

# A WORKSHOP TO ESTABLISH EVIDENCE-INFORMED RECOMMENDATIONS FOR DEVELOPING AND DISSEMINATING PHYSICAL ACTIVITY INFORMATION TARGETING PARENTS OF CHILDREN WITH DISABILITIES

## WORKSHOP REPORT

December 3 -4, 2019

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# PREFACE

## **Resource Purpose**

This report provides a comprehensive overview of the rationale and activities undertaken during the stakeholder workshop hosted December 3 & 4th, 2019 in Toronto, Canada. The report guides the reader through the process from draft recommendations to the resulting synthesized recommendations. Further, it provides insight into the next steps of the development process.

## **Role of Our Partners**

Our partners brought a wealth of expertise regarding the development and dissemination of physical activity information targeting parents of children with disabilities. During the workshop, our partners worked to impart their knowledge and experiences on sharing physical activity information from within their respective organizations. Further, we worked to create an action plan for implementation and evaluation of the recommendations over the longer term. Their efforts and contributions were invaluable to the advancements of this project.

## **Funding**

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# WORKSHOP RATIONALE

# 5%

Approximately 5% of Canadian children have an identified disability (e.g., developmental, sensory, cognitive, physical).

# 4.5x

Children with disabilities are 4.5 times more inactive than their peers without disabilities.

Parents of children with disabilities have called for improved targeted physical activity information that is relevant to children with disabilities.



In 2018, the WHO launched *More Active People for a Healthier World*, a global campaign focused on improved physical activity by the year 2030. As part of the various action areas, the WHO called on communities to remove barriers and create “opportunities for physical activity, active recreation and sports for people with disabilities and their carers.” It is important that stakeholders come together to create strategies for improved physical activity opportunities for children with disabilities.

One strategy for promoting physical activity among children with disabilities is through the development and dissemination of physical activity information and persuasive messages. Parents of children with disabilities face unique challenges and therefore required targeted physical activity information and messages that fit their specific needs. Using a workshop-style approach, we were able to engage with various organizations and professionals who develop and disseminate physical activity information for families of children with disabilities. The workshop provided an opportunity to facilitate the multidirectional flow and exchange of knowledge through discussions related to the promotion of physical activity for children with disabilities. Together, we began the process of creating evidence-informed **recommendations** for the development and dissemination of physical activity information and messages targeting parents of children with disabilities.



## GOAL:

Engage researchers and stakeholders in a collaborative effort to improve sport and physical activity information and messages for parents of children with disabilities.

### Specific objectives include:

1. Create **recommendations** for the development and dissemination of sport and physical activity information and messages for families of children with disabilities.
2. Develop effective **strategies** and an **action plan** for the dissemination, implementation and evaluation of these recommendations.

## WORKSHOP DETAILS:



December 3 & 4th, 2019  
Toronto, Ontario



Facilitated by: Dr. Rebecca Bassett-Gunter  
and Christa Costas-Bradstreet

### Attendees:

- Leading researchers in the area of physical activity and disability
- Student trainees
- Leaders in child physical activity promotion
- Leaders in physical activity delivery for children with disabilities
- Experts in knowledge mobilization
- Parents of children with disabilities

### Meeting Description:

#### Day 1:

- Review meeting objectives
- Review draft recommendations and supporting literature

#### Day 2:

- Discussions surrounding *content, clarity* and *feasibility* of recommendations.
- Exchanged ideas/ suggestions regarding *changes* that needed to be made to the recommendations
- Created an *action plan* for dissemination and implementation of recommendations.

### Meeting Outcomes:

Together, participants worked to establish **evidence-informed recommendations**, as well as an **action plan** for implementation and evaluation of the recommendations over the longer term.

The following page displays a flow diagram depicting the draft recommendations presented on **Day 1**, changes based on **Day 2** discussions, and additional modifications following the review of workshop notes and consultations with the research team.

