

Shared Perspectives: How do we facilitate 'participation in recreational activities' for children with disabilities?

Building Understandings: Child, Youth and
Family Disability Conference, UWE, Bristol

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Adapted cycling research 2009-2012 (Nancie Finnie Charitable Trust)



Muscle strength and length

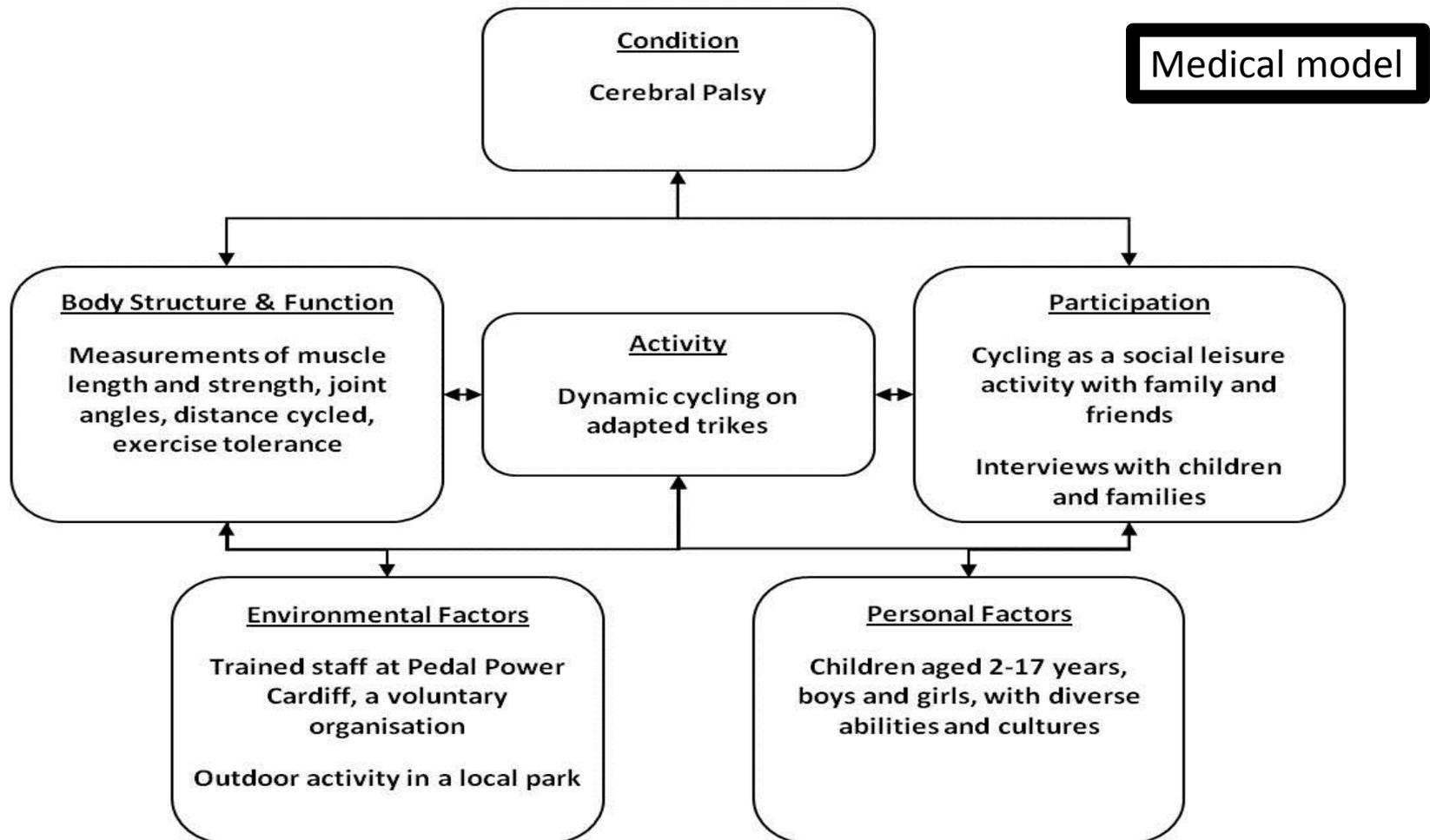
Participation opportunities
2 groups: Cycling, non cycling

