

Predictors to find physical activity leisure time activities among children and adolescents with disabilities

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Rights based approach to disabilities

Under the UN CRPD, Article 30.1 people with disabilities should be able to “take part on an equal basis with others in cultural life...”

And Article 30.5, members states should enable “persons with disabilities to participate on an equal basis with others in recreational, leisure and sporting activities”

How do we enable participation on an equal basis with others?



The ICF Framework* and the 'F-Words'**



Fitness
Everyone needs to stay fit and healthy, including me! Help me find ways to keep fit.

Body Structure and Function



Function
I might do things differently but I CAN do them. How I do it is not important. Please let me try!

Activity



Friends
Having childhood friends is important. Please give me opportunities to make friends with my peers.

Participation



Family
They know me best and I trust them to do what's best for me. Listen to them. Talk to them. Hear them. Respect them.

Environmental Factors



Fun
Childhood is about fun and play. This is how I learn and grow. Please help me do the activities that I find the most fun.

Personal Factors



Future

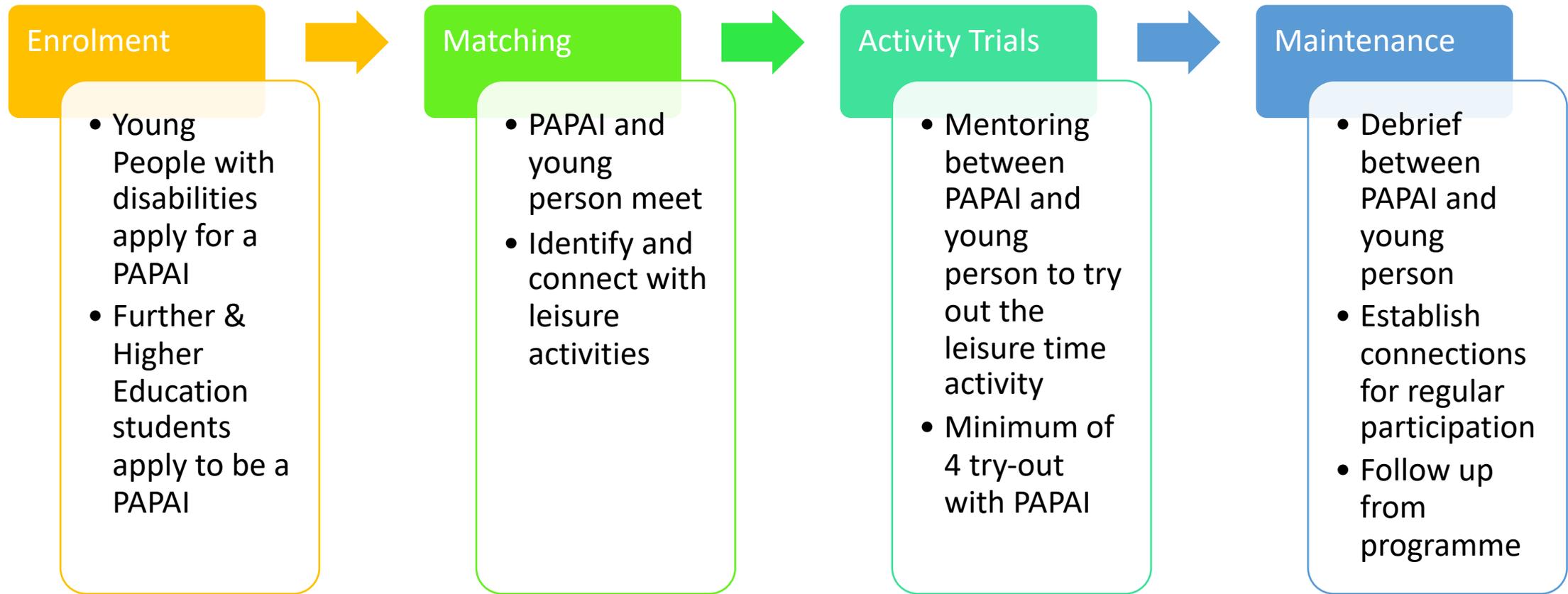


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*World Health Organization. *International Classification of Functioning, Disability and Health (ICF)*. Geneva: World Health Organization, 2001.

**Rosenbaum P, Gorter JW. The 'F-words' in childhood disability: I swear this is how we should think! *Child Care Health Dev* 2012; 38: 457-63.