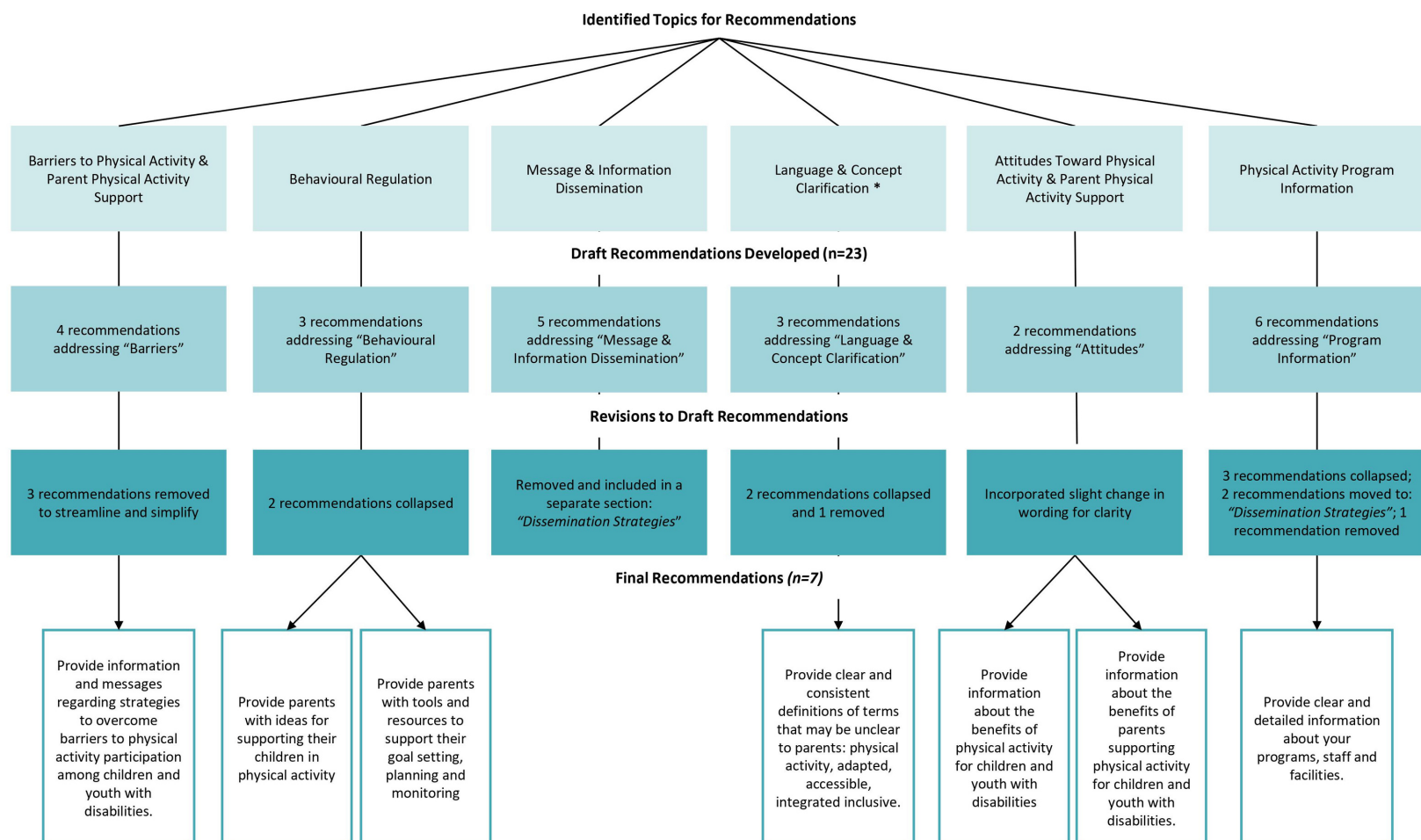
# RECOMMENDATIONS

The diagram below outlines the progress from the **draft** recommendations to **final** recommendations.

Based upon the review of the literature, the research team presented **23** draft recommendations to the workshop participants. The draft recommendations were organized into **6** categories that reflected needs of physical activity organizations and parents of children with disabilities.

During the workshop, the original draft recommendations were discussed, revised, and edited.

The result of the workshop were **7 final recommendations** which can be found on the next page.



\* Identified as highest priority during the meeting

# RECOMMENDATIONS

The following 7 recommendations are the result of synthesizing all meeting material. These 7 recommendations are intended to help organizations in their efforts to **promote** physical activity among children with disabilities through **sharing information** with parents.



## Language & Definitions

1. Provide clear and consistent definitions of terms that may be unclear to parents: *physical activity*, *adapted*, *accessible*, *integrated*, and *inclusive*.



## Physical Activity Program Information

2. Provide clear and detailed information about your programs, staff and facilities.



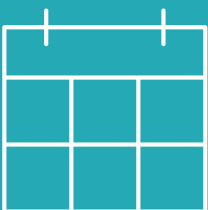
## Barriers to Physical Activity and Parent Physical Activity Support

3. Provide information and messages regarding strategies to overcome barriers to physical activity participation among children and youth with disabilities.



