



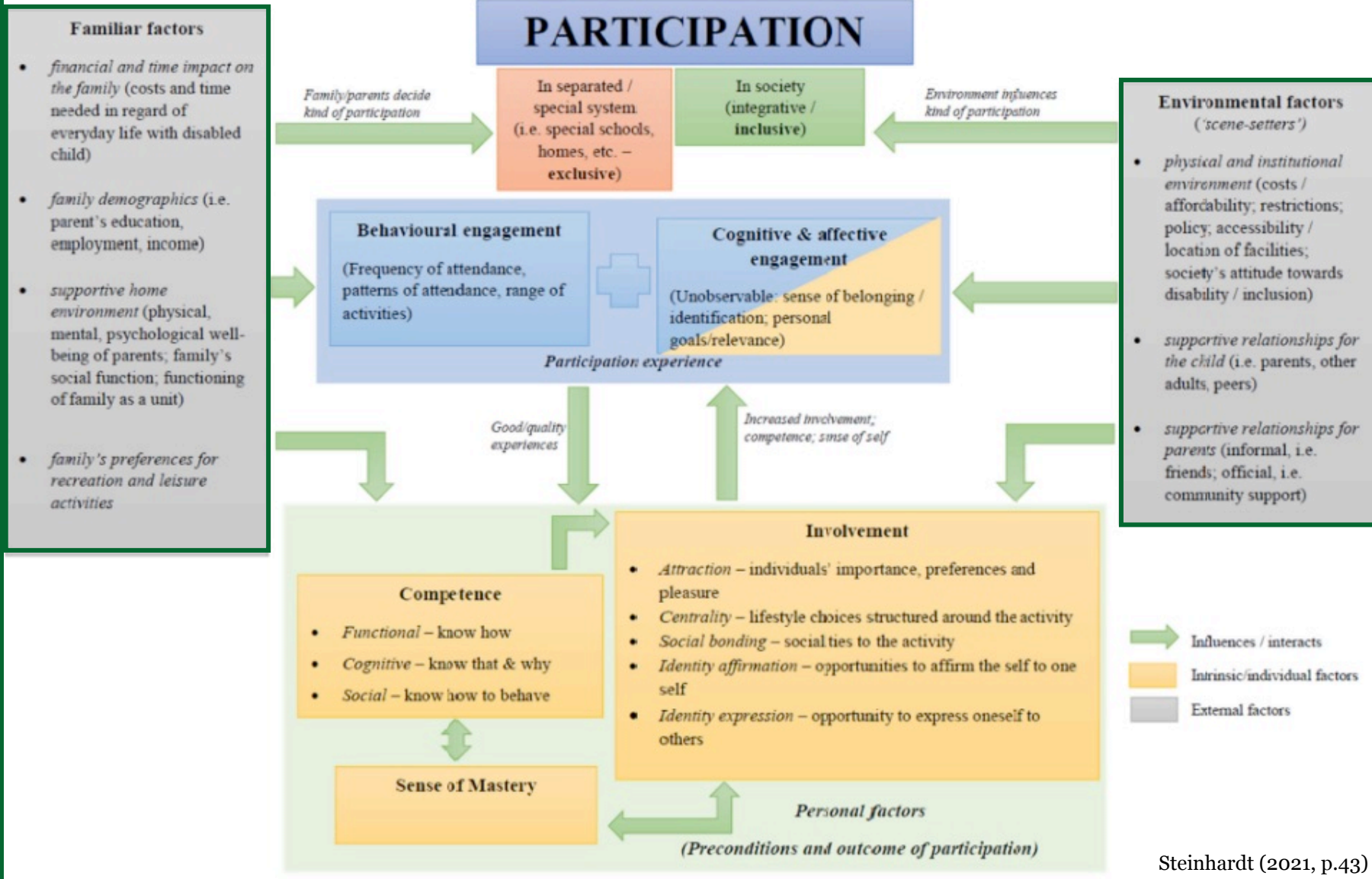
**Høgskolen
i Innlandet**



Picture: Beitostølen Helseprtsenter

**Perceived facilitators and barriers for participation in leisure activities in children with disabilities:
perspectives of Norwegian children, parents and professionals**

