

Voices and choices for disabled children and young people about participation in recreational activities: Creating their future stories with collages (EACD 2017)

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Introduction

Understanding about participation in recreational activities suggests not enough is known about the motivational drivers to promote participation and build resilience with disabled children and young people (C & YP) (Imms et al 2016). It is unknown what disabled C & YP think about the potential health and wellbeing effects (H & WB) of participation in recreational activities.

Aims were to: Explore disabled YP's perceived H & WB effects of participation in recreational activities; Facilitate YP to explore their future participation.

Patient and Methods : A consultation event was held with a group of disabled young people using a focus group and collage activity exploring 'Fun' and 'Fitness' and their 'Future' aspirations for participation (Mannay, 2015). An interpretative phenomenological analysis (IPA) approach was used, coding for conceptual, descriptive and linguistic components to identify common themes (Smith et al, 2013).



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Results:

Seven young people took part, three males, four females aged between 14 and 30 years. All spoke verbally, one YP had cerebral palsy limiting her participation in the collage activity. Found images were used to support the discussion and collage creation, including an accessible wheelchair for the beach and trike riding (Image 1). The IPA analysis was constrained by the limited vocabulary used. Themes which emerged as barriers included lack of access to hoisting equipment and accessible transport. Those engaged in community activities described helpful attitudes. There was a male gender bias towards physical activities, with females declining to answer. There were mixed views about perceived H & WB effects resulting from participation in recreational activities with only two participants featuring this in their collages (Images 2 and 3). Animal care was viewed as an important future ambition by two female participants (Image 4).



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Conclusion

This small group of disabled YP had a varied understanding of what health and well-being means. Reasons why disabled C & YP choose not to participate are not clear. This pilot data has informed the design of the PhD 'VOCAL' study seeking to explore why disabled C & YP choose to participate or not in recreational activities. This study is now seeking to position the C & YP's voices as central to the inquiry utilising a case study approach and is supported by the Chartered Society of Physiotherapy .

References:

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