## Attitudes Toward Physical Activity and Parent Physical Activity Support

4. Provide information about the benefits of physical activity for children and youth with disabilities.
5. Provide information about the benefits of parents supporting physical activity for children and youth with disabilities.

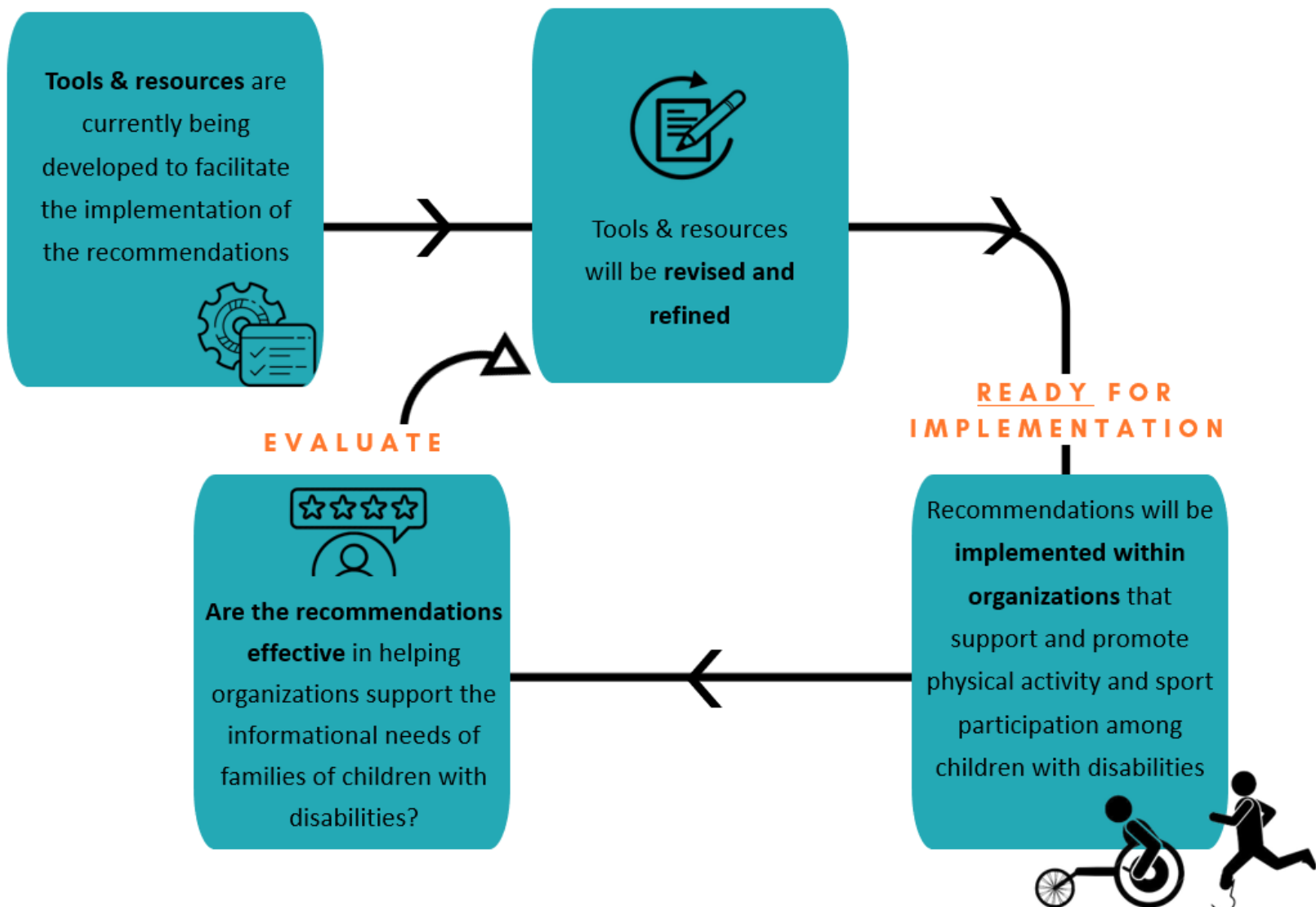


## Behavioural-Regulation

6. Provide parents with tools and resources to support their goal setting, planning and monitoring.
7. Provide parents with ideas for supporting their children in physical activity.