Diary of physical activities

Interview adapting
Mosaic methods

What did physiotherapists understand participation meant? Pickering et al, 2012

Figure 1: Pedal Power Pilot Research Project adapted from the domains of the World Health Organisation: International Classification of Functioning



Adapted cycling research

- What made it easier:
- Cycle hire centre
- Staff attitude + skill
- Family liked cycling

Rugby

*“After trying the trike my legs
feel aching”*

Fatigue

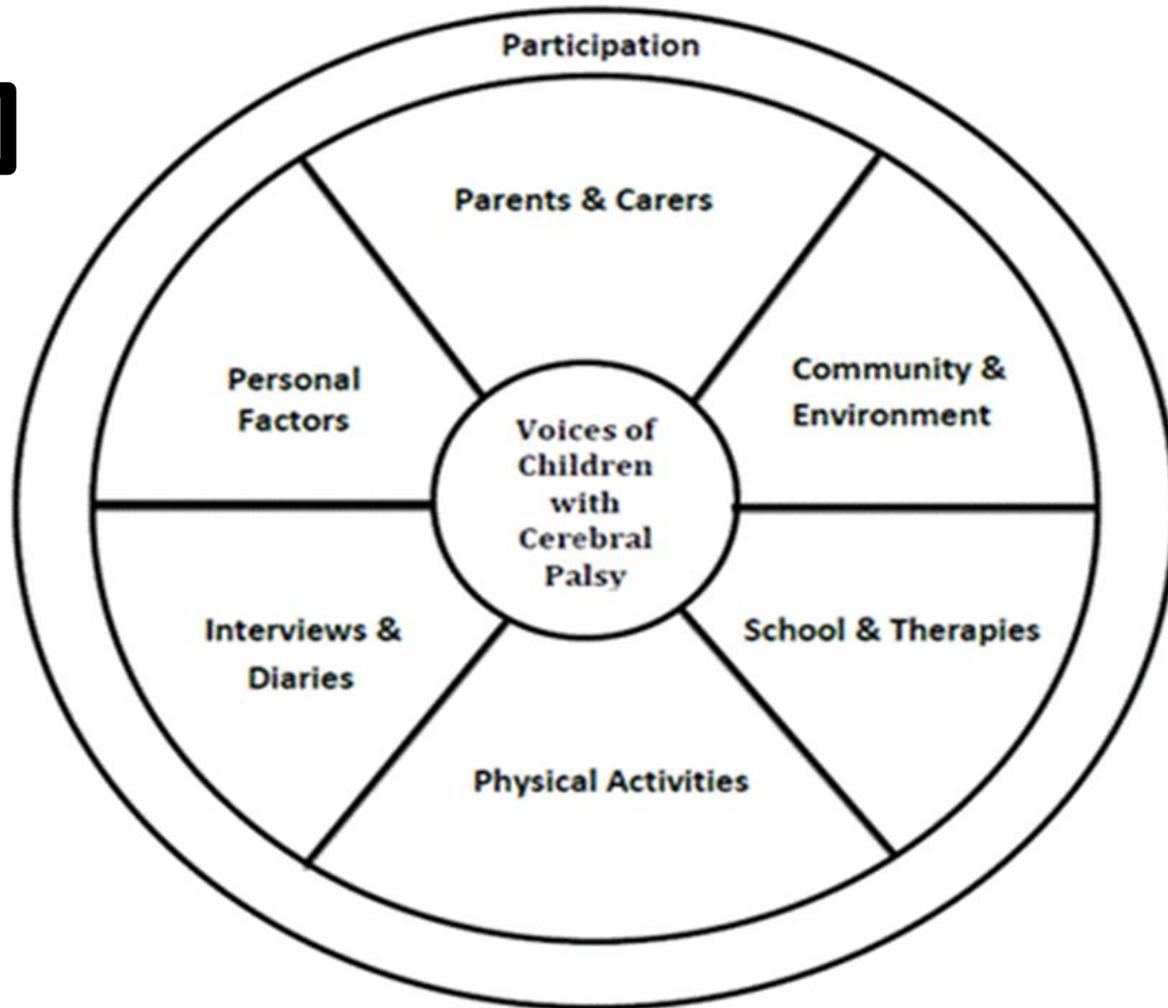


Suarez
*“My legs hurt
for 3 days after
riding the trike”*

How children's voices changed our view- 'Wheel of participation'

