



 **ADAPTED PHYSICAL ACTIVITY
IN SOCIAL REHABILITATION** 

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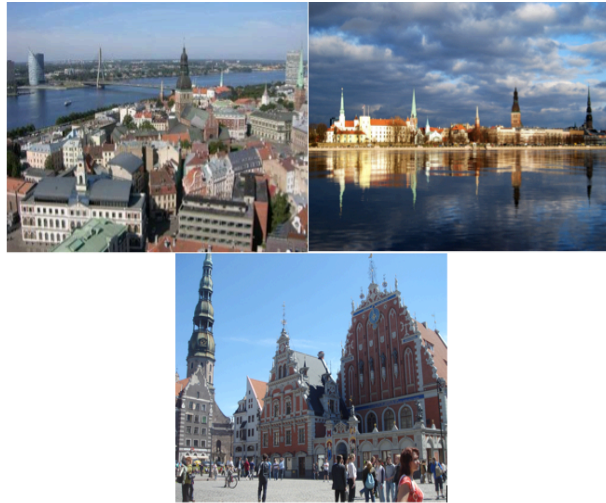
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- Size 24,930 sq miles (NH 9,350 sq miles)
- Population of Latvia is 2.22 million.
- Riga - capital




Latvian Academy of Sport Education







LASE - Information




- Established on 1921
- About 900 students
- Programs:
 - **Health Care studies** - physiotherapy (undergrad, graduate)
 PROFESSIONAL MASTER DEGREE "HEALTH CARE PROFESSIONAL IN SPORT"
 – Sport physiotherapy
 – Adapted Physical Activity Specialist in Rehabilitation
 - **Sport Science studies** – sport teacher, sport coach, recreation specialist, sport manager (undergraduate, graduate, doctoral programs)
- Collaboration with more than 30 European universities









Rehabilitation



- **REHABILITATION** of people with disabilities is a process aimed at enabling them to reach and maintain their optimal physical, sensory, intellectual, psychological and social functional levels. Rehabilitation provides disabled people with the tools they need to attain independence and self-determination.
(WHO, 2007)
- ... appropriate measures, including through peer support, to enable persons with disabilities to attain and maintain their maximum independence, full physical, mental, social and vocational ability, and full inclusion and participation in all aspects of life.
Article 26, Habilitation and Rehabilitation, of the United Nations Convention on the Rights of Persons with Disabilities (CRPD)







Rehabilitation Outcome

- Traditionally, rehabilitation outcome measures have focused on the individual's impairment level.

HOWEVER


- Recently, outcomes measurement has been extended to include individual activity and participation outcomes:
 - communication,
 - mobility,
 - self-care,
 - education,
 - work and employment,
 - quality of life