The Personal Adapted Physical Activity Instructor (PAPAI) programme

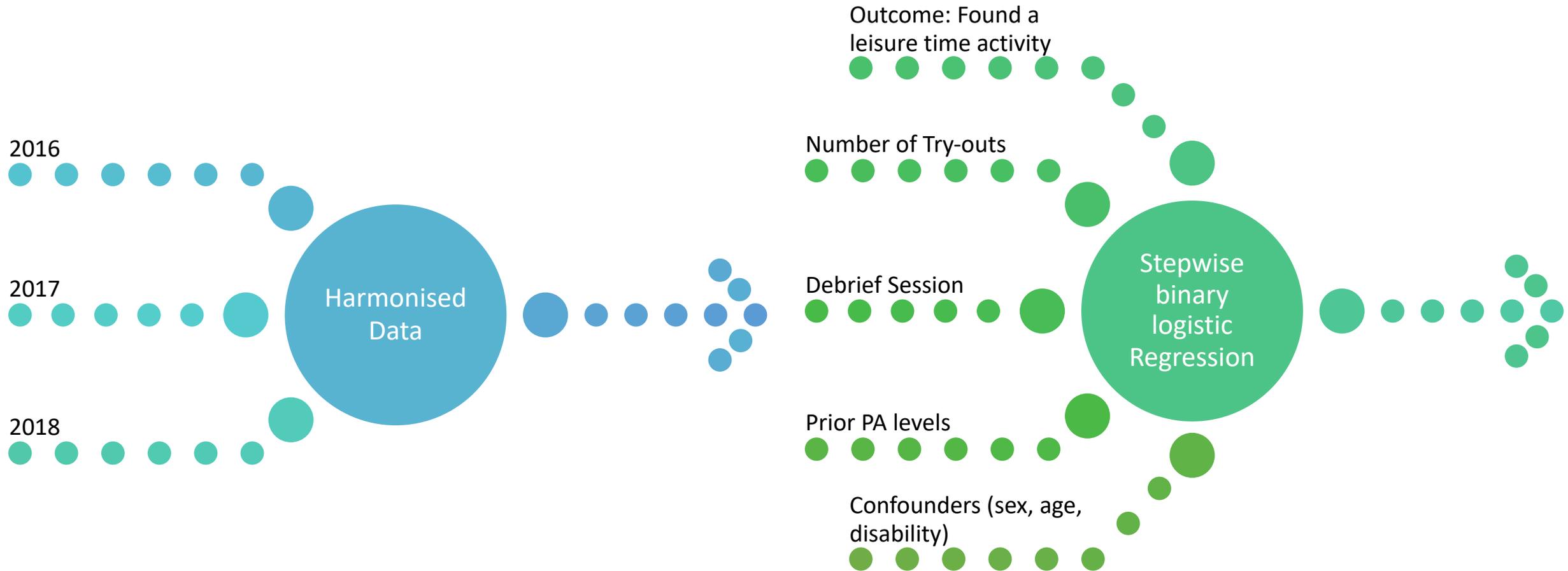




Study aims

- The aim of this study was to investigate predictors to find a physical activity (PA) leisure activity as a result of the PAPA (Valtti in Finnish) programme.

Data collection and analyses

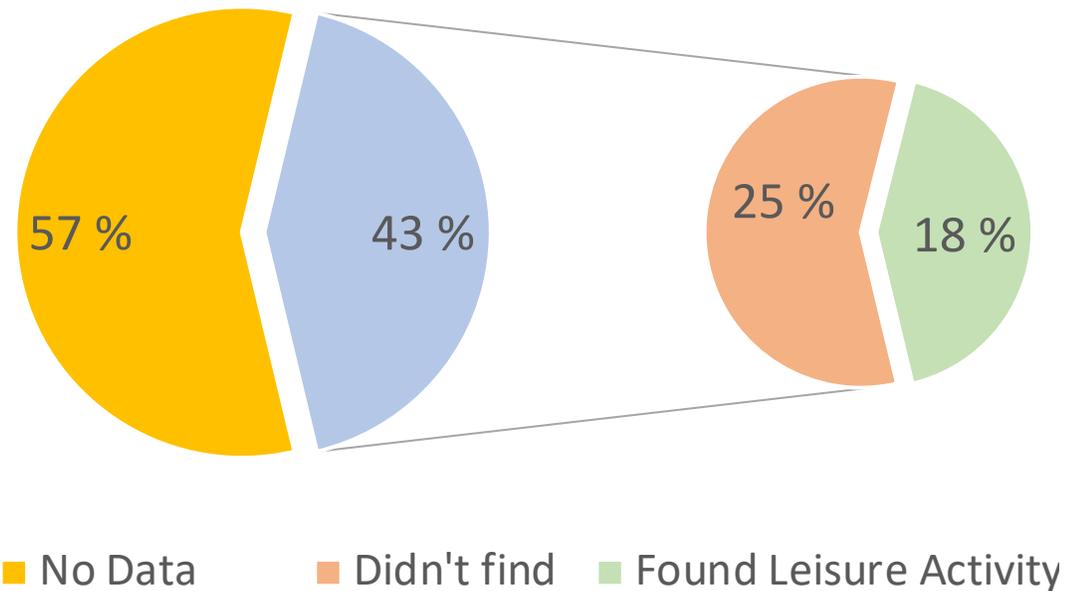


Results and data availability

Respondents and Finders of Leisure Activities

N = 1043

(relative % = 58% did not find v 42% found)