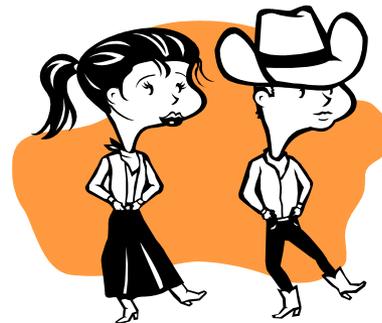
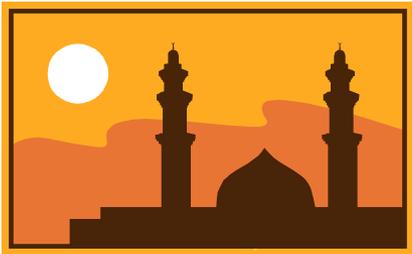
Pickering et al, 2014
(in press)

Social model



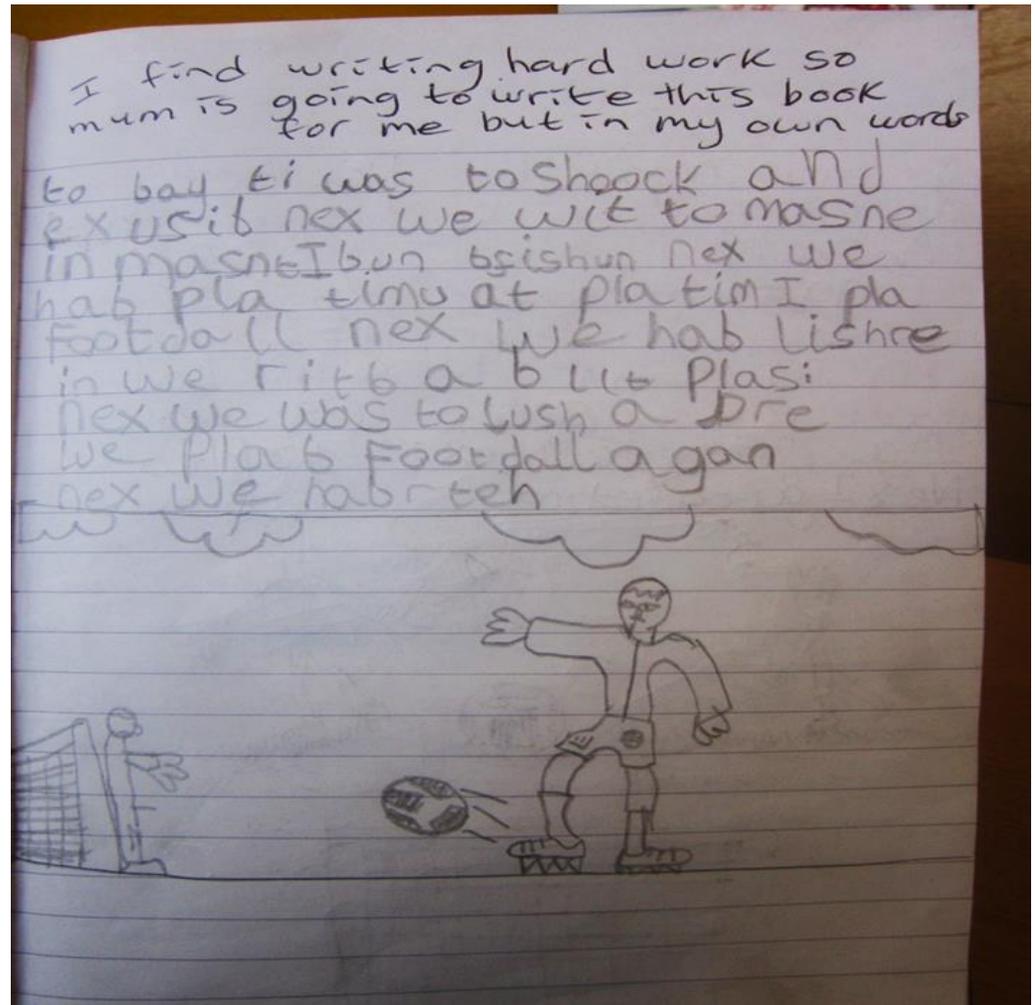
What 35 disabled children told us about their participation

