



Erasmus+  
Collaborative Partnerships

## **Bridging the gap between sport demand and supply with the PAPAI-model**

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# VAU is a national umbrella for disability sports - reaching towards inclusion



# Children and youth with disabilities face various obstacles at different levels to becoming and staying physically active.

I don't have access to sports facilities, nor assistance or transport.

*There are not equipment that I can use in sports.*

The accessible toilet was locked and nobody bothered to open it.

I don't know what sports are available or close to my home.

My family is not comfortable with sports, so they don't have time to take me to do sports.

Sports is not suitable for my disability

*No-one has asked what i'm interested in*

*What if I'm not good enough?*



# PAPAI-programme

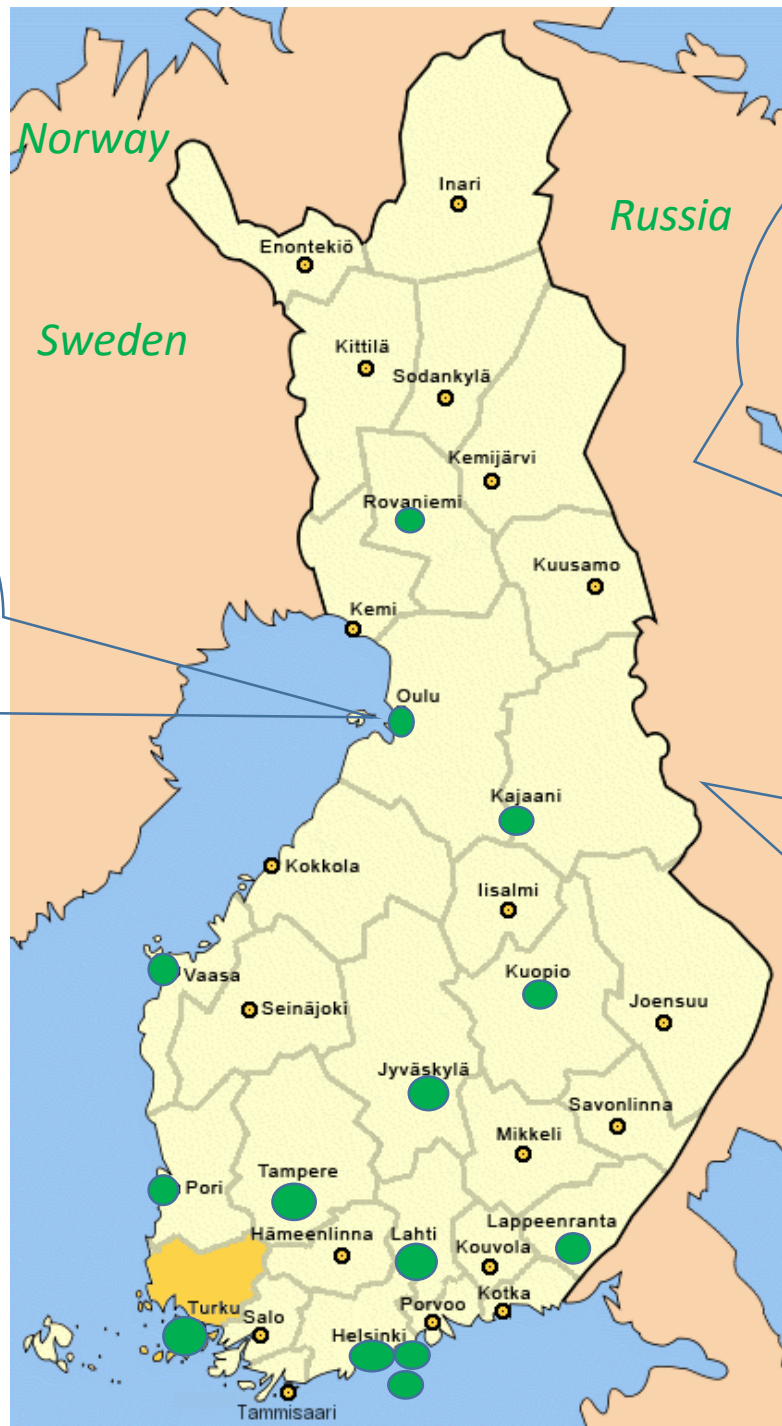


- to solve the "question and demand"-problem with help of personal instruction (PAPAI)
  - *Did you find a hobby?*
- to add leisure time physical activity (LTPA) into the lives of young people with disabilities
  - *Compared to earlier, how active are you now?*

# PAPAI-pilot in Finland 2016

**1.**

15 PAPAI-coordinators to serve as problem solvers in key locations.



