-2 wheelchairs/walkers – An adult size and a smaller one. In most communities there are non-profits and resale shops which often have these available to borrow.
2 Dexterity ‘Pick up Sticks’	Pick up a penny, paper clip or other small objects wearing thick work gloves.	2–3 pairs of thick gloves or mittens of different sizes for accommodating all ages - Coins or other small objects.
3 Hearing ‘I can’t hear you’	Complete a short verbal task or follow directions while wearing ear protection or listening to competing noise like a loud video.	- Ear protection/earmuffs or noise-canceling headphones - Instruction card of what to say needs completion for the volunteer
4 Vision ‘I can’t see you’	Complete a simple task (sort objects, sign your name, navigate a short path) while wearing blindfold or low-vision simulation glasses.	- Blindfold or low-vision simulation glasses - Task objects (bowl, items to sort) - Paper/pen
5 Focus & Attention ‘I can’t concentrate’	Complete a short written or assembly task while a facilitator introduces noise, interruptions, flashing visuals, and competing instructions.	- Simple task sheet or puzzle - Facilitator script to create verbal distractions, - Additional noise source - Flashing light or other visual distractions.
6 Speaking Impairment ‘Can I make an order to go’	Participant “orders” a snack/drink to be picked up at the end of the course using only a picture-based AAC board — no talking	An AAC (Augmentative and Alternative Communication) Board – Available through Amazon beginning at \$25
7 Sensory Impairment ‘What’s in this bag’	Reach into an opaque bag, identify an object by touch alone	- Different size bags with a variety of common household goods, including diverse texture and shapes. - If appropriate, sort bag items by age and make sure there are no sharp edges. - Examples: A small package of Kleenex, potholder, Wooden spoon, spool of thread, bottle of water, box of cards, flashlight, common child toys, etc. - Items to put in small plastic bags: paperclips, uncooked rice, M&Ms, Coins, Dice, etc.
8 Energy & Endurance	Every participant takes a seated rest before continuing	Prepare a completion card for participants to submit to get tokens at the end

'I need a break'	and gets a card to hand in at the end. The prompt on the card is 'How would you spend your day tomorrow if you only had 5 hours of energy for the day to do things.'	
9 Energy & Endurance 'How I would spend time on limited energy'	At the finish, have participants hand in their card and give them 5 tokens (candy, coins, or chips work), and ask how they are going to spend their five hours. This event is tied to the real pacing strategies people with chronic illness use daily to manage their life.	• Candy, coins, tokens • Participation Stickers — a promotional item that reminds them of what they experienced during the race.
10 Mobility Jack's Race 'How fast will that contraption go?' <i>One Day in the Chair™ Signature event</i>	This is a separate timed event on a straight course. Individuals "race" in their mobility devices (distinguish classes of equipment for different runs if appropriate), while non-disabled participants race in either a wheelchair or pushing a walker. For added fun for those not able to race in their wheelchair, they could also have a "pushing partner." First one across the finish line wins.	• Cones • Whistle/flag • Extra wheelchairs/walkers are needed for the non-disabled. In most communities there are non-profits and resale shops which often have these available to borrow. • The 'track' should be a "roped off" area (beginning, sides, end) so it is clear where the participants go for the race. • As some participants will be in a device they are not accustomed to using, this should be a short stretch (20-50 feet) "track" for safety reasons. • For safety reasons, if there's more than 2 people racing at a time, mark out their lane they need to stay in, or if two—give instructions where they need to stay on the track (e.g., right side of the track).

03 PRIZES & RECOGNITION

Prizes should be small, fun, and on-brand. The point is recognition, not reward. Ideas:

- ONE DAY IN THE CHAIR™ stickers (branded — make them shareable); templates are available for your use and we also have a small amount in stock
- Small prize TBD — keep it cheap and fun (ribbons, buttons, certificates of participation)
- "Winner" shoutout on your organization's social media
- Participant certificate: "I spent One Day in the Chair™" — printable from the kit

Everyone who completes gets a participation sticker. Race winners get a little extra. Keep it light.

04 PROMOTING YOUR EVENT

ONE DAY IN THE CHAIR™ works as a lunch-and-learn, a team day, a community event, or an awareness week anchor. Here's how to get people there:

Timing tip: host in October to plug into National Disability Employment Awareness Month (NDEAM) — 2026's official theme is "Celebrating Value and Talent" — when disability inclusion is already part of the conversation.

- 1 week out: post a teaser — "Something different is coming. There may be a race."
- 3 days out: post the details — what it is, why it matters, how to sign up or show up
- Day of: photo or video at the table + race. Post same day. Tag anyone who participated (with permission).

- Day after: recap post + share the free ONE DAY IN THE CHAIR™ Host Kit download link to encourage others to have their own ONE DAY IN THE CHAIR™ event

Hashtags for social media posts: #onedayinthechair #disabilityawareness #lifeinfulltm #everybodybelongs

05 GET THE FULL KIT – MORE IN THE WORKS

This 'Host Your Own Event Kit' is your starting point. A more comprehensive ONE DAY IN THE CHAIR™ Host Kit is planned for release later this year and when completed will be available free at <https://mylifeinfull.com/one-day-in-the-chair/>.

For organizations that wish to use our marketing package (flyers, sticker design, logo, social media posts), please contact us and we'll work with you to make that happen.

Have questions on how to get started or other ideas?

Contact us at MyLifeInFull.com, or email victoria@mylifeinfull.com

One Day in the Chair™ is a free program. Share it. Run it. Tell someone.