

Sports and recreational choices for non-ambulant disabled children

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Aim of talk

- To share what recreational opportunities there are for disabled children based upon my PhD, where I have explored this with 9-16 year old children and young people with cerebral palsy and their families.
- To explore how you might adapt activities you are involved in or consider volunteering.

What do you enjoy doing in your leisure time?



- Sports
- Music
- Arts
- Drama

PhD study – ‘VOCAL’

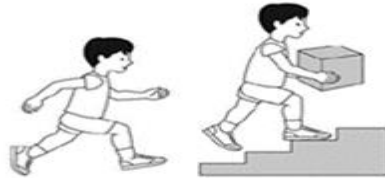
- Voices of children and young people with cerebral palsy about their participation in recreational activities- walking and talking difficulties.

Background: Cerebral Palsy

- Cerebral Palsy- non progressive neurological condition affecting motor and sensory control
- Gross Motor Function Classification System (GMFCS)- 5 levels of ability
- Rosenbaum and Gorter (2015) have proposed 6 'F' attributes for rehabilitation:
- Fitness, Family, Friendships, Function, Fun and the Future)
- Seeking to explore their views, experiences and choices about meaningful participation in recreational activities- it is known they have less choices
- Little known yet about their emotional wellbeing.

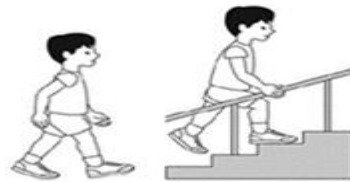
GMFCS

GMFCS E & R Descriptors and Illustrations for Children between their 6th and 12th birthday



GMFCS Level I

Children walk at home, school, outdoors and in the community. They can climb stairs without the use of a railing. Children perform gross motor skills such as running and jumping, but speed, balance and coordination are limited



GMFCS Level II

Children walk in most settings and climb stairs holding onto a railing. They may experience difficulty walking long distances and balancing on uneven terrain, inclines, in crowded areas or confined spaces. Children may walk with physical assistance, a hand-held mobility device or used wheeled mobility over long distances. Children have only minimal ability to perform gross motor skills such as running and jumping.



GMFCS Level III

Children walk using a hand-held mobility device in most indoor settings. They may climb stairs holding onto a railing with supervision or assistance. Children use wheeled mobility when traveling long distances and may self-propel for shorter distances.



GMFCS Level IV

Children use methods of mobility that require physical assistance or powered mobility in most settings. They may walk for short distances at home with physical assistance or use powered mobility or a body support walker when positioned. At school, outdoors and in the community children are transported in a manual wheelchair or use powered mobility.



GMFCS Level V

Children are transported in a manual wheelchair in all settings. Children are limited in their ability to maintain antigravity head and trunk postures and control leg and arm movements.

GMFCS descriptors copyright © Palisano et al. (1997) Dev Med Child Neurol 39:214-23
CanChild: www.canchild.ca

Illustrations copyright © Kerr Graham, Bill Reid and Adrienne Harvey.
The Royal Children's Hospital, Melbourne

Justification of inclusion criteria

- Levels III-V of the Gross Motor Function Classification System (GMFCS)- natural decline
- Children and young people (CYP) with cerebral palsy aged 9-16 years

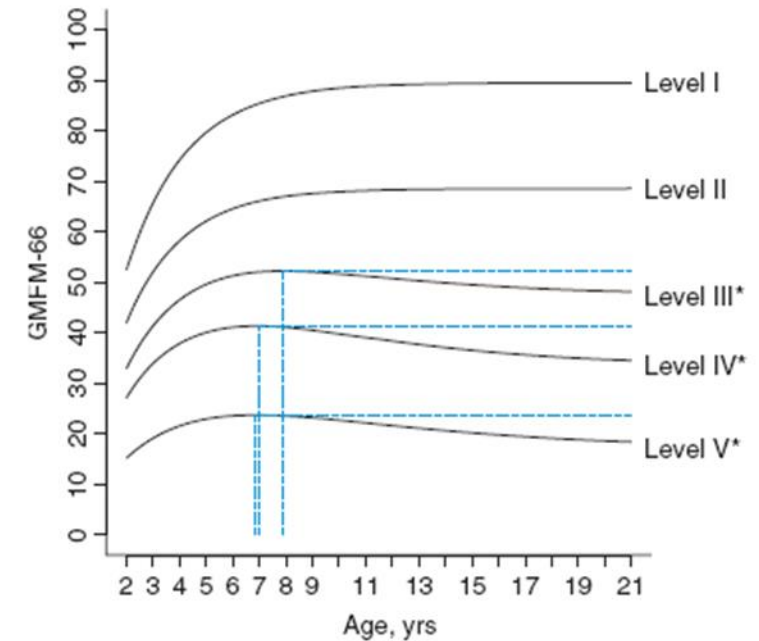


Figure 1: Predicted Gross Motor Function Measure (GMFM-66) motor scores as a function of age by Gross Motor Function Classification level. *GMFCS levels with significant average peak and decline. Dashed lines illustrate age and score at peak GMFM-66.