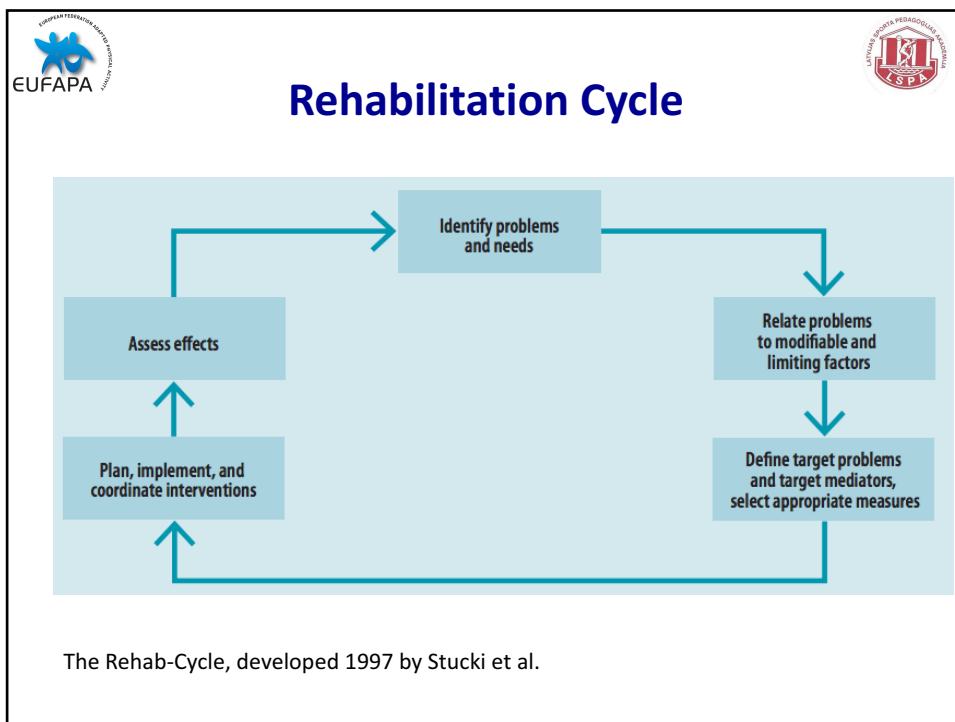
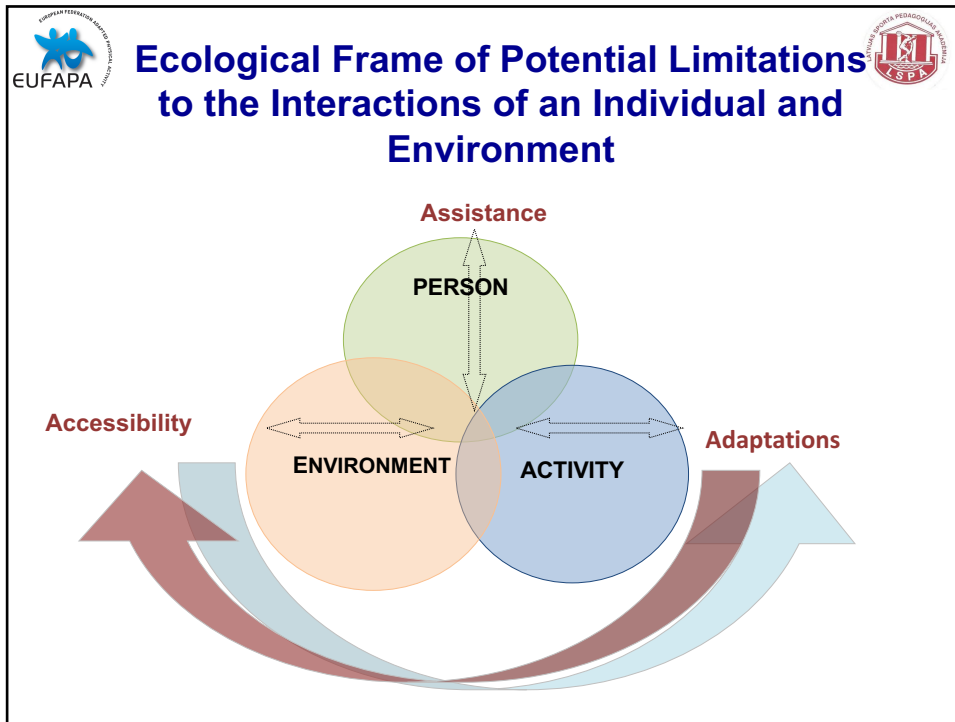








DISABILITY

- “...a limitation, related to the dynamic interaction of personal and environmental variables, in performing an activity” (Sherrill, 2004, p. 759).





