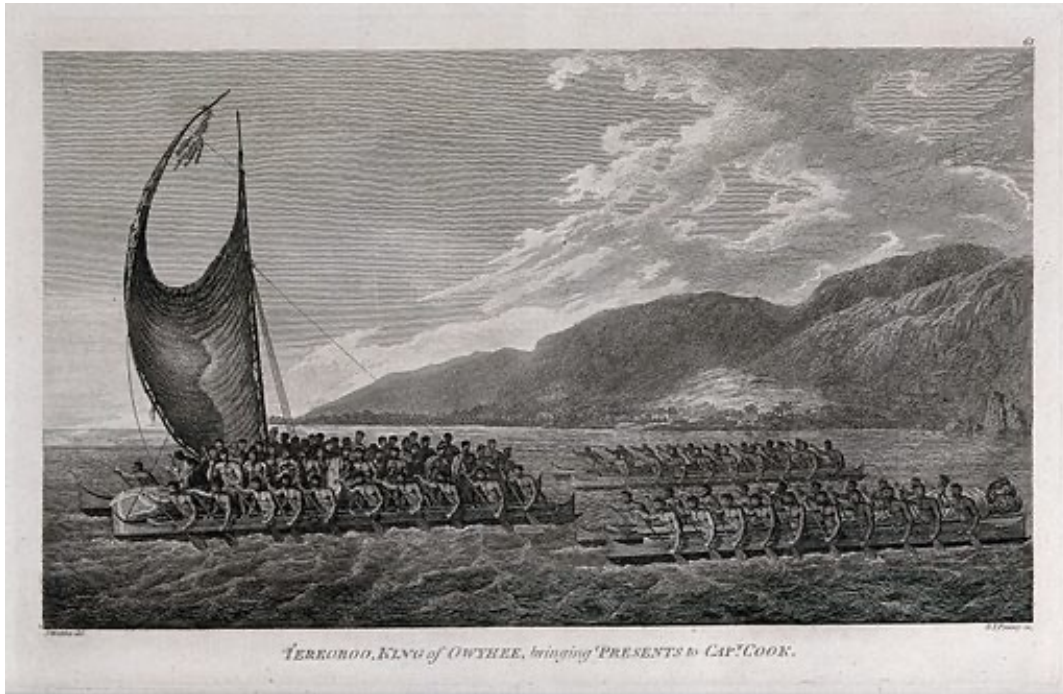


Experiencing the Journey to Sustained Participation in Physical Activity: Navigating my own Waka (Māori canoe)



Dr Gaela Kilgour, University of Melbourne; Professor Susan Stott, University of Auckland
Dr Michael Steele, Australian Catholic University; Dr Brooke Adair, Grow Strong Children's Physiotherapy
Amy Hogan, Cerebral Palsy Society, New Zealand; Professor Christine Imms, University of Melbourne