**2.**

Co-operation with 19 universities and institutes of sports, pedagogy, therapy & recreation. Students committed to work as PAPAI's to receive credits and to get experience in APA & disability sports.

**3.**

Web-based application forms. Students and young persons with disabilities are made PAPAI pairs.

## 4. In Autumn:

**First contact  
and  
interview**

1

Get to know each other,  
background, interests,  
resources, goals.

**Hobby-try-  
out-plan**

2

Opportunities (special vs.  
mainstream) of LTPA.  
Group vs. individual  
activities.

**Experimental  
period**

3

Min 4 (2) try-outs,  
feedback, photos.

**Final meeting**

4

Did we find a hobby?  
Did we meet the goals?  
Recommendations for  
the future. Diploma.

# Näkövammaisen Aleksanderin ensimmäinen liikuntakokemus parkour-radalla – pilottihanke tukee vammaisliikuntaa

Aleksander Jakonen pääsi kokemaan liikuntaelämyksen parkour-radalla.

| urheilu 17.9.2016 klo 20:34 | päivitetty 17.9.2016 klo 21:19



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Heikkinen  
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# PAPAI research 2016

## Participants, data gathering before and after

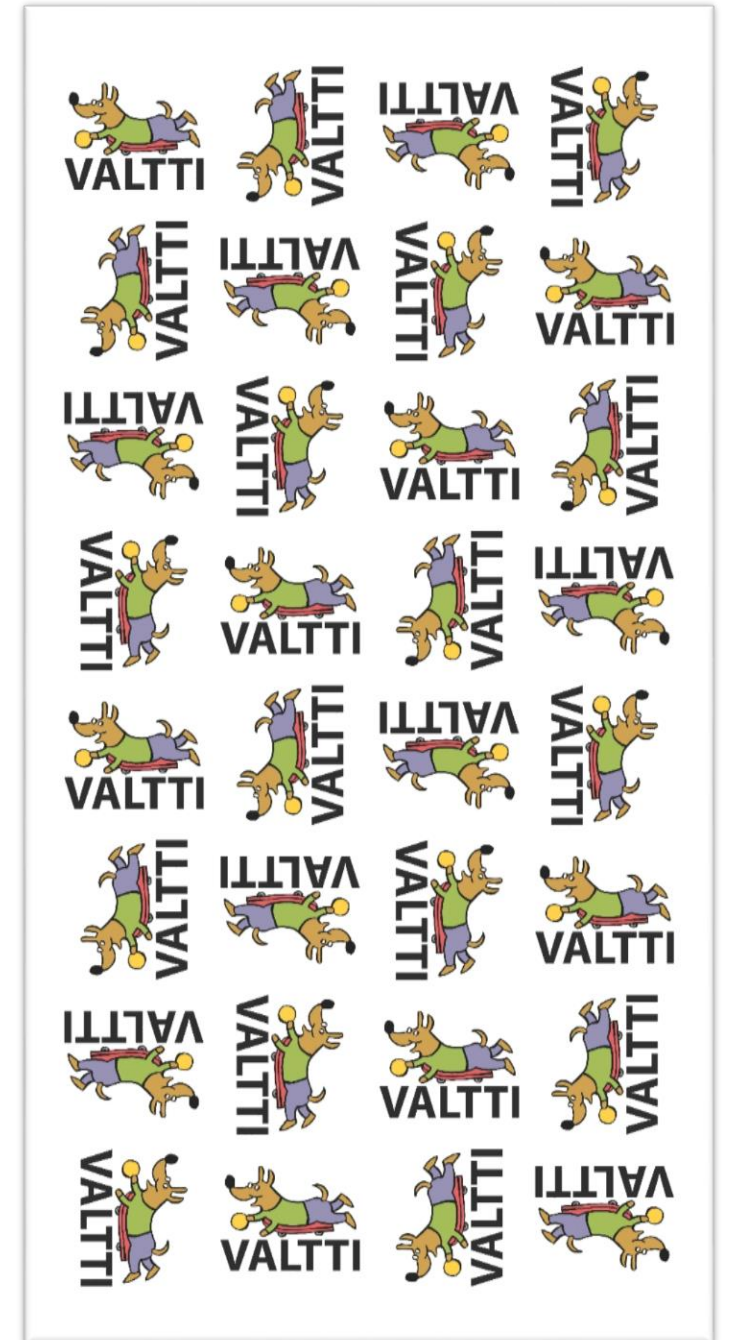
- 367 applicants/284 received a PAPAI.
- 237 children finished the try-out -phase/ 155 answered the final survey.