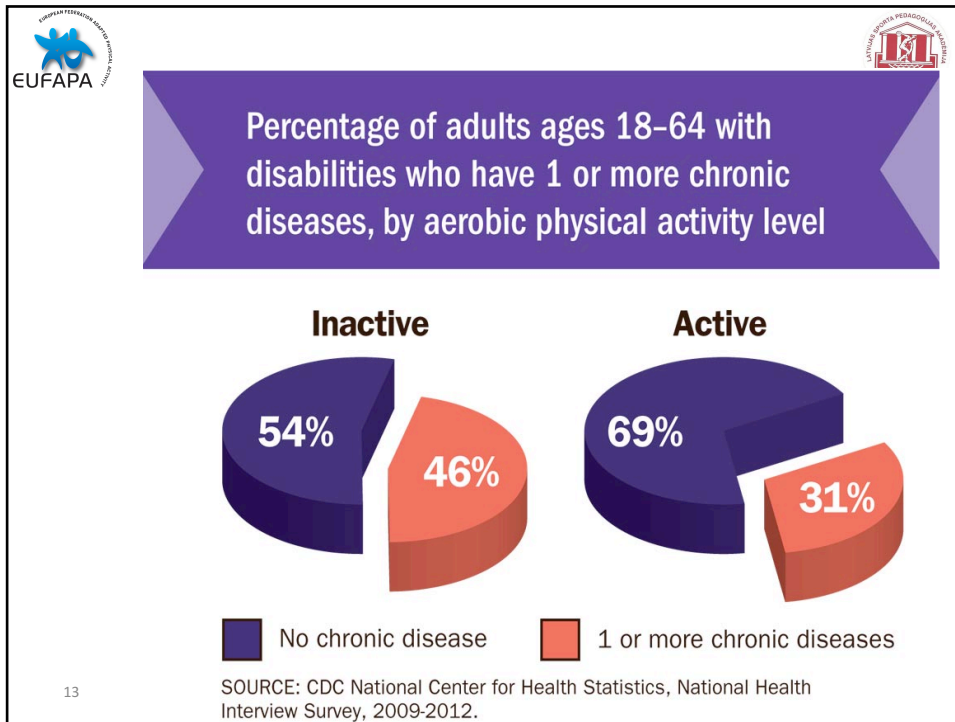
What is situation in Europe?

- About 80 mil. (15%) persons with disability in EU
- About 40% with limited mobility
- **Number of persons with disability that are physically active....?**
- Sport should play a role in promoting gender equality and the integration of people with disabilities.
- Specific criteria should be adopted for ensuring equal access to sport for all pupils, and specifically for children with disabilities.
(White paper on Sport, 2007).

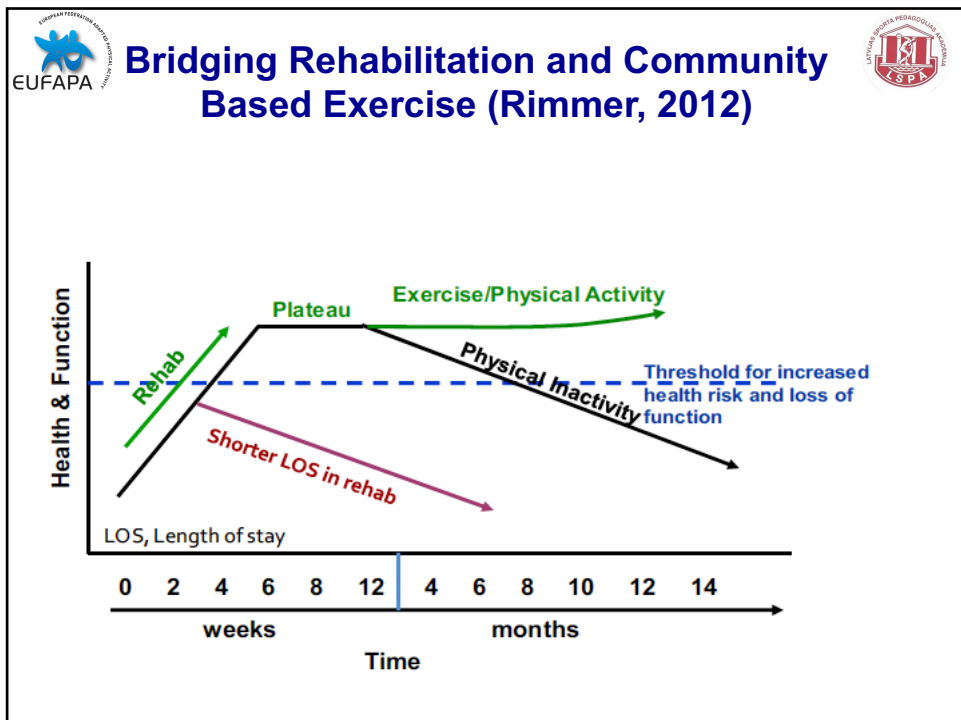




Opinion of the Committee of the Regions on 'Disability, sport and leisure' (57 comments) 15.04.2014.

- Recognizes the specific relationship between adapted physical activities and rehabilitation for people with a disability;
- Underlines that adapted physical activity and sports as a therapeutic tool for people with a disability should be explicitly recognised and supported;
- All funding instruments under the new Multi-Annual Financial Framework should include the issue of accessibility for persons with disabilities.