Sustained participation in physical activity

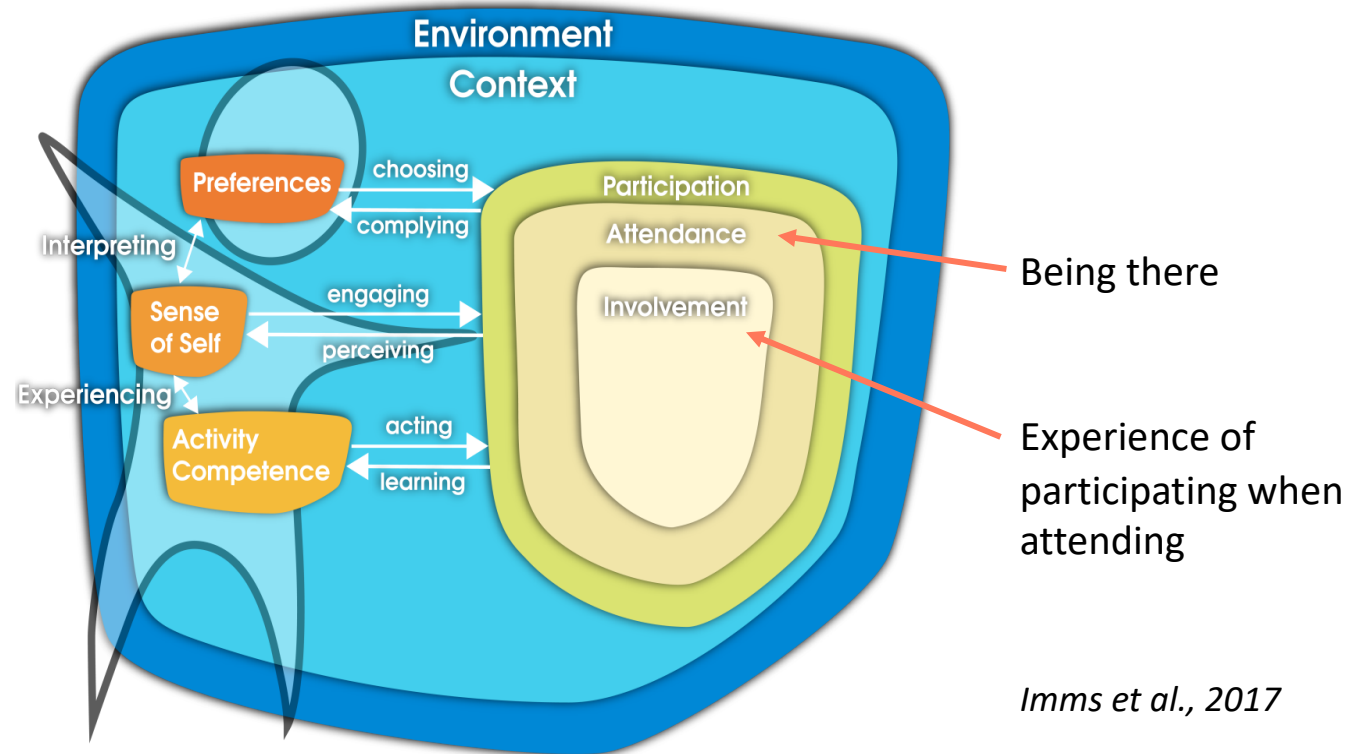
- Ultimate goal
- Poorly defined
- Measured short term
- Involvement rarely measured

Do physical activity interventions influence subsequent attendance and involvement in physical activities for children with cerebral palsy: a systematic review

Gaela Kilgour, Brooke Adair, Ngaire Susan Stott, Michael Steele, Amy Hogan & Christine Imms

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To link to this article: <https://doi.org/10.1080/09638288.2021.1909151>

