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ADAPTING PHYSICAL ACTIVITIES FOR PEOPLE WITH DISABILITIES






HOW DO I DO IT?

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THE TEAM

DISABILITY AGENCIES


Lucy, SinFa, Josh, Pauline; Milparinka

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RMIT STUDENTS

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SESSION OUTLINE

- Creating A Sporting Chance
- Why do it?
 - The importance of physical activity
- Engaging people with disabilities in physical activity
 - Environment and communication
 - Equipment
 - Staff Support and Client attitude

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CREATING A SPORTING CHANCE

WHAT'S IT ALL ABOUT?

Video clip

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BEING ACTIVE PROMOTES

- Health and well-being
 - Physically Inactive Lifestyle Conditions
 - ✓ Obesity
 - ✓ Diabetes
 - ✓ Cardiovascular disease
 - ✓ Osteoporosis
 - Physical activity improves mental health
 - ✓ Reduces depression
 - ✓ Reduces anxiety
 - ✓ Increases self esteem



Marshall, McConkey, & Moore, 2003; Australian Institute of Health and Welfare, 2006

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BEING ACTIVE PROMOTES

- Greater social interaction
- Conversation
- Community Inclusion
- Self-esteem
- Happy families and happy staff



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ENGAGING PEOPLE WITH DISABILITIES IN PHYSICAL ACTIVITY

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ENGAGING PEOPLE WITH DISABILITIES IN ACTIVITY

- The Environment and Communication
 - You do not need a large space
 - You can do activity in almost any environment
 - Enthusiasm is essential to encourage participation



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ENGAGING PEOPLE WITH DISABILITIES IN ACTIVITY

LET'S SEE HOW IT CAN BE DONE

- *Bean Bag Shuffle*
- *Group discussion and feedback*
 - *How would you set up a similar physical activity in your environment?*
 - *What would be the best way for staff to encourage participation with your clients?*

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ENGAGING PEOPLE WITH DISABILITIES IN ACTIVITY

- **Equipment**
 - Minimal or no equipment is required = low cost
 - Adapt as required
 - Be creative



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ENGAGING PEOPLE WITH DISABILITIES IN ACTIVITY

LET'S SEE HOW IT CAN BE DONE

- *Station 1: Football*
- *Station 2: Follow the leader*

- *Group discussion and feedback*
 - *What's in your environment that you can use to promote physical activity?*

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ENGAGING PEOPLE WITH DISABILITIES IN ACTIVITY

- Staff support and client attitude
 - Staff enthusiasm is the key
 - Staff need to ACTIVELY encourage participation



- Staff need to be prepared to be ACTIVELY involved
- Familiarisation and variety with an activity is important

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ENGAGING PEOPLE WITH DISABILITIES IN ACTIVITY

LET'S SEE HOW IT CAN BE DONE

- *Station 1: Movement to music*
- *Station 2: Bucket Magic*
- *Parachute activity*
- *Group discussion and feedback*

➤ *How can you engage your clients in physical activity?*



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HOW DO WE DO IT?

- It's important to

- Judge the skill level of client's. How will we do it?
- Keep all activities fun. How will we do it?
- Be creative and adaptive with the resources. How will we do it?
- Have a variety of activities. How will we do it?

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