## NEXT STEPS

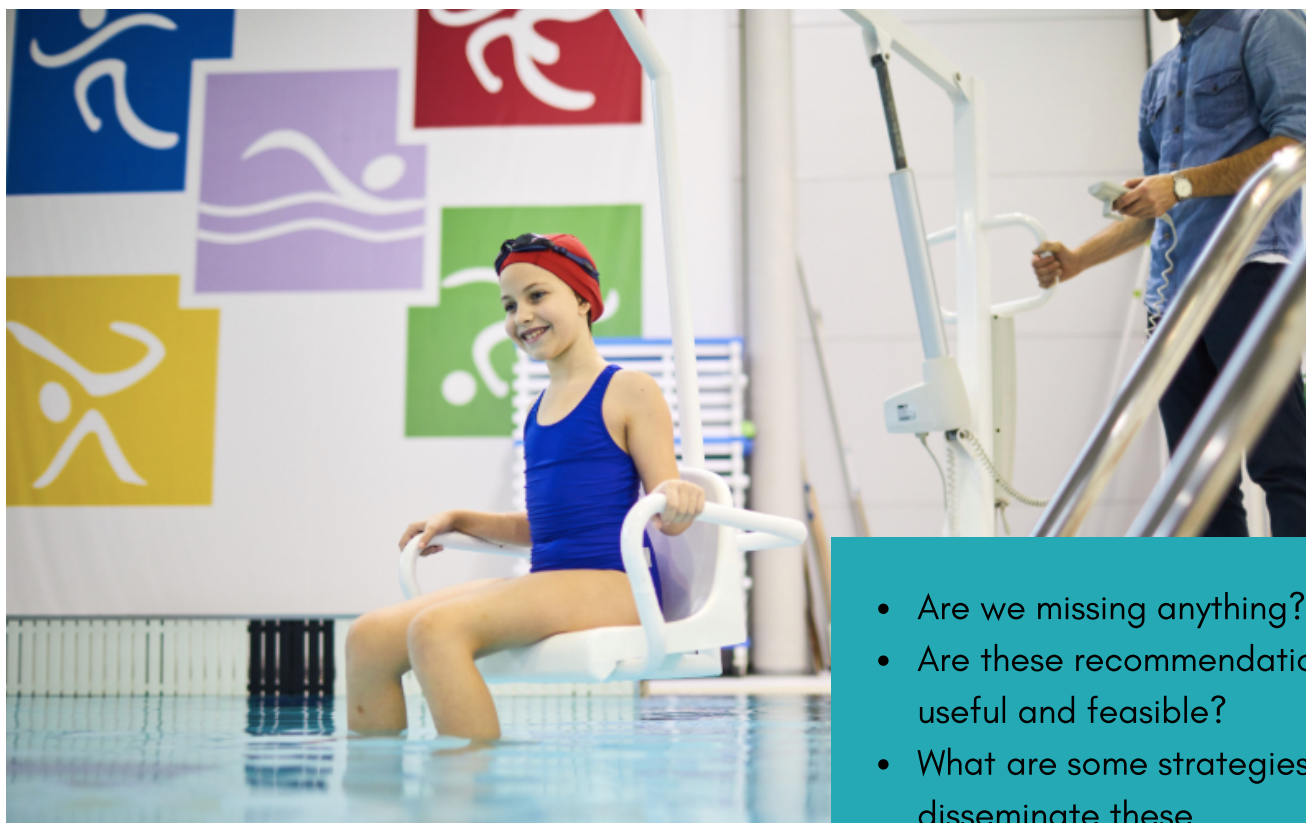
The workshop was just the beginning! The research team has created a systematic approach for the development of a toolkit containing the recommendations so that we can better support and promote physical activity participation among children with disabilities. The infographic below outlines how we will move through our next steps.



# WE NEED YOUR HELP!

## COMPLEMENTARY TOOLKIT

The research team is currently in the process of developing a toolkit for physical activity organizations and professionals. The toolkit will detail the recommendations, as well as include strategies and resources to support each specific recommendation. Importantly, the toolkit will also assist organizations by providing them with various action plans related to the dissemination of physical activity information and messages specific to parents of children with disabilities.



- Are we missing anything?
- Are these recommendations useful and feasible?
- What are some strategies to disseminate these recommendations to organizations?

Please contact us if you have **ideas to share** or would like **more information**.

Please see contact information below.

# THANK YOU!



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