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- 27.2% of people with disabilities rate their health as excellent or very good
- HOWEVER**
- 40.3% of people with disabilities rate their health as fair or poor compared to 9% of people without disabilities
 - Elderly people with disabilities have to simultaneously manage their primary disability, associated secondary conditions (e.g. obesity) and health related (e.g. more illness) aspects of aging while finding it more and more difficult to engage in physical activity.
- CDC, 2012
- Barriers often interact with other barriers**
-







Models of Disability




Medical Model	Functional Model	Social Model
<ul style="list-style-type: none"> Disability as a consequence of a health condition, disease or caused by a trauma Disrupt the functioning of a person in a physiological or cognitive way 	<ul style="list-style-type: none"> Disability is caused by physical, medical or cognitive deficits Limits functioning or the ability to perform functional activities 	<ul style="list-style-type: none"> A person's activities are limited not by the impairment or condition but by environment Barriers are consequences of a lack of social organization





Adapted Physical Activity is ...



- An **interdisciplinary body of knowledge** aimed at identifying and solving individual differences in physical activity
- A **profession of service provision** and an **academic field** of study that supports an attitude of acceptance of individual differences, advocates for improved access to active lifestyles and sport, and promotes innovation and the provision of cooperation services and empowerment systems
- An **area of intervention** that includes, but is not limited to, physical education, sport, recreation and rehabilitation

APA in REHABILITATION

- Responsibilities of APA specialist:
 - Planning
 - Consulting, educate
 - Assessment
 - Implementation
- Skills and knowledge
 - Therapeutic
 - Pedagogic
 - Management




EUSAPA
European Standards in Adapted Physical Activities

Education and Culture DG
Lifelong Learning Programme

Terminology & Professional Status

- **Variety in terminology**
 - Health sport
 - Rehabilitation sport – using sport as the tool in rehab
 - Adapted physical activities
- **Variability in professional status**
 - Mostly coordinated by PTs
 - Not legal status of APA therapists, instructors, specialists...

Programme coordinators need to realistically assess the values, the benefits and the responsibilities of adapted physical activities within the multidisciplinary character of rehabilitation taking into consideration the patient's/ client's well-being both during and after the rehabilitation phase (EUSAPA, 2010)