## PAPAIs

- 250 PAPAIs/ 201 answered the feedback survey

## Co-operation

+ feedback from PAPAI-coordinators (15),  
municipal instructors (13) and university teachers  
(16).





# Did we reach the SEDY-target?

children and youth with disabilities, age 6-23 yrs

**Background variables****All applicants (n=367) n (%)**

<b>Sex, boys</b>	247 (67.3)
<b>Age (sd)</b>	11.8 (3.8)
<b>Finnish speakers</b>	339 (92.4)
<b>Functional difficulty</b>	
<b>Seeing</b>	99 (27.0)
<b>Hearing</b>	41 (11.2)
<b>Mobility</b>	178 (48.5)
<b>Concentration</b>	294 (80.1)
<b>Self care</b>	292 (79.6)
<b>Communication</b>	252 (68.7)
<b>Medication</b>	159 (43.8)
<b>Assistive device</b>	101 (27.7)
<b>Need for personal assistant</b>	308 (85.1)
<b>Participation PE (almost always/always)</b>	297 (91.4)
<b>Have some therapy</b>	255 (69.7)
<b>Has some hobby</b>	233 (63.5)
<b>Regular physical activity</b>	
<b>Average</b>	95 (25.9)
<b>Heavy</b>	53 (14.4)

# 155 participants: Did they find a hobby?

- 54 % found a hobby (n=83).
- 565 try outs/37 different sports.
- Most successful sports were combat sports (17 %), dance (10 %), multisport clubs (8 %), basketball (8 %), equestrian (8 %), swimming (7 %), going to the gym (7 %).

# Did they increase physical activity?

## **Increase in daily PA (medium or heavy intensity)**

- At application phase 22,6% was physically active.
- After experiments 34,8% was physically active.

## **Increase in PA levels (a lot or some)**

- 61,4 % report increase in PA levels.

# 6 biggest facilitators and hindrances to sports participation

## **Found a hobby (54% n=83)**

- I noticed that I can do the sports, I had influence on the selection of sports, doing sports is fun, I had feelings of success, I was able to participate after school, there was a good coach.

## **Not found a hobby (n=72)**

- I can't go to the sports by myself, I don't have an assistant or support person to accompany me to the sports, I don't have a friend to go with, I don't have transportation to go to sports, lack of suitable (adapted) sports group, lack of nice group where I could start my hobby.