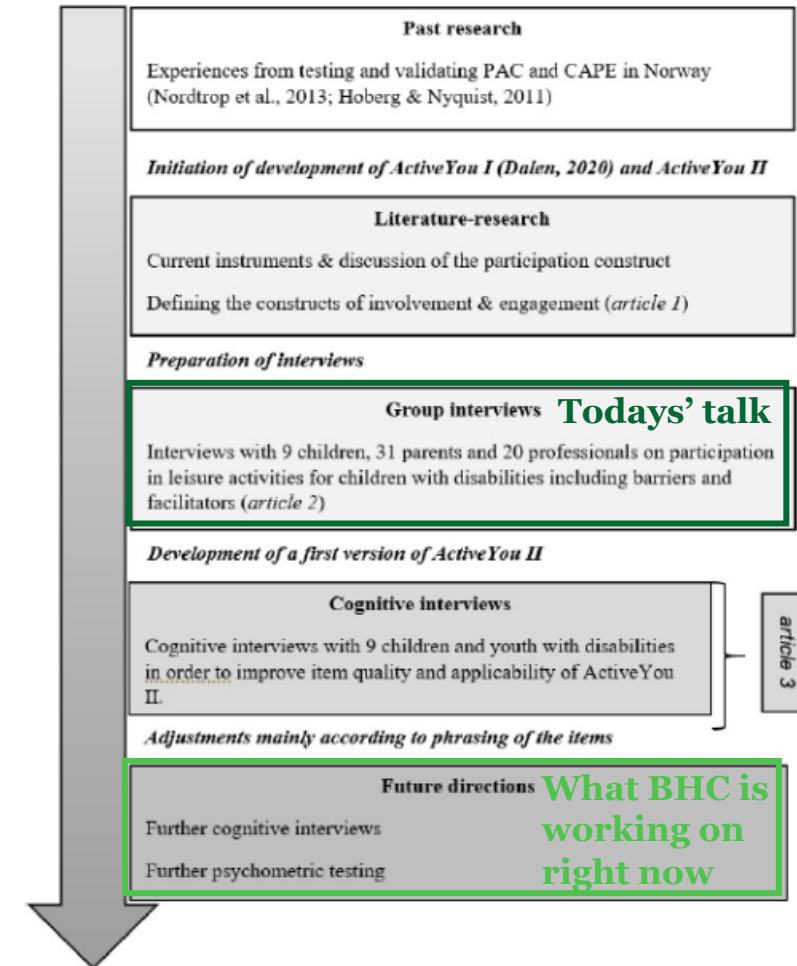
Friedolin Steinhardt – CAPA 2022



What is participation?

Perceived facilitators and barriers for participation in leisure activities in children with disabilities: perspectives of Norwegian children, parents and professionals

- Part of a larger project to develop ActiveYou II
- What did we do?
 - Group interviews with
 - Children (n=9)
 - Parents (n=31)
 - Healthcare professionals (n=20)



Perceived facilitators and barriers for participation in leisure activities in children with disabilities: perspectives of Norwegian children, parents and professionals

- What did we find out?

Factors (King et al., 2003)	Barriers	Facilitators
Child factors		
Child's perception of own athletic and scholastic competence	<ul style="list-style-type: none"> • Demotivation/lower self-esteem due to perceived ability gap to non-disabled peers 	<ul style="list-style-type: none"> • Finding activities where disability is not visible • Finding 'niches' within activity to compensate for/hide ability gap
Child's physical, cognitive, and communicative function	<ul style="list-style-type: none"> • (Increasing) gap to non-disabled same-age peers (with age) • Overall level of energy and increased need for rest/sleep 	<ul style="list-style-type: none"> • Adaption of activity/rules according to the child's needs
Child's emotional, behavioural and social function	<ul style="list-style-type: none"> • Attention deficits • General resistance/negative attitude towards (new) activities • Unpredictable situations that lead to resistance against further participation 	<ul style="list-style-type: none"> • Increased focus in individual activities or one-on-one support
Child's preferences	<ul style="list-style-type: none"> • Parents/assistants not capable/able to support the child due to own lack of ability/skills • Child's abilities make participation (in the view of the parents or other adults) not possible 	<ul style="list-style-type: none"> • Considering the child's preferences in activity choices