Adapted cycling

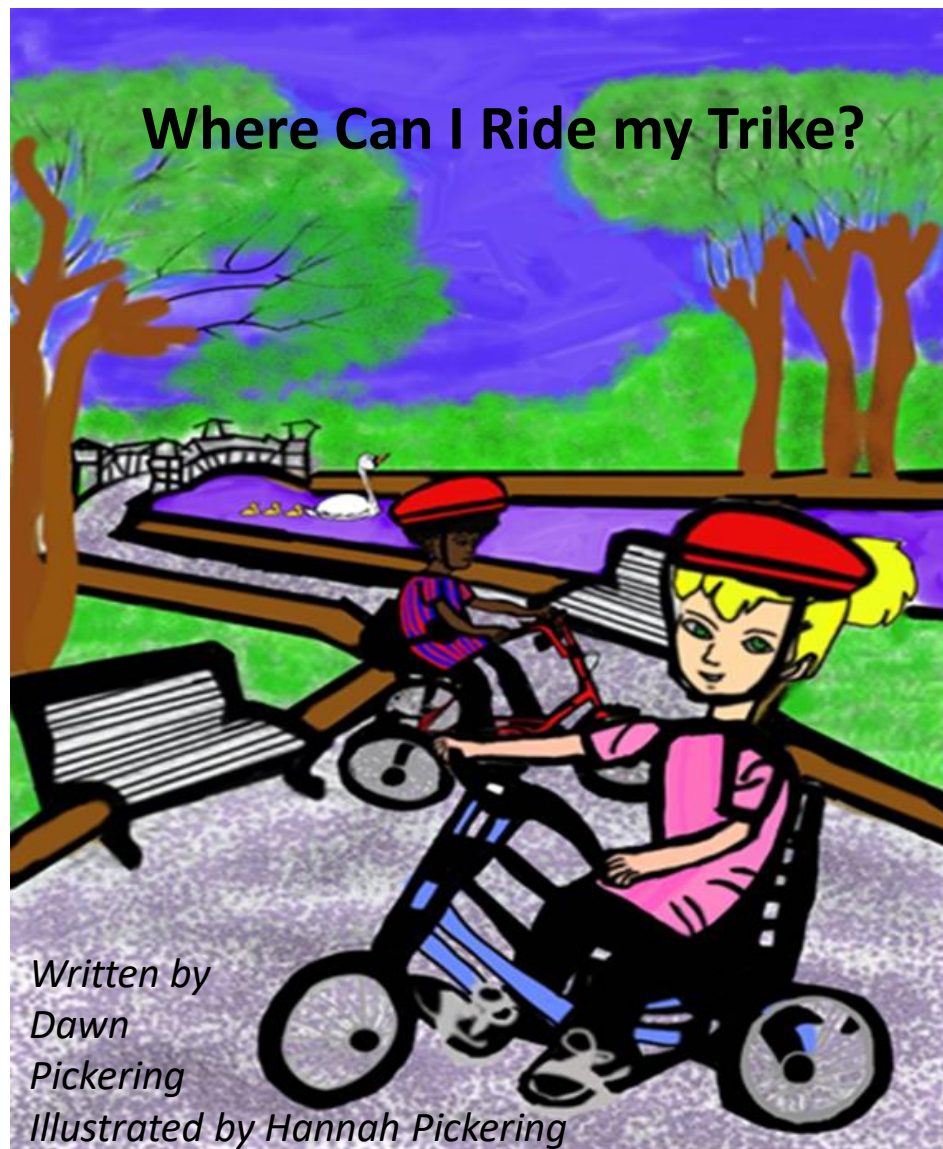


<https://www.youtube.com/watch?v=Zd5WTK6Gjil>

Pedal Power, Cardiff



Children's book



Recumbent bike

- <http://www.londonrecumbents.co.uk/>



Swimming

- <https://www.disabilitysportwales.com/cardiff/>



Adapted Surfing



- <https://www.youtube.com/watch?v=il9wB7siD-Y>

Adapted Trampolining



- <https://www.disabilitysportwales.com/clubs/rebounders-trampolining-club/>

RaceRunning: a cerebral palsy sport



- <http://www.racerunning.org/FrontPage/?id=15>

Race Running

RD
RACERUNNING DRAGONS
a sport in movement

IN ASSOCIATION WITH
CARDIFF UNIVERSITY
PRIFYSGOL CAERDYDD

About our Club

Cardiff Race-Running Dragons - the first club of its kind to be set up in Wales - is about having fun and experiencing the joys of sport, whatever your ability.