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Inclusion model in APA



Health and Functional Skills



Improve accesibility





Improve quality of life



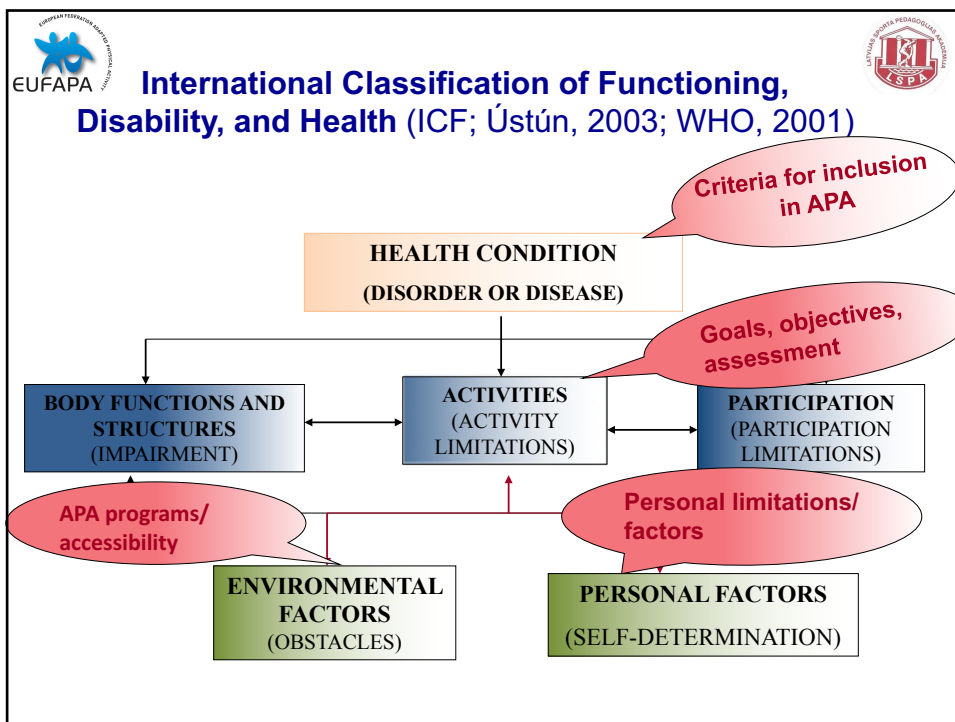
Accessibility





Participation



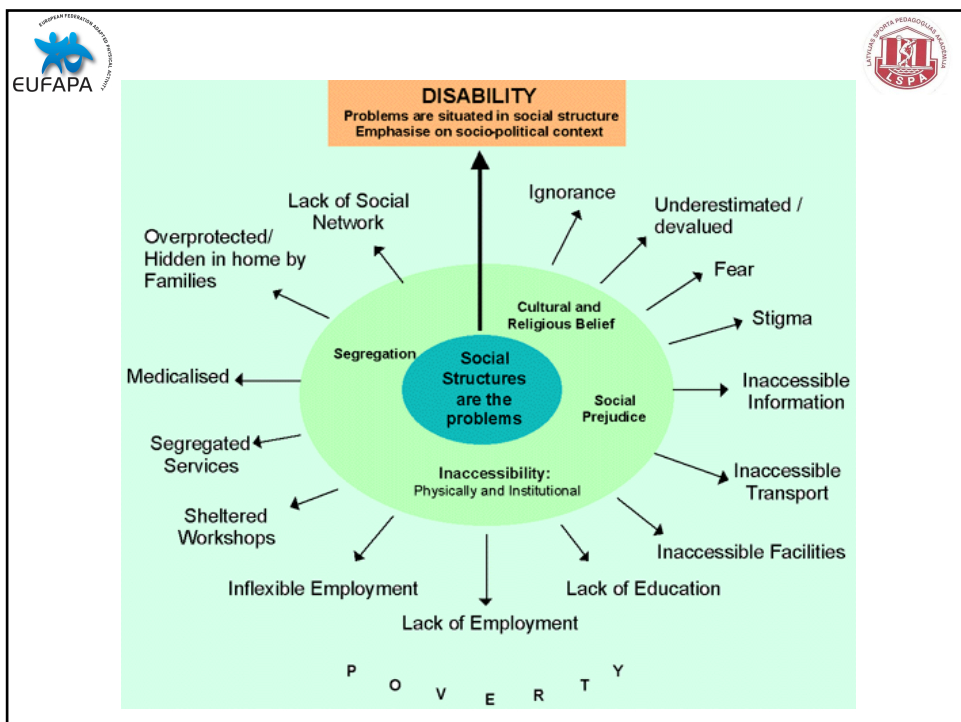
Life time participation

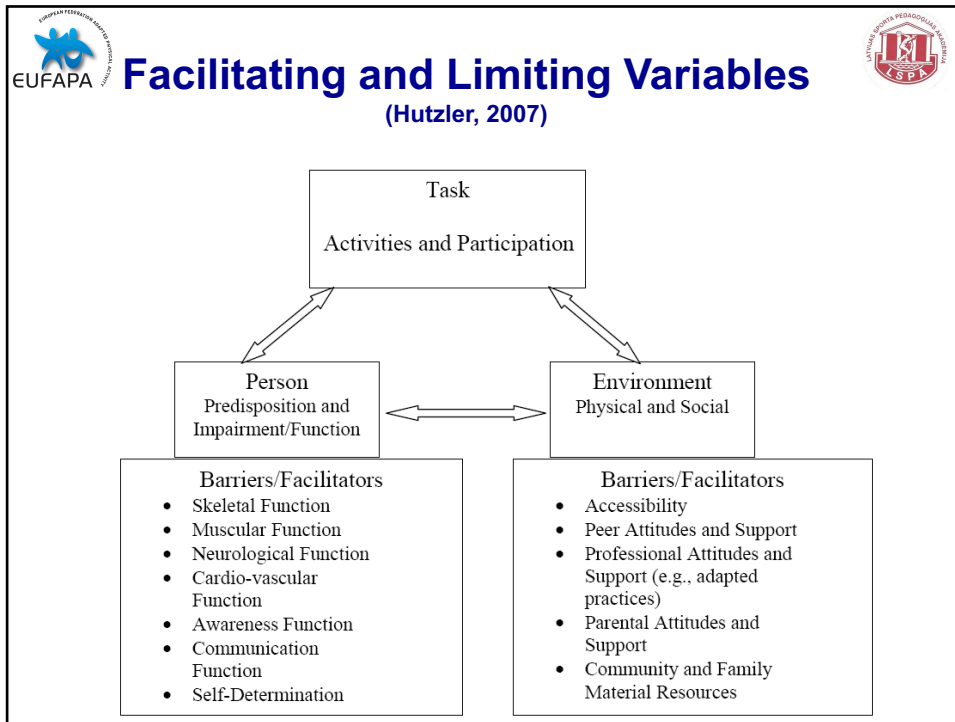


Example

- John is 42 and is employed as a computer specialist. He has a lower limb amputation. He uses a motorized wheelchair to get around locally, and drives an adapted car. He has a secondary health condition of Type 2 Diabetes.
 - The doctor (endocrinologist) defines John’s physical disability as an illness or deficit that prevents him from living a healthy life (**Medical Model of Disability**) and does not recommend the same interventions that he would for a person without disabilities like a diet and exercise program.
 - The physiotherapist applies functional muscle tests and defines John’s functional limitations restricting his participation in physical activities he would recommend for a person without disabilities (**Functional Model of Disability**).
 - The adapted physical activity specialist recommends a program of exercise as an intervention for his diabetes, but his local gym is not accessible for people with mobility issues. This creates a barrier for him to exercise regularly (**Social Model of Disability**).





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REVIEW


Benefits and barriers to physical activity for individuals with disabilities: a social-relational model of disability perspective

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Abstract
