

Finding a hobby and getting physically active with help of Personal Adapted Physical Activity Instructor (PAPAI)



The goal of the Valtti-programme is to help children and young people with special needs to find a physical hobby with help of a personal adapted physical activity instructor (PAPAI). The PAPAIs are volunteers or students who get study credits by working as their client's hobby friend, instructor, support person and consultant.

Results

Over 500 children and youth aged 6-23 received their own PAPAI in 2016-2017. Almost half of them found a hobby, and half of them reported increase in one's physical activity level^{1,2}.

The TOP10 hobbies were swimming, soccer, bowling, workout, basketball, equestrian, martial arts, floorball, dance and gymnastics^{1,2}. Main reasons for not finding a hobby were lack of

transportation, assistant and suitable activity⁶. The success elements are listening the voice of the participant when choosing the try-outs (*My opinion was asked*), feelings of success (*I found out that I can*) and experiencing joy during the try-out (*I had fun*)^{1,2,5}.

For the students (feedback form, n=201 in 2016³ and n=192 in 2017⁴), the programme was a positive learning experience, with 87% reporting that they had learned useful things for their future career, and 85% said that they would recommend becoming a PAPAI to their fellow students³. Two out of three were studying physiotherapy and the majority were women^{3,4}. In 2016 there were over 60 municipalities and 36 different sports involved⁵. Find your own club -website⁶ was launched in 2017 to make finding hobby options easier for PAPAIs.

The PAPAI-model was piloted by the Finnish Sports Association of Persons with Disabilities (VAU) as part of the European Union funded SEDY-project (2015-2017). Since 2017 the Finnish Valtti-programme has been funded by the Ministry of Education and Culture.

More information:
<https://www.vammaisurheilu.fi/ajankohtaista/valtti/in-english>



Table 1. The Valtti process

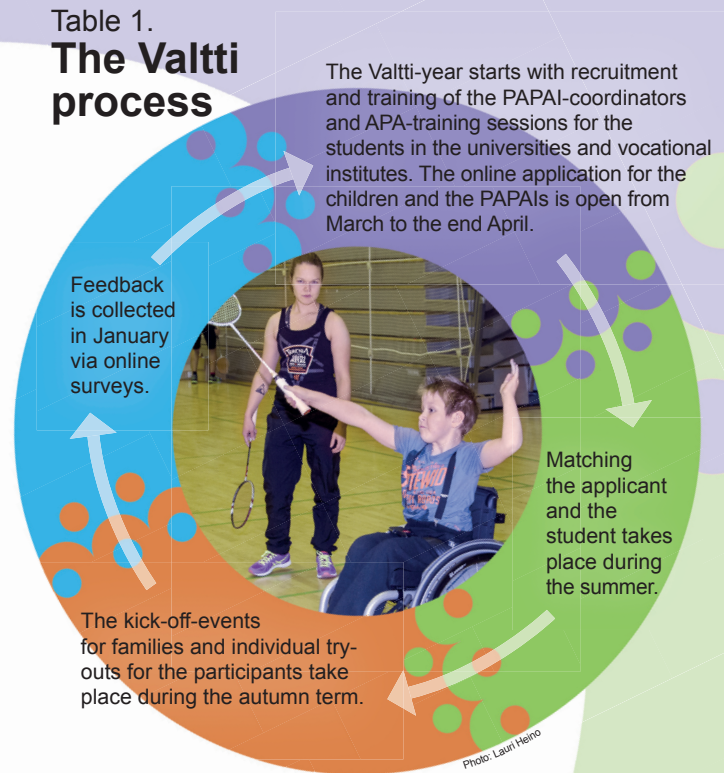


Table 2. Children and youth in the Valtti-programme 2016-2017

	2016 ¹	2017 ²
Applicants via web	367	350
Active participants in the program (found a PAPAI)	237	268
Submitted feedback form	155 (65%)	151 (57%)
Male	106 (68%)	102 (68%)
Female	49 (32%)	49 (32%)
Mean age	12,2	11,9
Found a hobby, currently active participant	83 (54%)	55 (35%)
Not yet participant, but found an idea of a hobby	not asked	61 (41%)
Self-reported increase of PA (yes: some, lot)	92 (58%)	65 (43%)
Counted try-outs	565	568

References

1 Skantz, H. 2017. Valtti-ohjelmaa lisää erityistä tukea tarvitsevien lasten ja nuorten fyysisestä aktiivisuudesta ja liikunnan harrastamisesta. Fysioterapian pro gradu -tutkielma Liikuntatieteellinen tiedekunta Jyväskylän yliopisto. [The PAPAI programme increased physical activity and sport participation in children and adolescents with disabilities. Faculty of Sport and Health Sciences, University of Jyväskylä, Master's thesis]

2 Karppinen, J. 2018. Valtti-ohjelman tulokset ja vaikutus erityislasten ja -nuorten fyysisen aktiivisuuteen ja liikuntaharrastukseen löytyneeseen vuosina 2016-2017. Fysioterapian opinnoitelytö, Laurea AMK (in print). [The results and effects of the PAPAI programme (Personal Adapted Physical Activity Instructor) on the physical activity of children and youth with special needs and on finding a sport

hobby in 2016-2017. Laurea University of Applied Sciences, Degree Programme in Physical Therapy, Bachelor's Thesis]

3 Saari, A. Valtti-pääläite, yhteenveto 2016 [Feedback summary from the students, 2016]

4 Saari, A. Valtti-pääläite, yhteenveto 2017 [Feedback summary from the students, 2017]

5 Saari & Skantz 2017. Lisääntykö liike, löytykö harrastus?

Valtti-ohjelman pilottivaiheen raportti. Suomen Vammaisurheilu ja -liikunta VAU [Increasing physical activity and finding a hobby. Report from Valtti-programme pilotphase. Finnish Sports Association of Persons with Disabilities.]

6 Suomen Vammaisurheilu ja -liikunta VAU ry. Löydä oma seura -palvelu [Find your own club -website] <https://www.vammaisurheilu.fi/palvelut/loydä-oma-seura> (7.6.2018)