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

**Medical model**

- **Condition**
  - Cerebral Palsy

- **Body Structure & Function**
  - Measurements of muscle length and strength, joint angles, distance cycled, exercise tolerance

- **Activity**
  - Dynamic cycling on adapted trikes

- **Participation**
  - Cycling as a social leisure activity with family and friends
  - Interviews with children and families

**Environmental Factors**
- Trained staff at Pedal Power Cardiff, a voluntary organisation
- Outdoor activity in a local park

**Personal Factors**
- Children aged 2-17 years, boys and girls, with diverse abilities and cultures
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)
What 35 disabled children told us about their participation
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!
• OUTCOME

Funding for 4 after school sessions

• Beginning

Parents want their children to have a go

Assessment arranged at cycle charity

Phrase

Cycle together session follow-up

invite an expert speaker
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 28\textsuperscript{th} 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’s hard for me to talk to other children”

“It hurts!”

“There’s not enough time”

“I can’t get through the gap / up the step”
Three ‘E’s we need to flourish

- Expectations
- Equality
- Empathy

The sky is the limit

Medical prognosis

Treatments

Wheelchairs

Children have rights too

“Yes, we can!”

How do those words make me feel?

Whole family aspirations, constraints and challenges

Hours in the day
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
Questions?

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