Purpose: To provide a qualitative overview of selected research on physical activity (PA) engagement by people with physical disabilities' from a social relational model perspective. *Method:* Selected articles that exemplify some of the paradoxes, nuances, contrasting perspectives and complexities of the knowledge base in this area are discussed within a disability studies framework. *Results:* PA is arguably more important for people with disabilities relative to people without disabilities although they are quite inactive. Individuals who are physically activity enjoy a range of benefits spanning physiological, emotional, cognitive and social categories. Unfortunately many people cannot enjoy the benefits of PA because of the many medical, psychological, social and environmental barriers they face making PA quite difficult. *Conclusions:* Rehabilitation professionals can provide a better standard of care to clients if they are aware of the benefits and barriers of PA.

Keywords
Adapted, disability, exercise, health, PA, social psychology, sport


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Benefits of Physical Activity (PA)



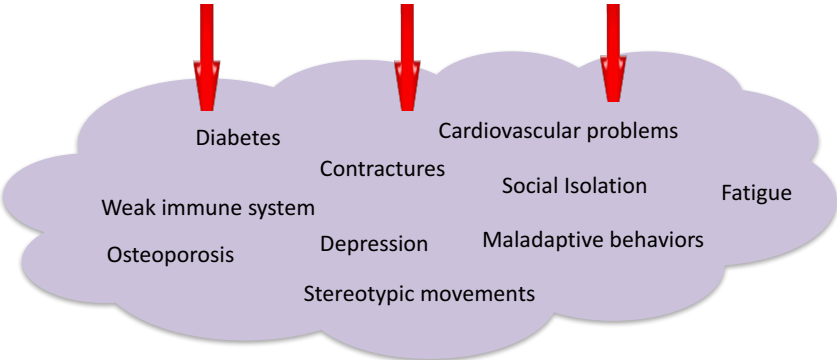
- Non-disabled individuals (n = 446) viewed physically active individuals with disabilities more favorably than non-active individuals. Exercisers were viewed as more friendly, self-reliant and persistent as well as healthier and more fit compared to non-exercising and control groups
Arbour, Latimer, Martin Ginis and Jung (2007)
- 3-year longitudinal study of over 1300 older (465 years) Taiwanese individuals, exercisers were less likely to become chronically (43 months) disabled compared to inactive people
Wu SC, Leu SY, Li CY (1999)
- 10 week water exercise swimming program (WESP) had positive impact on the aquatic skills and social behaviors of 16 boys with autism spectrum disorders (ASDs)
(Pan, 2010).