Opportunities



Participatory activities

'Ghost's'
diary
entry



Follow on from research

- This research has led to the development of some after school cycling clubs and the exploration of a competitive sport:
- Race running bikes

Imogen on her racerunner



Children were curious

5 pilot sessions in
athletic stadium

Great excitement

Physiotherapy Student
volunteers keen to help

Requested Funding

Racerunning

- ***Speed***- without worrying about falling
- ***Space is open***- freedom to move -
- ***Sociable***- being with others is fun
- ***Spring-loaded*** - easy to turn or to keep straight
- ***Sporty***- fun to race my friends
- ***Stand***- I can just stand still and stretch, chat or rest!



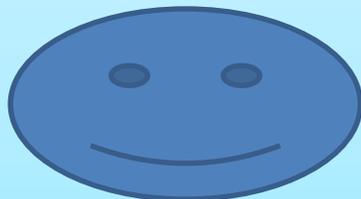
Young People (0-25 yrs) with Disabilities and/or Chronic Illnesses

What Gareth did

- Beginning

- OUTCOME

Funding for 4 after school sessions



invite an expert speaker



Parents want their children to have a go



Assessment arranged at cycle charity



Cycle together session follow-up



Imogen on
her bike

Barriers

Access



Transport



Kissing gates were created to
keep animals in, not children out



Making leisure activities accessible for all

- Accessible space
- Opportunities
- Personal adjustments
- Adult services cannot simply be made “smaller”
- Cost of bespoke anything is high- seek funding

6 week after school cycling club

- Help children to be physically active for one hour after school (well-being)
- Work on pre-cycling skills
- Progress children or let them try out different cycles and chose what they like- if safe
- Help children focus as routine builds up
- Reduce the burden for parents to go out again after school when they are tired

Imogen's digital story

- Consent obtained 28th April 2014:
- Imogen now aged 8 years reported that she

“enjoys horse riding- especially when I’m trotting, bike riding and Brownies”

Imogen's digital story

Slide show

“It’s hard for me”

“My friends
don’t live near
me”

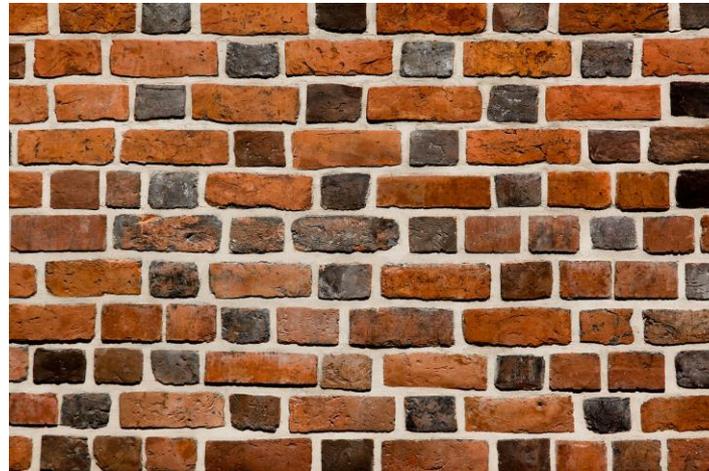
“Mummy’s back
is too sore”

“I can’t take
myself to the
toilet”

“It hurts!”