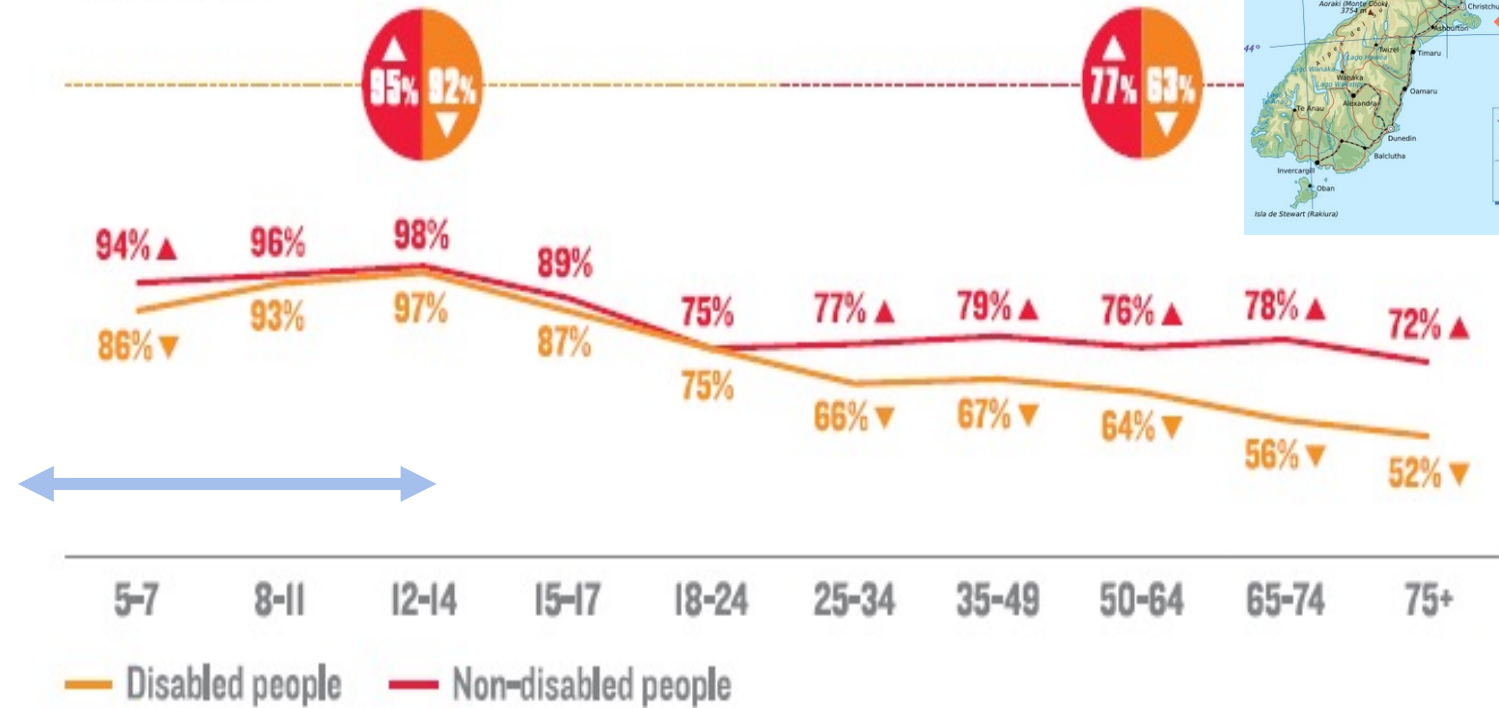


PARTICIPATION AND AGE

25

From age 25-plus, the proportion of disabled people participating weekly, and the average number of sports and activities they participate in, begins to decline; in contrast to a relatively stable picture for non-disabled up until age 75-plus.

WEEKLY PARTICIPATION YOUNG PEOPLE



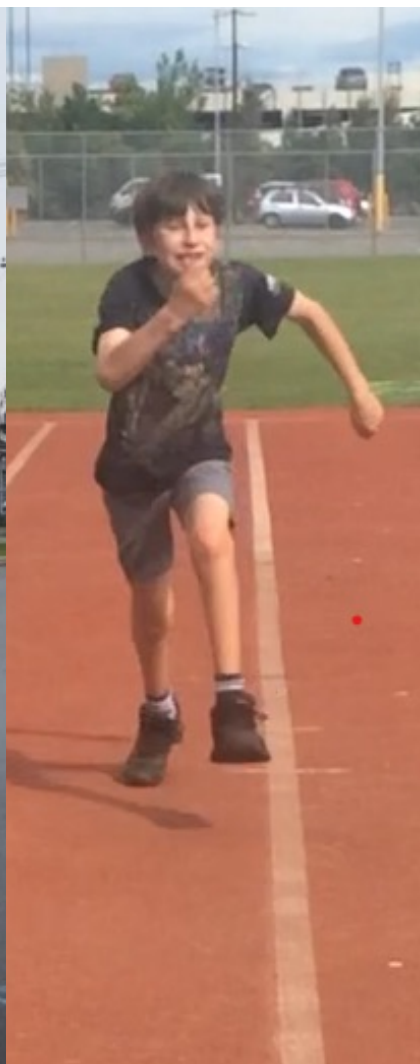
1 For information on the Disability Survey, please refer to: http://archive.stats.govt.nz/browse_for_stats/health/disabilities/DisabilitySurvey_HOTP2013.aspx.

2 Sport New Zealand. *Active NZ 2017 Participation Report*. Wellington: Sport New Zealand, 2018. Retrieved from <https://sportnz.org.nz/managing-sport/search-for-a-resource/research/active-nz-survey-2017> (5 December 2018).

High-level mobility programme (HLMP)

- 8 participants attend one hour sessions 2x/week for 12 weeks
- 4 participants to 1 - 2 trainer ratio
- Free, community based, participation-focused
- Task specific exercises towards individualised goals + home programme
- Fun activities/games/relays







Interpretive Description as part of SSRD

Baseline

HLMP

Follow up

COVID

Post Lockdown

Interview 1		Interview 2			Interview 3	
Goals set		Goals collected 26 fortnightly				
Participation Activity Charts completed weekly 56-58 weeks						
Test	Test		Test		Test	