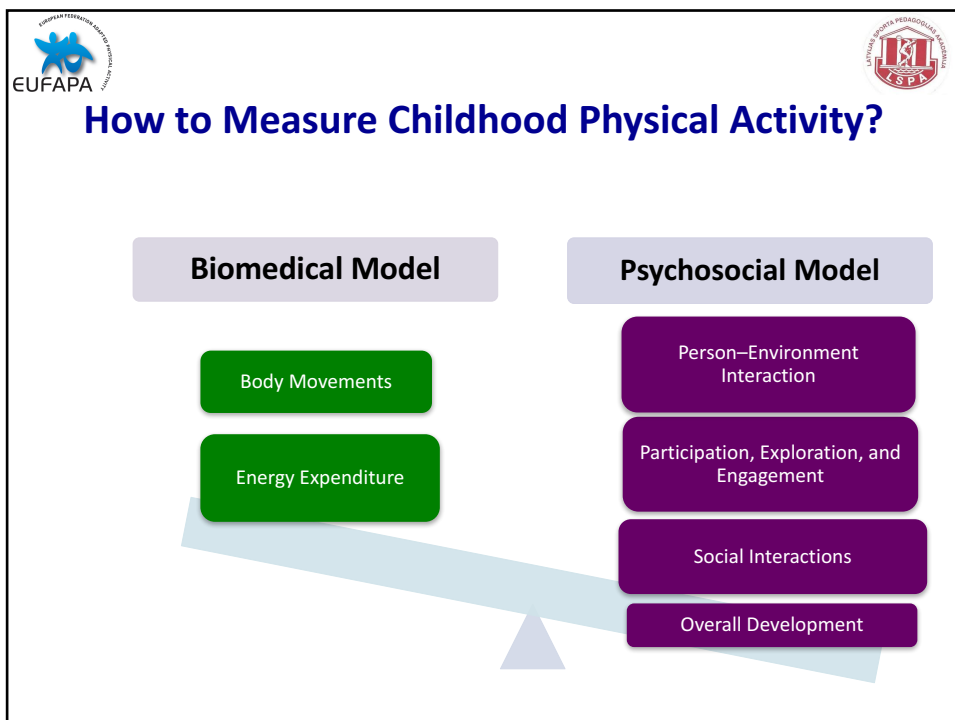
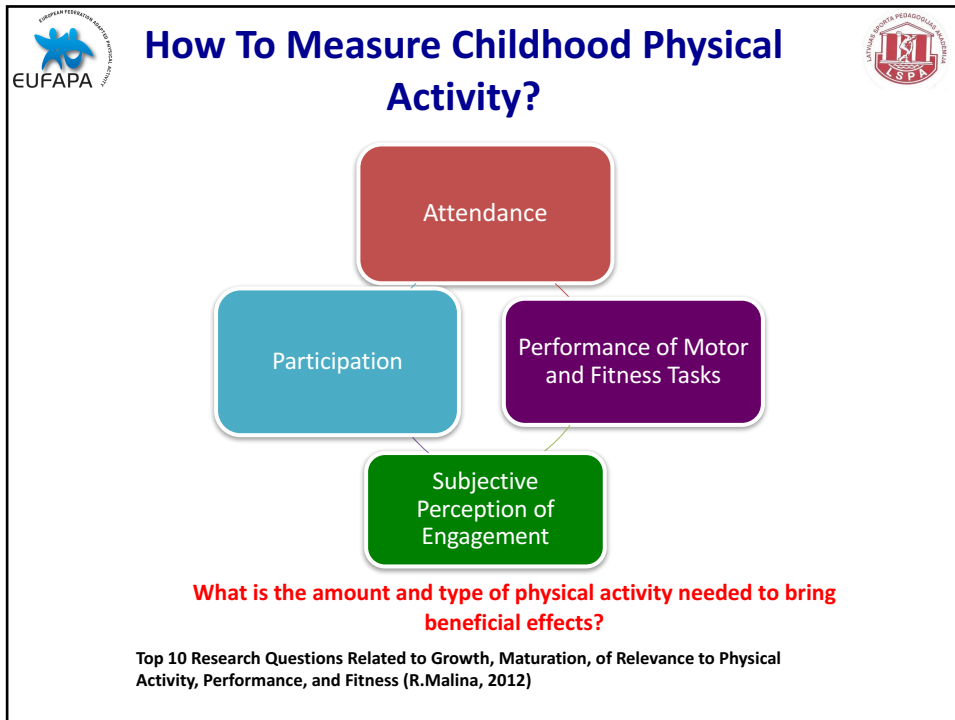


