



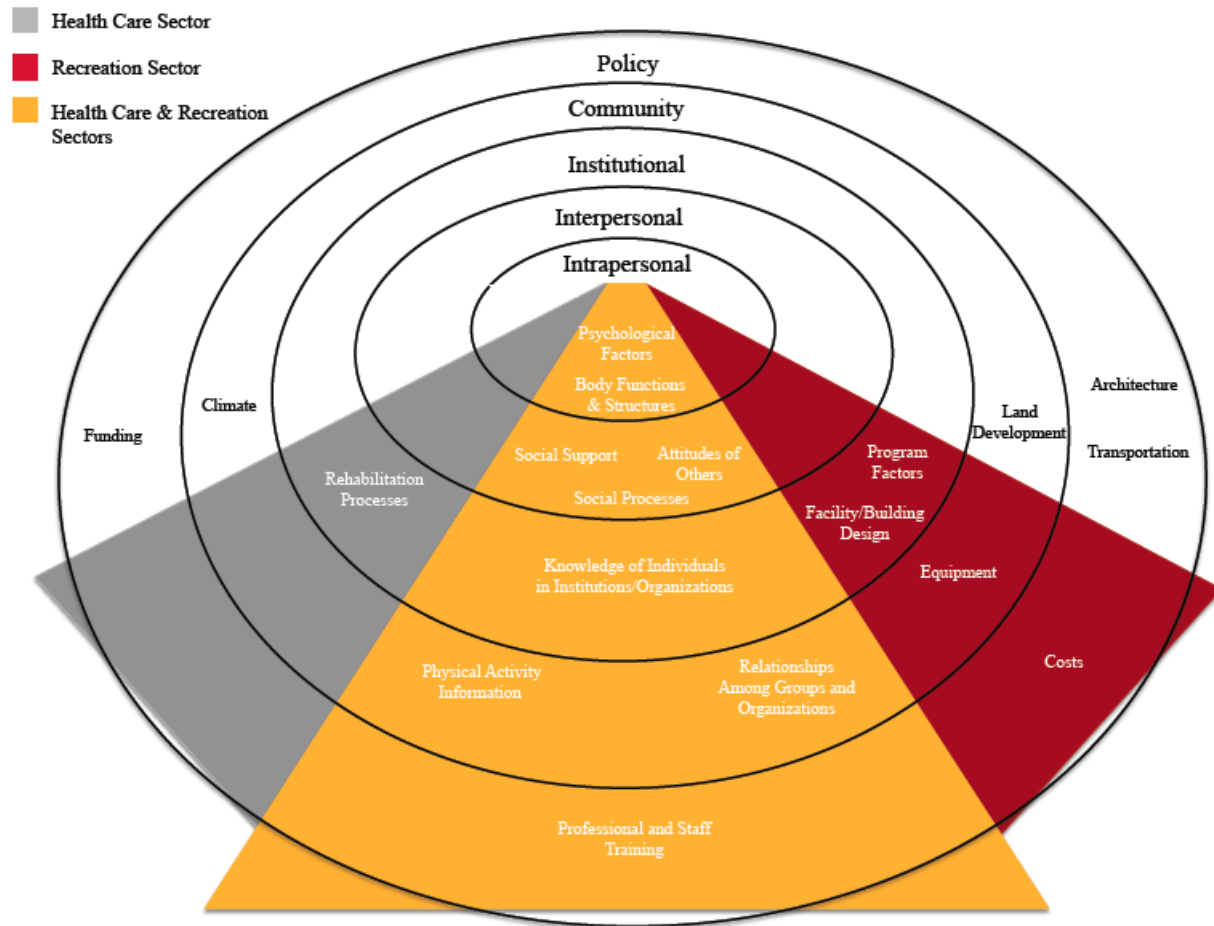
A blueprint for addressing barriers to physical activity participation for people with disabilities in the recreation and health care sectors

Purpose

Dozens of published papers cite factors related to leisure time physical activity (LTPA) participation among people with physical disabilities. In this review paper, we synthesized information from 22 review articles to create a blueprint and catalyst for researchers and practitioners to develop and deliver strategies to increase LTPA among persons with disabilities.

Summary---See Figure

- Scientists and practitioners in the health care and recreation sectors must establish inter-professional communication channels and work collaboratively to address barriers impeding LTPA participation among people with a disability
- Scientists must shift their focus from describing LTPA barriers and facilitators, to working collaboratively with practitioners to develop, test, and deliver strategies to increase LTPA participation
- Strategies should not focus only on people with disabilities (i.e., at the intrapersonal level) but should target each level (see figure) and the key stakeholders operating within those levels (e.g., peers, coaches, rehab specialists, program administrators)
- At the intrapersonal level, intervention development should focus on improving negative emotions, attitudes, and self-perceptions, and teaching behaviour-change strategies
- At the interpersonal, institutional, and community levels, intervention development must focus on improving societal attitudes toward LTAP for people with disabilities, enhancing practitioner knowledge, and building social networks to provide the informational and other LTPA supports required by people with disabilities
- At the institutional, community, and policy levels, interventions and organizational and public policies are needed to circumvent and alleviate transportation and financial cost barriers



Research Abstract

A systematic review of review articles addressing factors related to physical activity participation among children and adults with physical disabilities

Dozens of published papers cite factors related to leisure time physical activity (LTPA) participation among people with physical disabilities. Unfortunately, there has been little effort to synthesize this literature in a manner that is accessible and useful to the sectors (e.g., health care, recreation) responsible for LTPA promotion in disability populations. In this systematic review, over 200 factors were extracted from 22 review articles addressing barriers and facilitators to LTPA in children and adults with physical disabilities. Factors were grouped according to common themes, classified into five levels of a social ecological model, and coded according to whether they could be affected by the health care and/or recreation sectors. Findings are discussed with regard to key factors to target in LTPA-enhancing interventions, relevant theories and models in which to frame interventions, the levels at which the interventions can be implemented, and intervention priorities. The synthesis provides a blueprint and a catalyst for researchers and practitioners to shift focus from conducting studies

that merely describe LTPA barriers and facilitators, to developing and delivering strategies to increase LTPA among persons with physical disabilities.

Martin Ginis, K. A ., Ma, J. K., Latimer-Cheung, A. E., & Rimmer J. H. (2016). A systematic review of review articles addressing factors related to physical activity participation among children and adults with physical disabilities. *Health Psychology Review*, 5, 1-31.