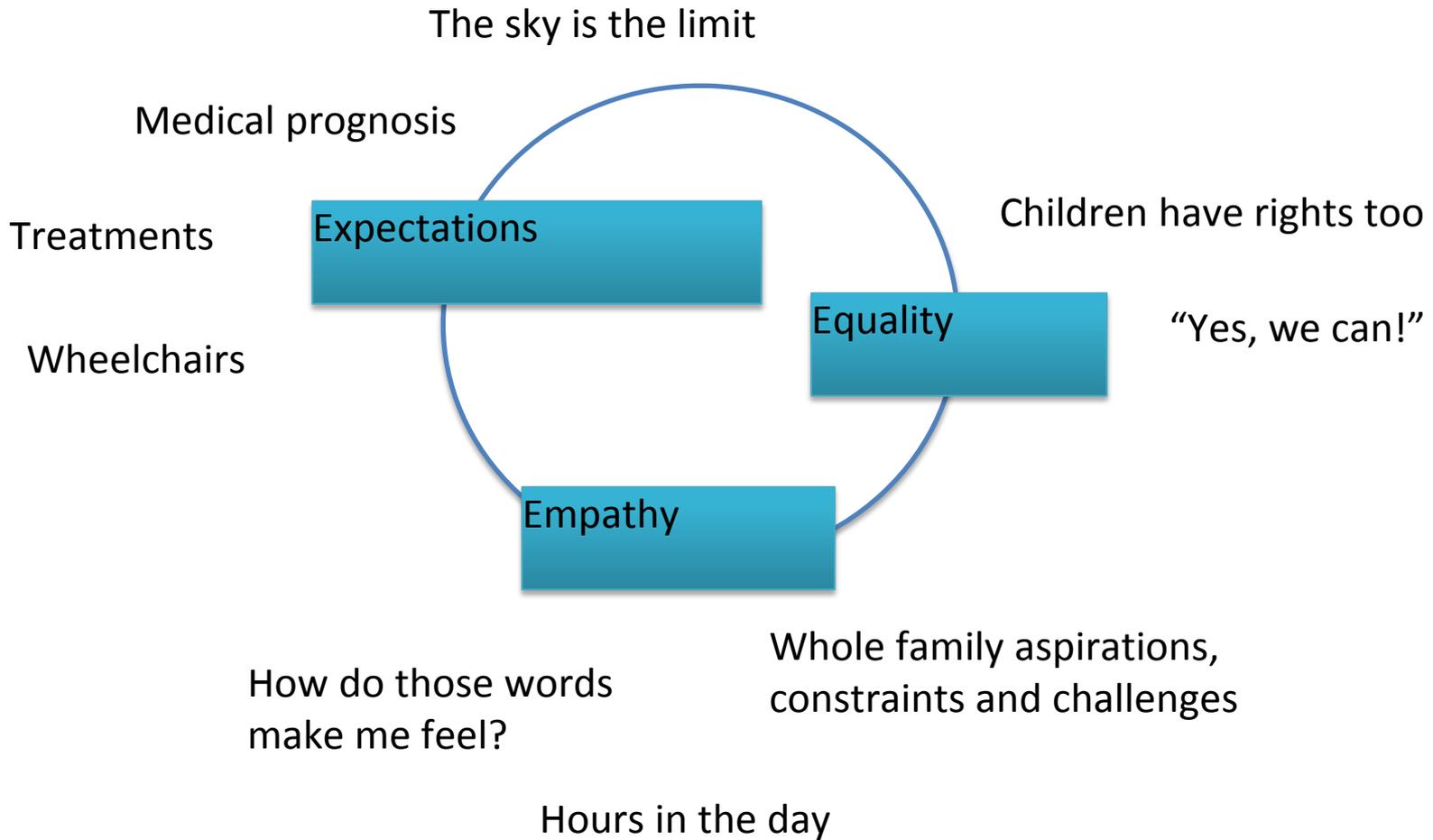
“It’s hard for me
to talk to other
children”

“There’s not
enough time”



“I can’t get
through the gap /
up the step”

