

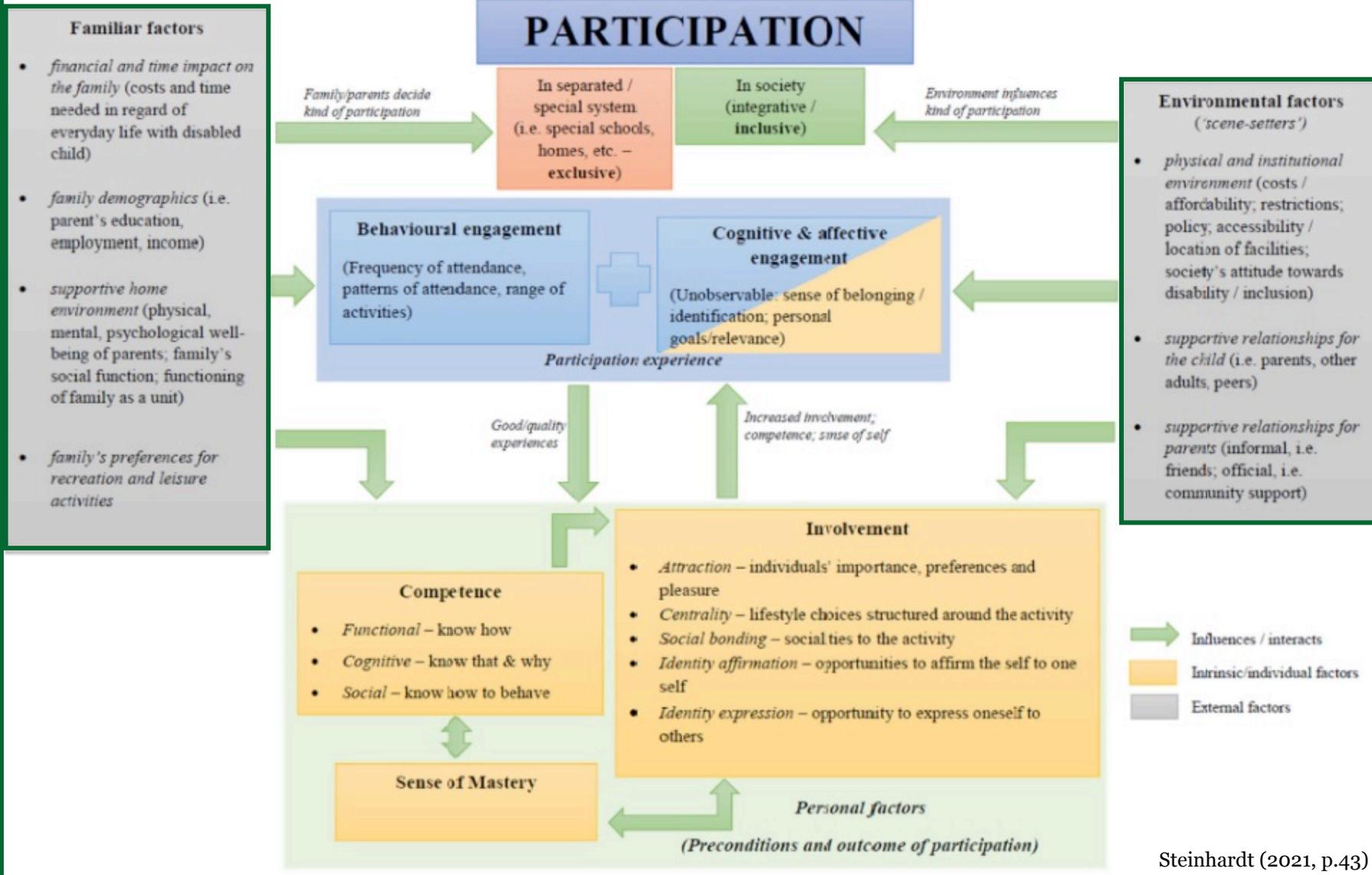
**Høgskolen
i Innlandet**



Picture: Beitostølen Helseprtsenter

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

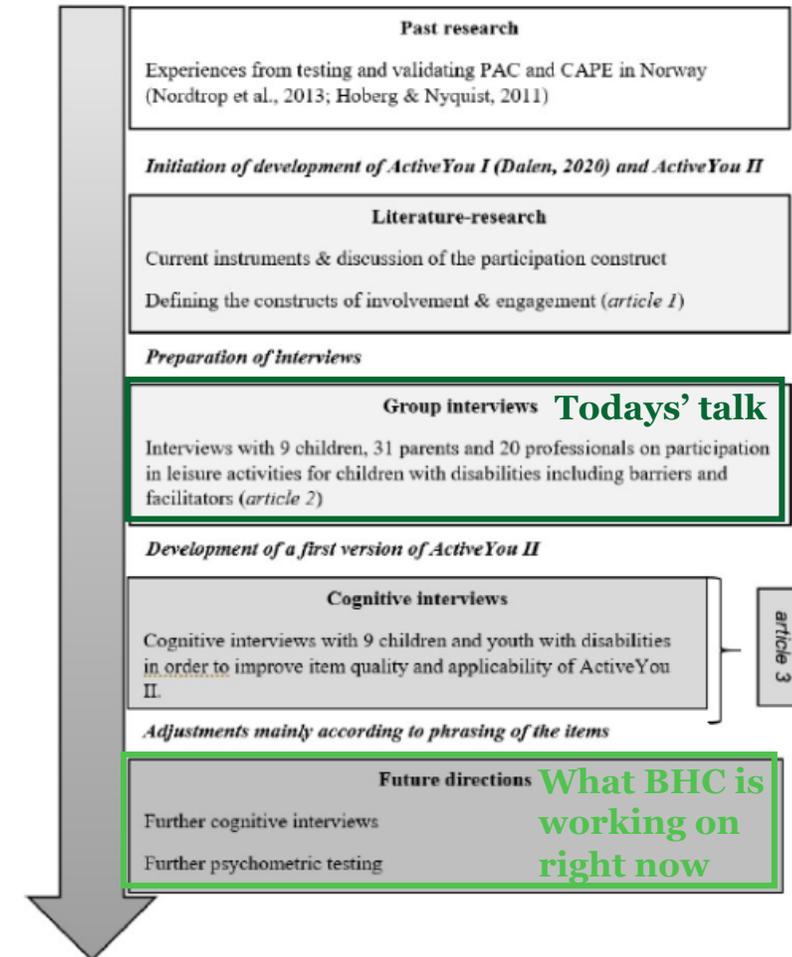
Friedolin Steinhardt – CAPA 2022



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

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

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

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

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

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

- 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 det utstyret jeg trenger
- Skilivelsen finnes der jeg bor
- Det er gratis å delta
- De voksne som er der hjelper meg



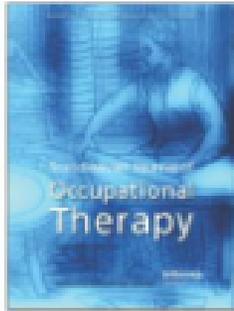
Være i basseng

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

You want more – read the paper...



Scandinavian Journal of Occupational Therapy



ISSN: 1103-8128 (Print) 1651-2014 (Online) Journal homepage: <https://www.tandfonline.com/loi/locc20>

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

Friedolin Steinhardt, Anna Ullenhag, Reidun Jahnsen & Anne-Stine Dolva

To cite this article: Friedolin Steinhardt, Anna Ullenhag, Reidun Jahnsen & Anne-Stine Dolva (2019): Perceived facilitators and barriers for participation in leisure activities in children with disabilities: perspectives of children, parents and professionals, *Scandinavian Journal of Occupational Therapy*, DOI: [10.1080/11038128.2019.1703037](https://doi.org/10.1080/11038128.2019.1703037)

To link to this article: <https://doi.org/10.1080/11038128.2019.1703037>



Thank you for your attention

Questions?