## Ossi Lukkarinen, Lahti



*“...through the programme, we found this basketball group in Lahti, Unified, which is exactly tailored for children and young people like Ossi. He is still highly active in the basketball group to this day. The Valtti programme really was **an eye-opening experience** for our whole family, because we realized how well Ossi can cope in different groups and social scenes. And the fact that you can actually find groups like these for your child, is really great”.*

Osku Miettinen, Helsinki

*The Savate Club in Konala was a bull's eye.*

*“ Now we have a boxer boy. This was a great programme. It made possible for Osku to start **a hobby that we would never even imagine** for him.”*



## Aaro & wheelchair basketball (Tampere)



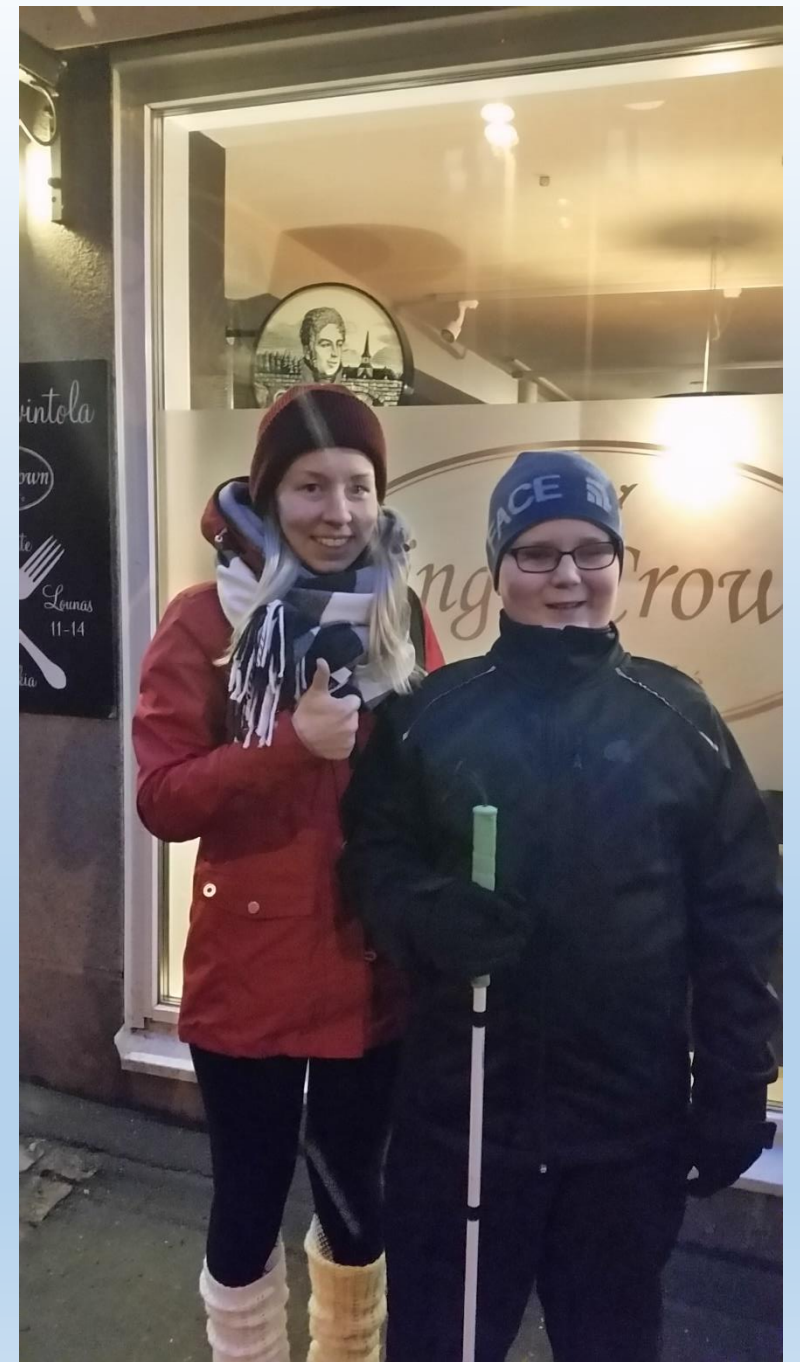


## Elias Mönkkönen, Kuopio



*“Elias has changed a lot. He is more active now and there is energy for other physical activities as well. For a young lad of his age it is **important to do things with someone else than your parents or little sister.**”*

