

IN THIS ISSUE

- Special Olympics Invitational Youth Games
- **Play Finds a Way:** Jumpstart's initiative and our research behind it
- **The Ability Toolkit:** What is it and how can I use it?
- Highlights from our second **Family Advisory Committee meeting**
- **Seeking youth:** We want to hear your stories!



2019 SPECIAL OLYMPICS INVITATIONAL YOUTH GAMES

Uniting the World

The 2019 Special Olympics Ontario Invitational Youth Games took place in Toronto from May 14th to May 17th. The Youth Games welcomed 2,000 international youth athletes, and hosted unified and traditional teams in five sports: athletics, basketball, bocce, floor hockey, and soccer.

The CDPP Family-Focused Team were involved at the Youth Games as both volunteers and researchers! Led by Dr. Kelly Arbour-Nicitopoulos, we explored the experiences of athletes participating in the games. We will share more on our research in an upcoming newsletter.

Congratulations to all athletes who took part in the games!



Ready, set, shoot!*



Team huddle before a unified basketball game.*



Krystn Orr (above) and Ritu Sharma (below) conducting surveys with athletes.*



Dr. Rebecca Bassett-Gunter's graduate students volunteered at the games.

*Photos taken by Seyran Mammadov

Ability Insights

JUMPSTART'S INCLUSIVE PLAYGROUND PROJECT AND OUR SUPPORTING RESEARCH

Canadian Tire's Jumpstart Charities has undertaken a mission to create accessible playgrounds across Canada! Rooted in principles of universal design, Jumpstart's goal is to create a new standard of inclusivity by creating accessible spaces where children of all abilities can enjoy play together. At least one playground will be built in every province and territory. Some playgrounds are already open!



Double-wide ramps allow for wheelchairs to roll side-by-side and give enough room to change direction.



Bucket seats provide additional support for children who need trunk support while swinging.



Roller slides provide a tactile and auditory experience. For kids with cochlear implants, it eliminates static.



Quiet zones are available for kids with sensory challenges to create a calming environment.



Jumpstart
Bon départ

Play Finds A Way™

**PLAYGROUNDS
OPENING
SPRING 2019**

Calgary, AB
Toronto, ON
Prince Albert, SK

**PLAYGROUNDS
OPEN AS OF
FALL 2018**

Charlottetown, PE
Winnipeg, MB

THE RESEARCH: It is critical to design these playgrounds through an evidence-informed approach. Our CDPD researchers are undertaking an evaluation of these playgrounds to make sure they are implemented through a "design-for-disability" lens. This research will involve the following steps:

Explore how Jumpstart playgrounds are experienced by:
(1) children with and without disabilities,
(2) parents/caregivers,
(3) rehabilitation & education professionals.



Evaluate the impact of the playgrounds on outdoor play and quality of participation among families of children with disabilities.



Use the evidence gathered and lessons learned from the Jumpstart program to inform playground design guidelines for future accessible playground initiatives.



THE ABILITY TOOLKIT:

A RESOURCE FOR PARENTS OF CHILDREN AND YOUTH WITH A DISABILITY

We are excited to share with you *The Ability Toolkit!* This evidence-informed resource is parent-centred and provides variations that can be made to the Canadian 24-Hour Movement Guidelines for the unique movement patterns of children and youth of all abilities.

The Ability Toolkit was created with parent input and support from organizations such as the CDPP, the Canadian Society for Exercise Physiology, ParticipACTION, Healthy Active Living and Obesity Research Centre, Canucks Autism, and the Active Living Alliance for Canadians with a Disability.

For the full version, visit: <https://cdpp.ca/resources-and-publications/ability-toolkit>

What are the 24 Hour Movement Guidelines?

For optimal health benefits, children and youth aged 5 to 17 years) should aim for:

SWEAT

MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week.

STEP

LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities.

SLEEP

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for children aged 5-13 years and 8-10 hours of sleep per night for youth aged 14 - 17 years, with consistent bed and wake up times.

SIT

SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time; Limit inactive sitting for extended periods.

How can my child SWEAT?

- "SWEAT" represents activities that require physical effort, and that make your child feel tired and breathe harder than usual. Actual sweating is not required.
- Examples include: Playing sports, dancing, swimming, cycling, martial arts.

How can my child STEP?

- "STEP" refers to light physical activity. Movement of any body part counts! Actual stepping is not required.
- Examples include: Slow walking, household chores, yoga, easy wheeling.

How can I adapt the guidelines for my child?

- Just play! Physical activity doesn't have to mean playing sports or going to a gym.
- Seated positions are not always sedentary. For example, wheelchair basketball counts as physical activity.
- Walking and wheeling are a great source of physical activity.
- Your child doesn't have to do all their movement at once - even short movement breaks are great!
- Many activities can be slightly changed to allow for participation across a wide range of abilities!
- It may be helpful to use adapted equipment to meet unique ability needs.

A Newsletter to Promote Active Lifestyles for Kids with Disabilities

HIGHLIGHTS FROM OUR 2ND FAMILY ADVISORY COMMITTEE MEETING

The focus of this meeting was on building inclusive and accessible play spaces. Parents made recommendations on what they think is important.

Accessibility can't be an afterthought! Families must be consulted when planning and designing accessible playgrounds to make sure they are **safe and inclusive**. Often times, important needs are not met because there is no consultation process. This has to change!

Integrating **trained playground leaders within the play space** may be a way to teach kids the skills to **facilitate more play opportunities**. For example, teaching kids how to play games with others.

The surrounding area has to be accessible too! One parent spoke to the challenges of getting to the playground (e.g., uneven surfaces).

Parents are looking for flexible, easy, & low cost play spaces.

Parents want to see their kids play and **be engaged**.

We're looking to grow our Family Advisory Committee! We encourage **parents and youth** who want to **share their thoughts and ideas** about what matters to them when it comes to physical activity research for kids with disabilities to get involved! If you're interested in becoming a member of the CDPP Family Advisory Committee, please contact Dr. Jennifer Leo at jennifer.leo@ualberta.ca.

YOUTH SPOTLIGHT. If you are a child or youth with a disability, we would love to share your physical activity related experiences (good or not so good). Of course, we can make sure you remain anonymous and that no identifying information is included. If you'd like to share an experience in an upcoming newsletter, please contact Ritu Sharma at ri.sharma@mail.utoronto.ca.

Participate in Research. If you are a child or young person with a disability, or a parent of a child or youth with a disability, consider participating in our research. Please contact Ritu Sharma at ri.sharma@mail.utoronto.ca.

LOOKING FORWARD...

Here's a quick look at the upcoming priorities of the CDPP Family-Focused Sport and Exercise Team:

- Managing the stress of going back to school and staying active
- Plan to Move: Equipping kids with the tools to get active
- Preliminary findings from our research on Jumpstart's playgrounds
- Follow the Canadian Disability Participation Project on Twitter @CanDisParPro for updates on the latest in disability research, policy, and initiatives.