Three 'E's we need to flourish



Participation: Future research

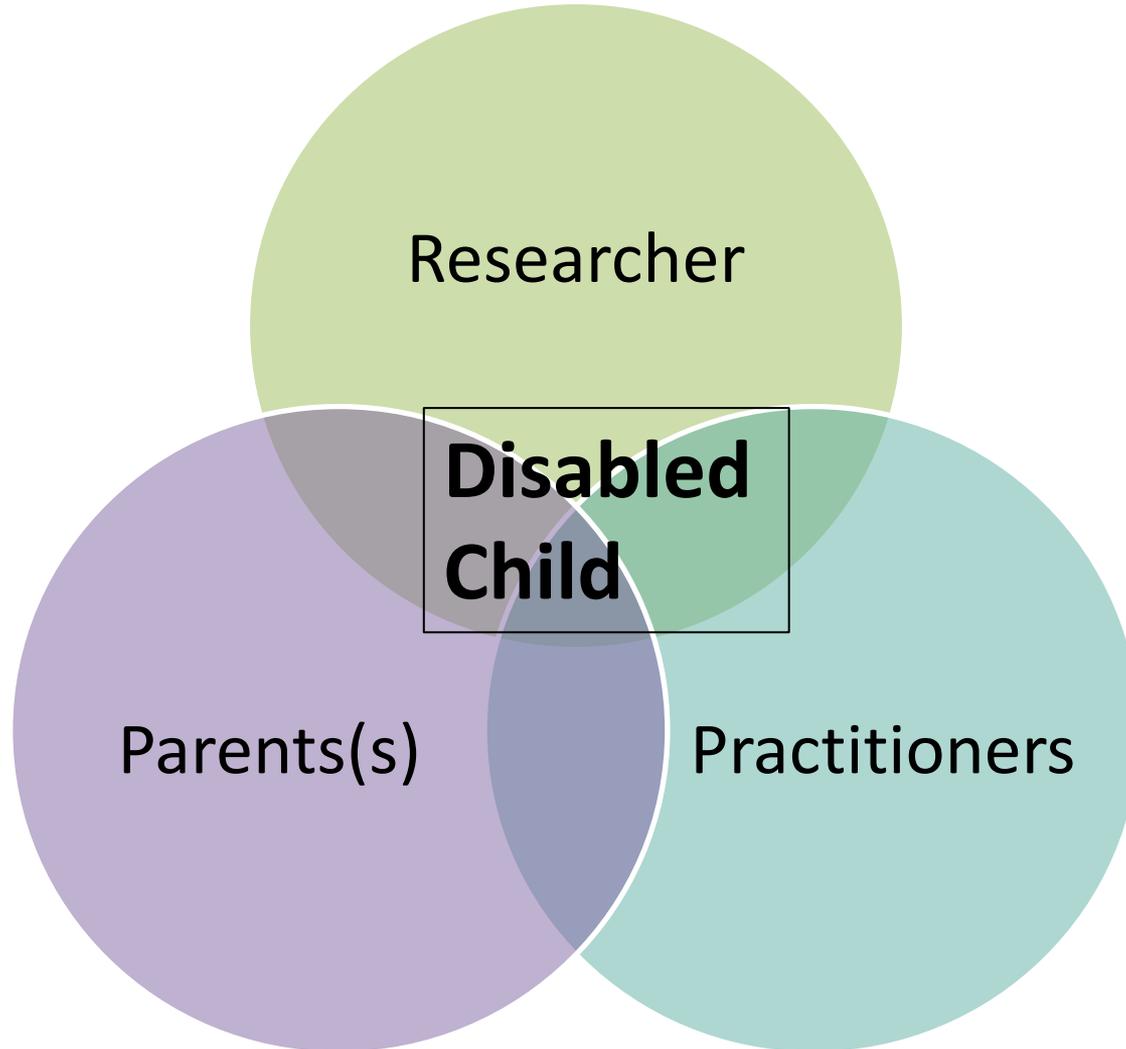
- Need to understand more about the different perspectives to facilitate an increase in participation:

Medical and Social models overlapping

- ‘Function, Family, Fitness, Fun, Friends and the Future’ Rosenbaum and Gorter, 2013



Participation



Researcher

**Disabled
Child**

Parents(s)

Practitioners



Future

Participation

Fun

Researcher

Friends

Function

**Disabled
Child**

Fitness

Family

Parents(s)

Practitioners

Questions ?

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