PAPAI-programme @SEDYproject 29.11.2017



## Venla Tuominen, Hollola



*“Bruises don't really scare Venla anymore. The rest of the family is, of course, still sort of terrified when she falls down or something, but then **you just have to take a step back, and let her enjoy herself.** Even Venla's support person said that it's so great to see that Venla's shoes are sometimes a little muddy nowadays, or that her jeans are slightly worn out, because it's a clear sign that a child is living a healthy, active childhood.”*

Read more about Venla <http://www.vammaisurheilu.fi/ajankohtaista/valtti/valtti-stories>

**155 families:**

54% found a hobby.  
61% increased LTPA.

**16 /(19) teachers:**

Learning goals were met.  
Good co-operation model btw university, VAU & local community.

**5 x win-win**

**201 (∞ 250) PAPAI's:**

87 % have learned useful profesional skills. 85 % would recommend the program to fellow students.

**13/(46) municipal APA-instructors:**

Good way of marketing and developing sporting opportunities and reaching this target group.

**More demand, more participants with disability: Sport clubs are moving towards inclusion.**

# What's next in Finland?

**2017: 357 applicants/250 started/20 universities/ 300 PAPAIs/ 15 coordinators**

## **New 2017**

- Find your club - service launched
- Kick-off events in 13 cities
- PAPAIs working in pairs
- New cities (Mikkeli Joensuu, Seinäjoki)

## **Still struggling...**

- More girls?
- Countryside, rural equality?
- Municipality involvement
- Commitment of universities, PAPAIs and families

## **& challenges**

- Rural differences
- Follow-up of sport clubs
- Collecting long-term effects and results
- Financing & sustainability

# Reflections from PAPA-light in the Netherlands, Portugal and Lithuania

- NED: 19 participants/30 PAPAIs/ 2 coordinators.  
→ 12 (63 %) found a hobby.
- POR: 13 participants/11 PAPAIs/ 3 coordinators.  
→ 5 (50%) found a hobby.
- LIT: focus in offer (more opportunities)/2 PAPAIs/ 2 coordinators.

Future:

→ In the Netherlands NOC\*NSF is keen to support the programme.

## *“Same size does not fit all”*

- What is inclusion?
- Multi-sector approaches to promote LTPA.
- Co-operation btw health & recreation professionals.
- Respecting the voice and involvement of persons with disabilities at all levels and stages.

## Resources

Saari & Skantz (2016) The PAPAI-handbook, in English

<http://www.hva.nl/kc-bsv/gedeelde-content/contentgroep/sedy-project/results/development-of-pilots/development-of-pilots.html>

Saari & Skantz (2017). Was there more physical activity, did we find hobbies ? [final report, in Finnish]

<http://www.vammaisurheilu.fi/images/tiedostot/ladattavat-tiedostot/valttiraportti2017.pdf>

Skantz, H. 2017. The effects of PAPAI-programme on self-reported physical activity and sport participation in children and adolescents with disabilities. Faculty of Sport and Health Sciences, University of Jyväskylä, Master's thesis. (finnish)

Kejkstra, A. 2017. Report on the outcomes per pilot. The SEDY-project (non-published).

VAU 2017. Valtti-programme website. <https://www.vammaisurheilu.fi/ajankohtaista/valtti>

*Kiitos*

*Thank you*



**Sport  
Empowers  
Disabled  
Youth**



**VAU** Finnish Sports  
Association of  
Persons with Disabilities



Erasmus+  
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**Photos:** PAPAIs' reports, Vesa Sydänmaa & VAU