Interpretive description qualitative study

Asks a clinical question

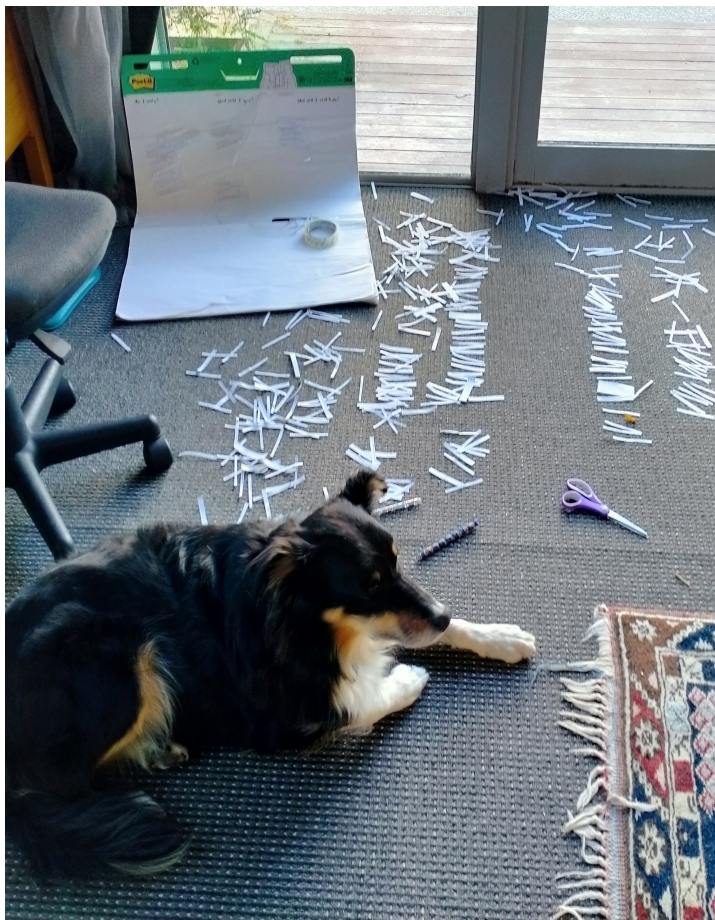
What do the adolescents and their parents tell us about the value of participation in physical activity and sustaining physical activity into adulthood?

- Adolescents and parent's voice
- Voice before, during and after an intervention

