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Rubrik

Participation in physical activity for people with disabilities: feasibility and effects of physical activity on prescription

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Abstract

Bakgrund och syfte (600 tecken)

Introduction: People with disabilities experience challenges to reach physical activity recommendations. Physical activity on prescription (PAP) is a well-established method to enhance physical activity in adults. The Swedish PAP has been chosen as best practice by the European Commission and the WHO. In children with cerebral palsy, PAP has shown to increase participation in physical activity. It is important to study PAP when applied on a broader group of patients. The aim is to study feasibility and effects of PAP in physically inactive persons with autism, intellectual and physical disabilities.

Metod (600 tecken)

Patients and Methods: In total 80 children and adults will participate in PAP; 60 children aged 8-17 years with autism, intellectual and physical disability, and 20 adults with disabilities. PAP consists of individual consultation, tailored physical activity with a written prescription and individualised follow-up. Data about individual goals, physical activity and quality of life will be collected at 3 months prior to the intervention, just before the intervention starts, and at 3, 6, 12 and 24 months after the intervention. Data on cost- effectiveness and feasibility will also be collected.

Resultat och konklusion

Results and conclusion: The findings are expected to show feasibility, effects and cost-effectiveness of PAP on participation in physical activity for people with different disabilities across the life span.