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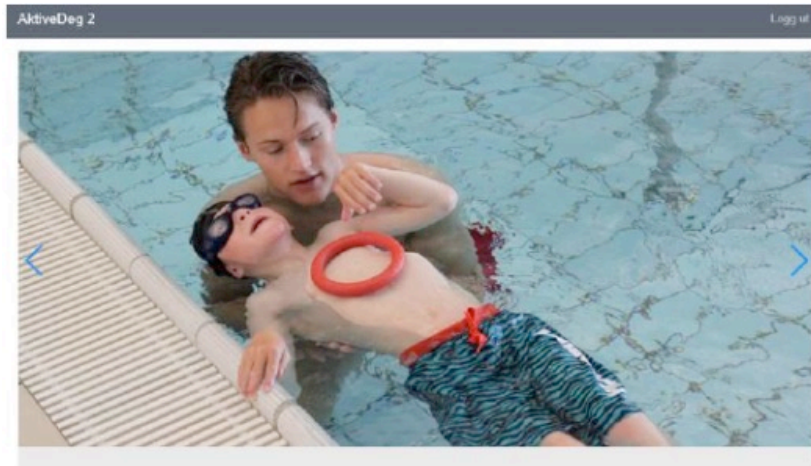
Factors (King et al., 2003)	Barriers	Facilitators
Family factors		
Financial and time impact on the family	<ul style="list-style-type: none"> • Long distances • Child's need for support while participating • Expensive one-on-one support/lessons 	<ul style="list-style-type: none"> • Gaming to support social participation (e.g. online gaming) or physical training (e.g. training using Wii-Sports, EA Sports Active, Xbox Your Shape, or Happy Rehab™)
Family demographics	<ul style="list-style-type: none"> • Working hours of parents • Family income in conflict with high costs 	<ul style="list-style-type: none"> • Support from Norwegian welfare system
Supportive home environment	<ul style="list-style-type: none"> • Problem in Coordination of activities (especially with several siblings) • Social isolation • Exhaustion due to everyday life/work • Protecting child from negative experiences/emotions • Physical/mental restrictions due to disability/illness of a parent • Patronizing attitude of parents during participation 	<ul style="list-style-type: none"> • Supporting autonomy of the child during participation
Family preferences for recreation	<ul style="list-style-type: none"> • Inactive home environment 	<ul style="list-style-type: none"> • Parents or siblings as active role models

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Factors (King et al., 2003)	Barriers	Facilitators
Environmental factors		
Supportive physical and institutional environment	<ul style="list-style-type: none"> Physical barriers Little variety of activities (especially rural areas) Little range of activities adapted for disabled children Restrictive (local) legislations/regulations General organization/structure of sport clubs in Norway/missing resources Focus on competition especially in sports General lack of thoughtfulness in society Perceived barriers by others, which are not really barriers or can easily be overcome 	<ul style="list-style-type: none"> Adapting public areas to the needs of disabled people Living in urban areas General legislation connected to the Norwegian welfare state
Supportive relationships for the child	<ul style="list-style-type: none"> Inactive/unavailable parents Child's wish for autonomy with increased age that stands in conflict with the child's realistic perspectives to be independent Activity leaders with a negative attitude/lack of knowledge towards inclusion Peers with a negative attitude towards the disabled child 	<ul style="list-style-type: none"> Active/supporting parents Leisure assistance Inclusive/competent activity leaders Peers with an inclusive attitude Peer group both within the disabled and the 'non-disabled' community
Positive relationships for the parents	<ul style="list-style-type: none"> Lack of informal support Unmotivated/stressed local professionals Lack of clear responsibility 	<ul style="list-style-type: none"> Support from relatives/friends Exchange with other parents Motivated/experienced local professionals Advocacy groups Local welfare offices

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- What did we do with it?



Være i basseng

Dette gjør det lettere for meg å delta

Mått å velge flere alternativer

- Kan delta sammen med familien
- Kan delta sammen med venner
- Mamma, pappa eller søsken følger meg
- Jeg har assistent eller støttekontakt
- Jeg har dot utstyrt jeg trenger
- Skilivelsen finnes der jeg bor
- Det er gratis å delta
- De voksne som er der hjelper meg



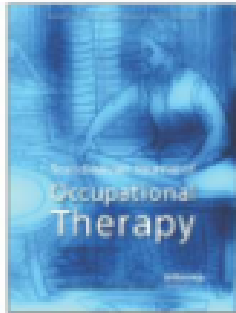
Være i basseng

Dette gjør det vanskelig for meg å delta

Mått å velge flere alternativer

- Har ikke det utstyret jeg trenger
- Aktiviteten finnes ikke der jeg bor
- Tidspunktet passer ikke
- Det er for dyrt
- Ingen kan følge meg
- De andre er ikke hyggelige mot meg
- De voksne som er der hjelper meg ikke
- Jeg er for stille
- Jeg har vondt
- Føler meg utrygg
- Det finnes ingen ting som gjør det vanskelig for meg å delta

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Thank you for your attention

Questions?



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