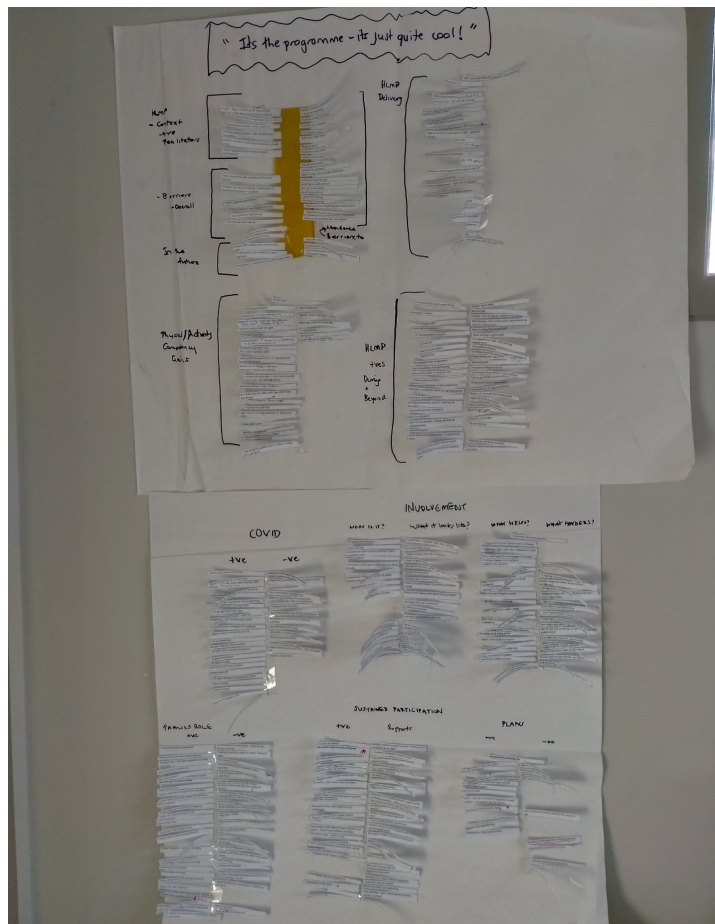
Informs practise

Make change

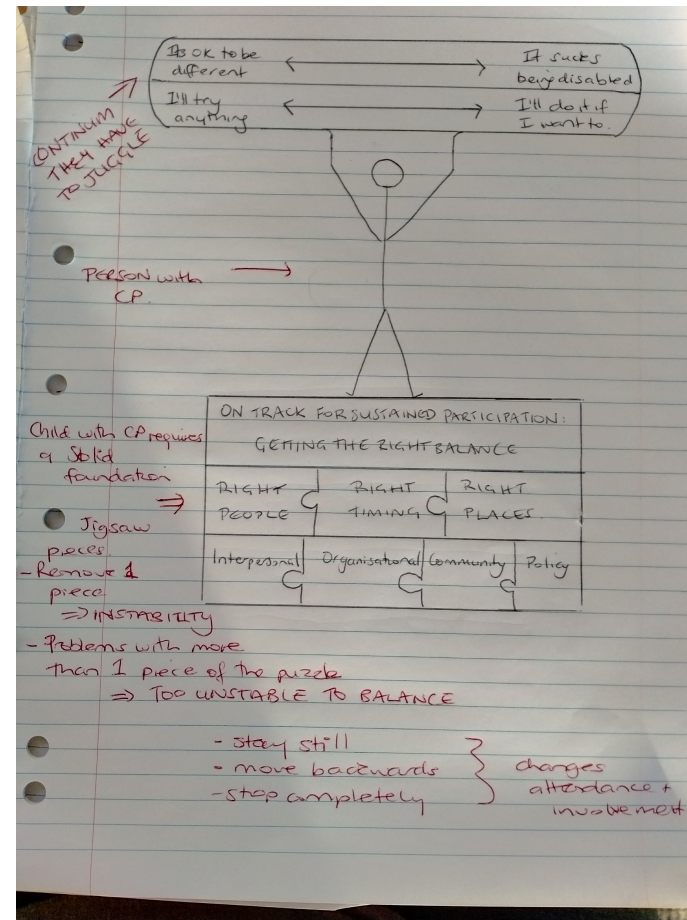
Coding



Analysis



Interpretation



38 semi structured interviews, HLMP notes, journal, audit trial, discussion

Just doing it

Getting the mix right: Right timing, right place, and ...RIGHT PEOPLE



Balancing the continua:

I'll try anything/ It's OK to be different vs I'll do it if I want to/It sucks being disabled

Navigating the systems



Balancing the continua

I'll try anything

I am motivated

I like it and it's my choice

It makes me feel good

I'll try it if...

I'll try it but...

I'll do it if I want to

I don't want to

Do I have a choice?