Members are encouraged to achieve their potential and we offer those interested the chance to attend the Race-Running Camp and Cup in Copenhagen in the summer. We also hope to liaise with other Race-Running clubs in the UK and join up with them for sporting and social events.

With physiotherapists and volunteers on board to offer help and support - and friends and family partaking in the team spirit too - it's a great, all inclusive, all-year round activity.

We plan to put on a variety of social events throughout the year, including a Christmas party.

Our small committee of 5-7 people includes parents and therapists and we are lucky to have help on club night from Cardiff University's occupational and physiotherapy students as well as the support of Cardiff Athletic Stadium.

We are happy to offer try-out events to interested groups and to give talks to anyone who would like to know more about us and perhaps even sponsor us too.

active cardiff caerdydd
The Foundation

WHAT'S COMING UP
Opportunities to join in with local, fun, run and tri events, national events and the annual international Race-Running Camp and Cup in Copenhagen

For years I've sat on the side-lines watching others take off. Now I can take off too.
Race-runner Joe

What is it?
Training to walk, run and race with the support of a three-wheeled frame

Who is it for?
Anyone who has difficulties with movement, balance and walking but is allowed to bear weight

When?
Friday night is Race-Running night - We meet 5-7pm (term-time only)

Where?
Cardiff International Sports Stadium
Leckwith Road, Cardiff CF11 8AZ

How much?
Under 16s £1.90 - Over 16s £3.80
(includes track fee, valid till May 2016)

How to support us?
Each race-runner costs £1,600 - Can you help fundraise or make a donation?
We need volunteers to help out at our club each Friday and athletes to help train our members.
Can you help with transport to events?

Team Spirit: Cardiff Dragons with some of their supporters on club night

Raining Champion: Imogen beats the weather in style

Lights, camera and Anthony's ready for the action

Nitty all set up and ready to go

Nitty takes off

FINISH LINE
1 2 3 4 5 6 7 8

Race-Running

Sport in Movement

Join us at Wales' first Race-Running Club

Activity that's new, fun, friendly and has amazing benefits

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"The world of race-running is a limitless prairie. It takes away disability, replacing it with ability. It made my dream a reality."
Race-runner Hannah

RD
RACERUNNING DRAGONS
a sport in movement

Our Phone: 07803 770 962
Our Email: gabriela.todd@yahoo.co.uk

Katie (pseudonym) aged 21 years Pilot Interview 2015

- *'I was introduced to a cerebral palsy specific sport called RaceRunning...it was just so freeing....it was just amazing!..... My activities were very short and staggered, I would never really raise my heart rate or get into an easy motor pattern. Gravity and my CP is what made my walking pattern so disjointed- the need to stay upright against gravity with muscles which co-contract at the faintest hint that I might fall. So at first the RaceRunner gave me the experience of what walking must be like without cerebral palsy- using motor patterns which come naturally and easily.....*

Katie

*....So it's so beautiful on the track, fresh air, you get to obviously run on the RaceRunnerand you can switch off that part of your brain. I think motor function just uses more - because we've got less maybe - we've got damaged brains so the bits that are alive are working 100 fold more than they're meant to, it might be the fact that somehow they can switch off and you can start thinking. **What I can't do is think coherently when I walk, but I can when I Race Run...***

Carry over into other activities

...it created new abilities within me not necessarily physical...I had more self confidence and more ability to deal with stressful moments in my life...I actually applied for the student president of the faculty...I was so much more happy within myself...

Race Running is safe, you do need padded shorts and a padded saddle....you don't have to concentrate you just see the world go by.... it enabled me to stop hiding what I can't do and say look at what I can do!.....

Touch Trust



- <http://www.touchtrust.co.uk/>

Adapted Skiing



- <https://www.youtube.com/watch?v=Z0ePIiLUoC8>

Adapted sailing



- <http://ryasailability.tv/videos/boats/rs-venture-keel/>

Horse riding



- <http://www.rdasouthwales.org.uk/>

Arts and culture

- Relaxed orchestral performance
- Accessible cinema showings
- ? Support to do activities e.g. pottery, drawing, gluing.....
- Playgrounds

Play schemes

- <https://www.cardiff.gov.uk/ENG/resident/Leisure-parks-and-culture/Childrens-Play/Play-projects/Disability-play-project/Pages/Disability-play-project.aspx>



Environmental barriers



Changing places toilets



Mobile hoist



Transport – Jumbulance



Accessible playgrounds



Beach Access



VOCAL



Contact details

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