

Understanding the Well-being of children and young people with complex disabilities who use the Innowalk ©Made for Movement

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Research question:

How can the well-being of children and young people with complex disabilities be better understood, from using the Innowalk?

Aims of the study:

To pilot, by observations, develop and evaluate an observational scale that enables well-being indicators to be recorded with children and young people with complex disabilities.

To obtain child and parental opinions by written diary records and an interview related to well-being, following them using the Innowalk.

Methods: A case study design was used¹.

- Each case comprised measures, observational field notes, diaries and interviews with children, young people and their parents.
- From the three visits of each child, field notes were mapped onto the Be-Well checklist² and PRIME-Observational scales³.
- The scales were analysed descriptively, the new observational well-being scale (WEBS) was piloted exploring the constructs of calmness, comfort, creativity, engagement, energy and joy.
- The interview and diary data were analysed thematically⁵.

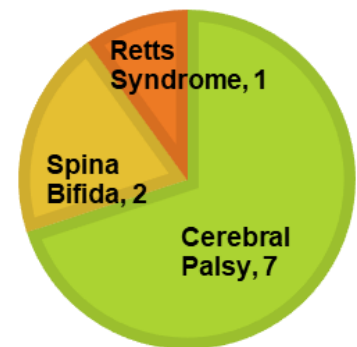
Results: Ten children (four male) were recruited, Mean age 11.9 years (range 4-18).

Disabilities of participants (Figure 1): Innowalk measures (Table 1).

Table 1 Innowalk measures

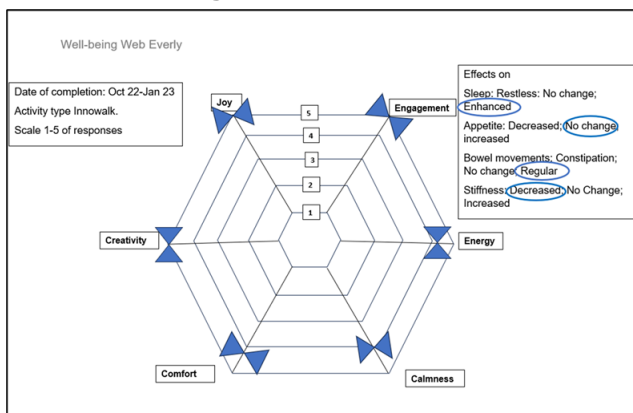
	Mean (SD)
Time (mins)	26.1 (6.3)
Distance (Km)	1.9 (1.6)
Revolutions per minute	39.9 (3.1)

Figure 1 Disabilities



Participant's behaviours mapped to 'Every's constructs (Figure 2).

Figure 2 WEBS scale



Results Continued:

Three themes were identified from the interviews and diary:

1. Well-being: Mood and achievements;
2. Participation: Anticipation and tolerance;
3. Physical effects: Improved self-regulation and self-care.

Conclusions

- This study identifies well-being components whilst using the Innowalk, including comfort, observable calmness, enables creativity to develop, and engagement with activities.
- Further testing of the WEBS scale is needed in a larger population in different contexts, to investigate content validity.

References

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- 5 Braun V. and Clarke V. 2018 *Successful qualitative research: a practical guide for beginners* Publisher: Thousand Oaks, CA London: SAGE Publications 2018