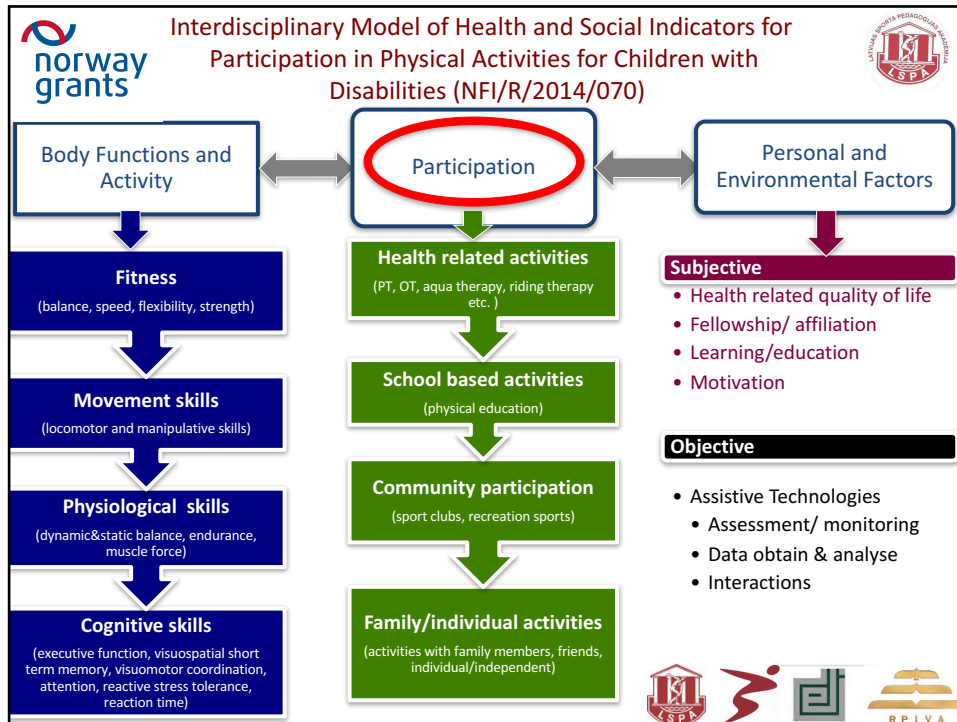
WHO Recommends 60 min Daily PA for Children



Engagement in moderate to high intensity PA during childhood promotes health and decreases risk for the development of secondary health conditions.







• *PA participation* in reference to “engagement in a physically demanding movement, sport, game, or recreational play that results in energy expenditure and perceptions of communal involvement”

Granlund M. Participation – challenges in conceptualization, measurement and intervention. Child Care Health Dev (2013) 39(4):470–3. doi:10.1111/ cch.12080

Coster W, Khentani MA. Measuring participation of children with disabilities: issues and challenges. Disabil Rehabil (2008) 30(8):639–48. doi:10.1080/09638280701400375

Logos for EUFAPA and ESPK are visible in the top left and right corners of the slide.





Health construct in participation..


- by Kang and colleagues (2013) *“For children who experience physical disabilities, optimal recreation and leisure participation as the quality of child–environment interactions reflected in individualized (objective and subjective) physical, social, and self-engagement outcome measures”*
- **cautions against** inferring *poor* health from observed *differences* in frequency and intensity of PA participation between disabled and non-disabled children, without consideration for quality of children’s experiences.



- functional deficits will inhibit disabled children from becoming “full” participants in community activities or sports teams.
- **additional qualifiers** are needed to describe and appropriately measure PA patterns as a health index across disabled and non-disabled children.

- Participation** is broadly conceptualized as “involvement in life situations” within psychology and disability related literature, but ambiguity surrounds the intended meaning of the term as a measurable index of health relative to being physically active.






PSYCHOSOCIAL MODEL





Questions!



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