

# Disabled young people's collages: 'Future' aspirations for participation in recreational activities.

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## Background

The gap in understanding about participation 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 2106). In order for disabled C & YP to participate in recreational activities, reasonable adjustments are required. It is unknown what disabled C & YP think about the potential health and well-being effects (H & WB) of participation in recreational activities.

## Objectives

1. Explore disabled YP's perceived H & WB effects of participation in recreational activities.
2. Facilitate YP to explore their future participation.

**Methodology:** As preparation for a PhD study a pilot focus group explored 'Fun' and 'Fitness' including a collage of their 'Future' aspirations for participation (Mannay, 2015). An interpretative phenomenological analysis approach was used, coding for conceptual, descriptive and linguistic components to identify common themes (Smith et al, 2013).

3



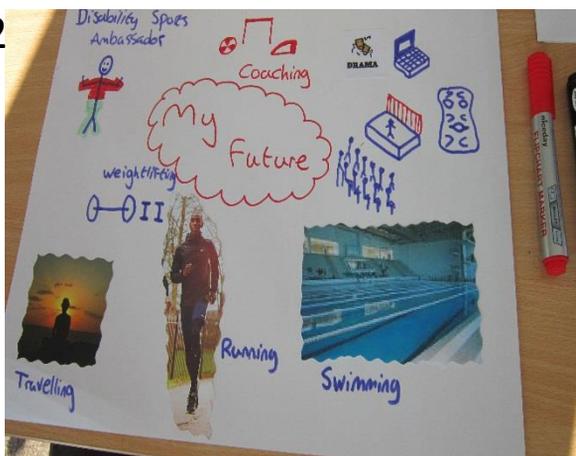
## Results:

Seven young people took part, three males, four females aged between fourteen and thirty years. All spoke verbally, one YP had cerebral palsy limiting her participation in the collage activity, her carer drew her future ambitions for participation which included travelling independently from her parents (Image1). 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. 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 4). Animal care was viewed as an important future ambition by two female participants (Image 3).

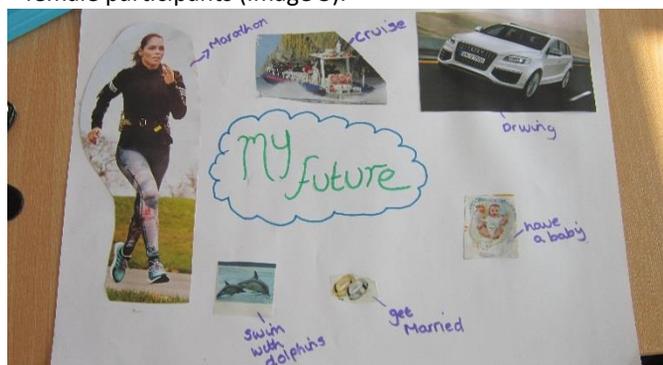
1



2



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## Conclusion/ Implications for practice

This small group of disabled YP had limited understanding of what health and well-being means. Reasons why disabled C & YP choose not to participate are not clear. Further data is required to gain insight into why disabled C & YP choose to participate or not in recreational activities. Future data collection for this PhD is being supported by the Chartered Society of Physiotherapy.

## References:

- Imms C, Adair B, Keen D, Ullenhag A, Rosenbaum P and Granlund M (2016) 'Participation': a systematic review of language, definitions, and constructs used in intervention research with children with disabilities. *Developmental Medicine & Child Neurology* 58 29-38.
- Mannay D (2015) *Visual, narrative, and creative research methods: application, reflection and ethics*. Oxon: Routledge.
- Smith J A, Flowers P and Larkin M (2013) *Interpretative Phenomenological Analysis: Theory Method and Research*.