



Supporting Disabled People to Get Active

Training for the Social Care Sector

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What is physical activity?

Benefits of physical activity

Working with barriers and challenges

How to have conversations about physical activity

Personalisation and physical activity

Making plans and setting goals

Using personal budgets to get active

How to find physical activity opportunities

Agenda for today



Introduction to Get Yourself Active

A programme run by Disability Rights UK and funded by Sport England.

Disabled people are found to be one of the most inactive groups in society, and we know that more needs to be done to understand the barriers that disabled people face with accessing physical activity.

We work alongside disabled people and disabled people's user led organisations to **lead change** in the social care, social work, health and sport sectors, in order to **improve health and wellbeing outcomes** for disabled people and help them to **get active in a way that is right for them.**

Why are we delivering this training?



- We know that carers and support workers are essential and trusted messengers to those who they support
- If the care workforce (paid and unpaid) understand more about the importance of physical activity and what is on offer then they will be better placed to support Disabled people to lead a more active life.
- This project, led by the Get Yourself Active programme at Disability Rights UK, aims to develop resources and training to improve the knowledge and confidence of individuals so that they can better support disabled people to be active.

What do you think of when you hear the words 'physical activity'?





When I started yoga, it helped me quite a bit
It gave me an opportunity to work positive thinking

A short video on being active

Move More

- ❖ Moving our bodies more in any way we are able to
- ❖ Does not have to be mean running marathons or training at the gym every day!
- ❖ Important for everyone – you and the people you support.
- ❖ However, Disabled people face more barriers when it comes to accessing physical activity.

How do the people you support keep active?





Benefits of physical activity



but for me, when you find something that you really do love so much,
nothing else really matters.

Benefits of physical activity – Video with Evie

What do you think are some of the benefits of physical activity, for both you and the people you support?



Social benefits



Having fun with friends



Meeting new people



Feeling part of the
community



Reducing loneliness

Physical benefits



Improve your sleep



Enhance your co-ordination



Strengthen your balance



Maintain a healthy weight



Reduce risks of developing long term conditions

Mental health benefits

- ❖ Reduce stress
- ❖ Manage anxiety
- ❖ Improve your self-esteem
- ❖ Reduce the risk of depression

Para boxing





Working with barriers and challenges

Working with barriers and challenges

- ❖ The majority of disabled people want to be more active but are prevented by the barriers they face in society.
- ❖ Only 47% of disabled people or those with a long term health condition are active compared to 67% of those without (Sport England Active Lives, 2020)
- ❖ It is essential that the social care workforce can promote physical activity, but also important that we work together with other sectors to overcome barriers.



Below are some experiences of barriers that disabled people have faced when trying to get more active:

I can't afford to join local activities – they are too expensive!

My local gym isn't accessible to me. There isn't even a way for me to get into the swimming pool unassisted.

I used to get humiliated during sports – 80 people laughing at me because I can't see the shuttlecock in the air – that is not a nice feeling when you are 11 or 12 – it knocks more than confidence. That has always stuck with me.

I want to be involved in hearing groups but I am wary because of the communication difficulties. It puts me off even trying.

I don't know which activities are suitable for me. In fact, I don't even know where to begin looking!

The first time I went to my local gym, it was like they had never seen someone in a wheelchair before and didn't know how to act. They saw me as a wheelchair rather than a person.

What are some common barriers the people you support face?

How can you find solutions to these barriers?





How to have conversations about physical activity

How to have conversations about physical activity

Conversations are key to supporting people to be more active.

It can be difficult to know where to start, especially when sometimes people may not be interested in physical activity or not feel like it is for them.

Have you had any conversations with the people you support about getting active? How did they go?



Starting the conversation

- ❖ Ask - Ask people about how they normally spend their time
- ❖ Listen - Find out what matters to them
- ❖ Learn - Explain to people why being active is important



Starting the conversation

❖ Explore

- ❖ Collaborate – Ask if they would like to set goals around being active. They might want to do this or they might not. Remember to think about what matters to and motivates them.
- ❖ Plan - When discussing and agreeing goals remember to be realistic and fully explore what options are available to the person.

Motivational interviewing techniques

What can help you is by remembering the world 'Rule'

R

Resist telling people what to do:
Avoid telling, directing or convincing.

U

Understand a person's motivation:
Understand their values, needs, motivations and potential barriers to changing behaviours.

L

Listen with empathy

E

Empower people: Work to set achievable goals and to identify techniques to overcome barriers

Motivational interviewing techniques

- ❖ Active listening
- ❖ Open questions
- ❖ Summarising
- ❖ Scale questions

On your tables

Think about a person you support or have supported in the past.

How would you start a conversation with them about getting active?

How could you set goals and plan activity into their every day activities?



Personalisation and physical activity

Personalisation and physical activity

- ❖ Personalisation' is about people having choice and control over their lives. This means a person should receive support that is tailored to their individual needs, wishes, and goals.
- ❖ Understanding individual interests and abilities, previous successful physical activity experiences and personal beliefs and expectations can all be helpful when trying to find suitable activities.
- ❖ A regular physical activity habit can help to increase confidence and independence as well as reduce loneliness and isolation. These outcomes all make a crucial contribution to creating independence and self-efficacy.

I would like to make new friends

Joining a local group at a sports centre, or going on an arranged group walk, can be a great way to meet new people.

I want to improve my communication skills

Taking part in a team sport can help to improve an individual's ability to communicate as they work together with others.

I want to better manage my pain relief

Moving more frequently can often help people to manage their pain, and may help to reduce chronic pain.

I want to do something I enjoy

If you find a physical activity you enjoy doing, it can help you to stay active in the longer term. It can also give you something to do in your spare time and help to give you a purpose/sense of worth.

Can you think of how getting active can help the people you support with achieving other outcomes in their lives?



Making plans and setting goals

Making plans and setting goals

- ❖ Work with the person you support to set some goals using a personalised approach
- ❖ This could be included as part of a person's support plan
- ❖ How, when and where a person will get active
- ❖ Focusing on what someone want to do a bit more of, or less of, each day can make a difference. Make sure it's something that interests them!



Points to remember

1. Think about how the person you support normally spends their day - What is most important to them? What do they enjoy?
2. Think about whether they would benefit from support?
3. Remember to let them go at their own pace, a good balance is what is important.
4. Set achievable and meaningful goals, be realistic and acknowledge there may be steps back, as well as forwards.
5. Set a plan for any new physical activity, to ensure it is realistic, motivates them, and provides a sense of achievement.
6. Be kind - small steps over time gradually become big leaps.



Using personal budgets to get active

Using personal budgets to get active

- ❖ Personal budgets are an agreed amount of money that is allocated to the individual by the local council.
- ❖ The individual has control of the money to buy their own care and support. It should enable individuals to achieve the outcomes stated in their personalised care and support plan.
- ❖ Physical activity can meet a number of outcomes including; increased fitness, increased confidence, connections with the community and more importantly, having fun.
- ❖ Personal budgets could be used in various ways, such as paying for the activity itself or asking support workers for support.



What are 2 or 3 key pieces of learning you will be taking away from this training session today?



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