References

- Anaby, D., Hand, C., Bradley, L., DiRezze, B., Forhan, M., DiGiacomo, A., & Law, M. (2013). The effect of the environment on participation of children and youth with disabilities: a scoping review. *Disability and Rehabilitation*, 35(19), 1589-1598.
- Badia, M., Orgaz, B. M., Verduga, M. A., Ullan, A. M., & Martinez, M. M. (2011). Personal factors and perceived barriers to participation in leisure activities for young and adults with developmental disabilities. *Research in Developmental Disabilities*(32), 2055-2063.
- Barr, M., & Shields, N. (2011). Identifying the barriers and facilitators to participation in physical activity for children with Down syndrome. *Journal of Intellectual Disability Research*, 55(11), 1020-1033.
- Bedell, G., Coster, W., Law, M., Liljenquist, K., Kao, L.-C., Teplicky, R., . . . Khetani, M. A. (2013). Community Participation, Supports, and Barriers of School-Age Children With and Without Disabilities. *Physical Medicine and Rehabilitation*, 94(2), 315-323.
- Coster, W., Law, M., Bedell, G., Khetani, M., Cousins, M., & Teplicky, R. (2012). Development of the participation and environment measure for children and youth: conceptual basis. *Disability & Rehabilitation*, 34(3), 238-245.
- King, G., Law, M., King, S., Rosenbaum, P., Kertoy, M. K., & Young, N. L. (2003). A Conceptual Model of Factors Affecting the Recreation and Leisure Participation of Children with Disabilities. *Physical & Occupational Therapy in Pediatrics*, Vol 23 2002, pp. 63-88.
- Krieger, B., Piskur, B., Schulze, C., Jokobs, U., Beurskens, A., & Moser, A. (2018, August). *Supporting and hindering environments for participation of adolescents diagnosed with autism spectrum disorder: A scoping review*. Retrieved from PLoS ONE:
https://www.researchgate.net/publication/327290497_Supporting_and_hindering_environments_for_participation_of_adolescents_diagnosed_with_autism_spectrum_disorder_A_scoping_review
- Law, M., Petrenchik, T., King, G., & Hurley, P. (2007). Perceived Environmental Barriers to Recreational, Community, and School Participation for Children and Youth With Physical Disabilities. *Archives of Physical Medicine and Rehabilitation*, 88(12), 1636-1642.

References

- Mihaylov, S. I., Jarvis, S. N., Colver, A. F., & Beresford, B. (2004). Identification and description of environmental factors that influence participation of children with cerebral palsy. *Developmental Medicine & Child Neurology*(46), 299–304.
- Rimmer, J. H., Riley, B., Wang, E., Rauworth, A., & Jurkowski, J. (2004). Physical Activity Participation Among Persons with Disabilities Barriers and Facilitators. *American Journal of Preventive Medicine*, 26(5), 419-425.
- Shields, N., Synnot, A. J., & Barr, M. (2012). Perceived barriers and facilitators to physical activity for children with disability: a systematic review. *British Journal of Sports Medicine*(46), 989-997.
- Solish, A., Perry, A., & Minnes, P. (2010). Participation of Children with and without Disabilities in Social, Recreational and Leisure Activities. *Journal of Applied Research in Intellectual Disabilities*(23), 226-236.
- Steinhardt, F. (2021). 'How can i participate' *Development of ActiveYou II: Development of a new web-based, self-reported instrument to measure participation in physical leisure activities for children and youth with disabilities*. Inland Norway University of Applied Sciences.
- Steinhardt F, Ullenhag A, Jahnsen R, Dolva AS (2021). *Perceived facilitators and barriers for participation in leisure activities in children with disabilities: Perspectives of children, parents and professionals*. *Scand J Occup Ther*. 2021 Feb;28(2):121-135. doi: 10.1080/11038128.2019.1703037. Epub 2019 Dec 18. PMID: 31852318.
- Ullenhag, A., Bult, M. K., Nyquist, A., Ketelaar, M., Jahnsen, R., Krumlinde-Sundholm, L., . . . Granlund, M. (2012, October). An international comparison of patterns of participation in leisure activities for children with and without disabilities in Sweden, Norway and the Netherlands. *Developmental Neurorehabilitation*; 15(5), pp. 369-385.