It's not for me

I'm not ready

I don't know if I can

It's OK to be different

I am as good as me

I am a para-athlete

I am supported

I am different

It sucks being disabled

Moving towards normal

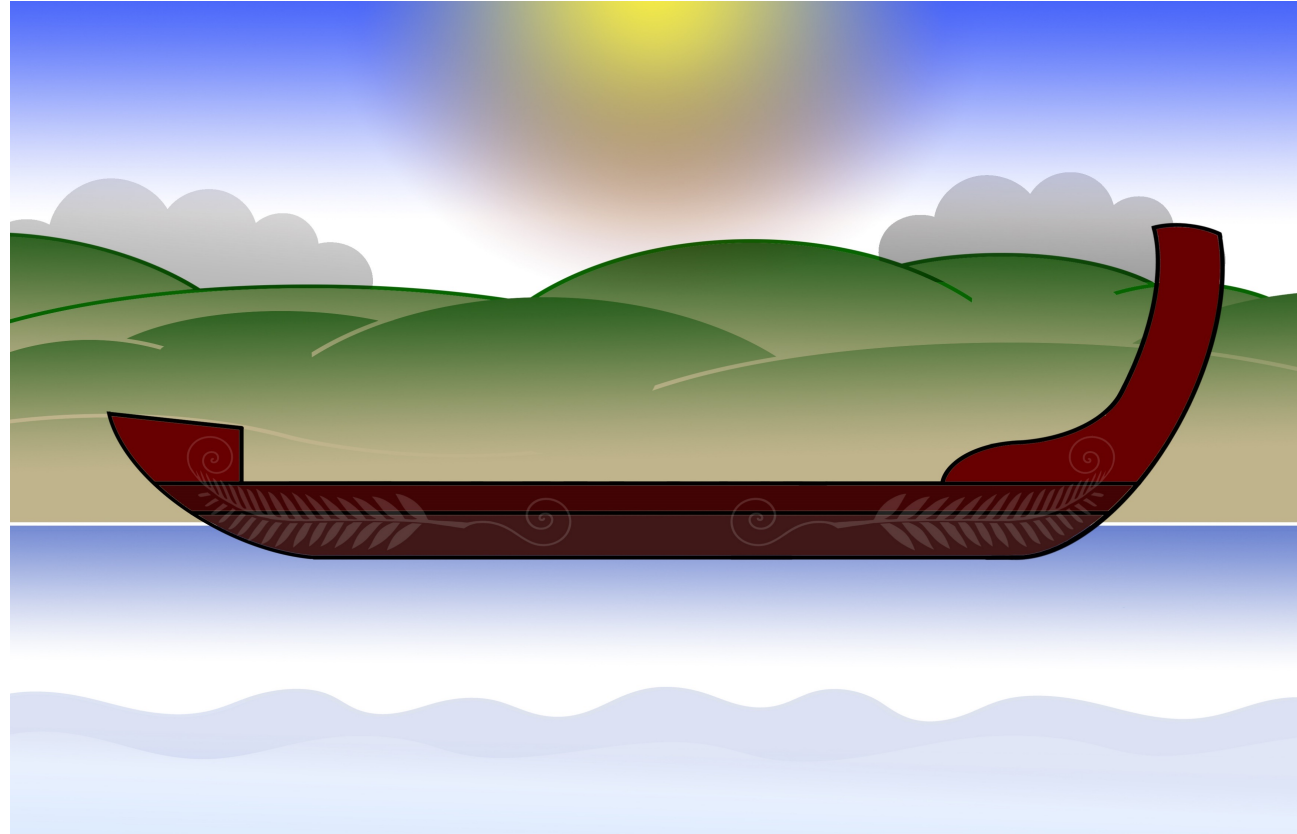
I have fewer options

I may not be able to when I am older

I am judged

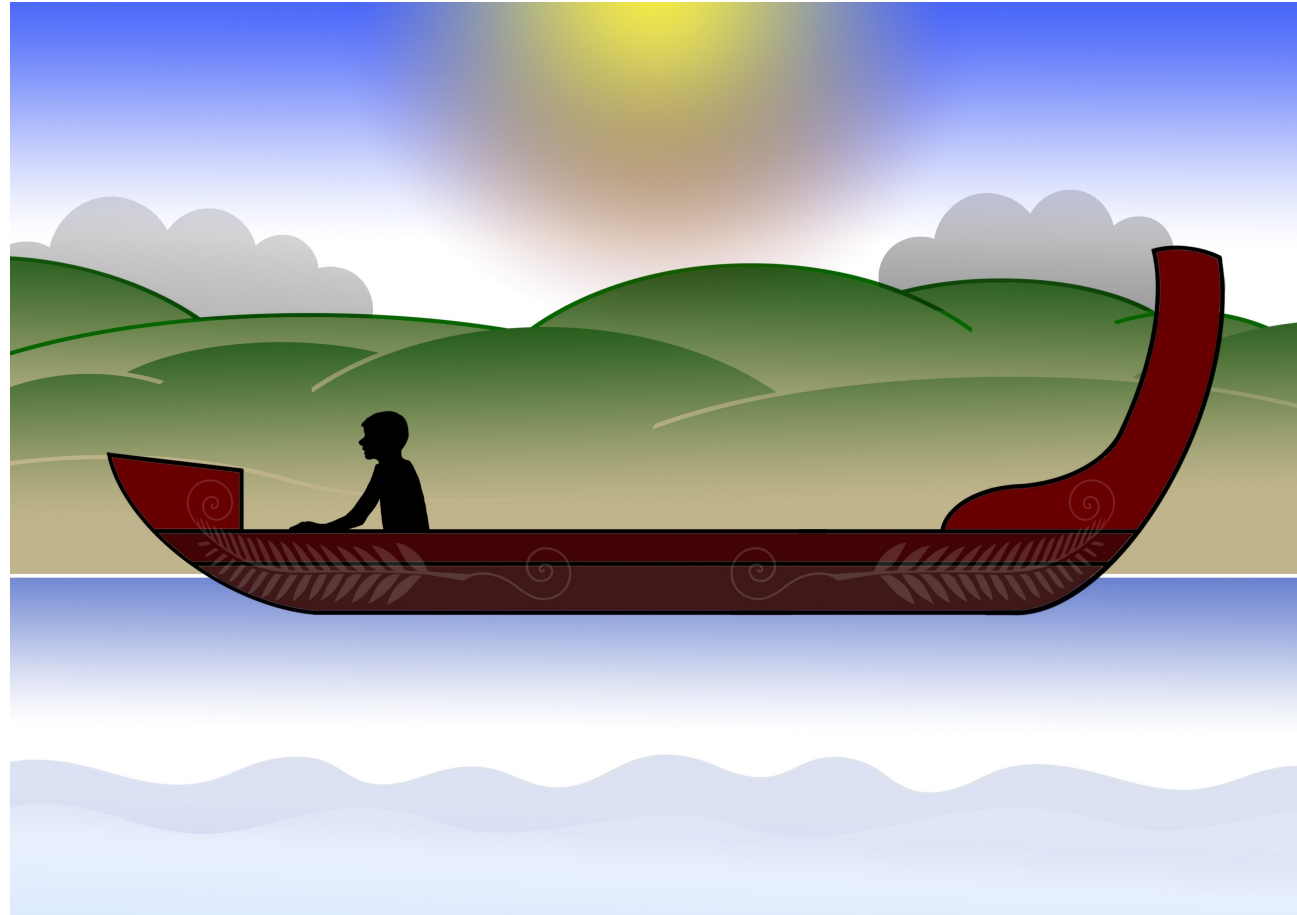
I face obstacles

Journey of Sustained Participation



The development of this Taonga is endorsed and supported by Toriana Hunt, Kaimahi Māori, Canterbury District Health Board & Manawhenua Ki Waitaha Charitable Trust Trustee

Just doing it: Attending and being involved



Getting the mix right: Right place and right timing

A waka without a paddle is like a person without direction: “He waka kore hoe, He tangata kore huarahi”



And ...The Right People

We are all in this together: “He waka eke noa”



Balancing the continua together



I'll try anything vs I'll do it if I want to



It's OK to be different vs It sucks being disabled



Navigating the systems together



Strengths

Longitudinal data collection
High rate of data collection
4 fathers, 8 mothers contributed
Intervention design
Participation focused approach

Limitations

1 female: 7 males
COVID

Applicability of findings – generalisability and transferability





Planning for Sustained Participation:

Listening to adolescents and parents

Utilise adolescent and parent strategies

- Structured programme, planning ahead

Set goals and follow dreams

- Employment, sporting aspirations

Value supporters

- Family

Build and expand support networks

- Collaboration with their community



Next Steps: Sustained Physical Activity Checklist

1. Co design

What do I need to be active?

2. Connectiveness

What will help me keep being active?

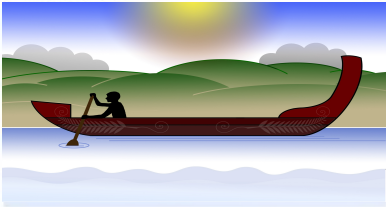