74% Male

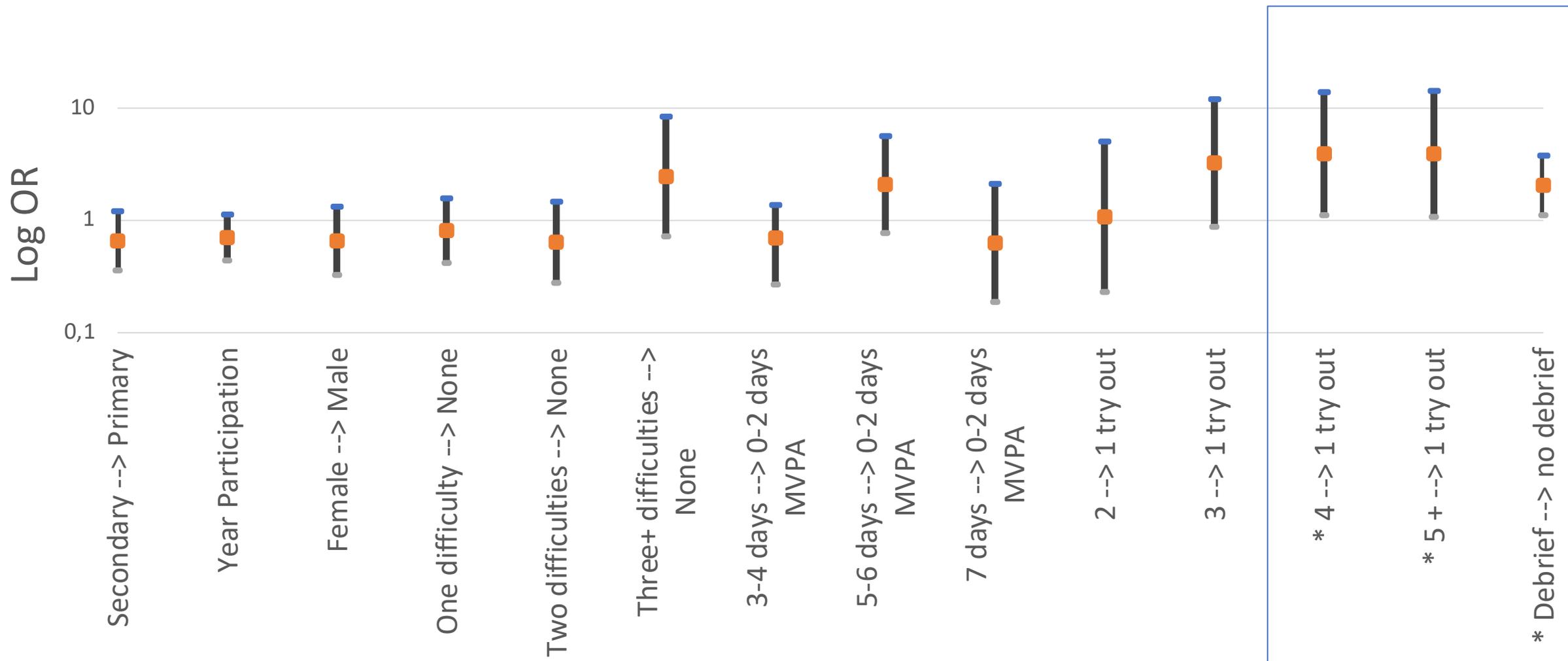


59% 6-11y



Association with Finding Leisure Activity from PAPAI programme

■ UCI ■ Odds Ratio ■ LCI



Summary

The PAPA programme was a multicomponent programme that involved families and children with disabilities, students mentors, and in some cases community organisations.

It was effective to help to find a leisure activity, with almost half of the participants reported to find a leisure activity that they could do regularly.

Key predictors for finding a leisure activity included a dose of at least 4 times with a PAPA and attendance of a debrief session.

Discussion

Future

- Creating resources to allow individuals to find their own activities, and be mentored into how to participate in those activities was associated to finding a leisure activity.
- More robust evaluations of the PAPA programme would benefit transferability across contexts.
- Additional perspectives from PAPAs are needed for these tailored programmes

Limitations

- A lack of control group limits the knowledge of effect from the programme.
- Implementation of the programme continues, although some of these predictors may be different due to the effect of COVID-19 on society.

More information

- PAPAI handbook
- https://www.paralympia.fi/images/tiedos/tot/papai_handbook.pdf



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