3. Collaboration

What other factors could help me stay active?

Sustained Physical Activity Participation Checklist


What do I need to be active?

- I choose my activities
- I have a variety of activities to be active in
- I can manage how often I am active
- I can manage how long I am active for
- I am involved in my activities
- I have the right challenges when I am active
- I have the right level of competition when I am active (with myself or others)
- I have goals I am aiming for
- I like my activities
- I can work on new skills
- I am motivated to be active
- I am confident to be active
- I am ready to be active



What will help me keep being active?

- I have the right people who work with me when active
- I have the right people who can help advocate for me
- I have the right people working with me at the right time
- I am active at a time that suits everyone
- I have the right places I can go to be active
- I have the right resources/equipment to be active
- I feel supported, included and valued
- I feel good when I am active
- I want to keep being active



What other factors could help me stay active?

- I have the people to help me be active e.g., family, friends, teachers, coaches
- I have places I can go to be active
- I can be active in my community
- I can navigate challenges when active
- I can advocate my rights to be active and included

Lessons learnt

- The journey of sustained participation is dynamic, complex and changeable
- Sustaining participation in physical activity is challenging for adolescents and their parents, yet highly valued
- For the waka to stay on course, successful journeys need to provide options and opportunities to find right place, timing, people

We are all in this together: “He waka eke noa”



Thank you to the adolescents and their families!