Adapted Physical Activity in Nordic countries

NORDIC CONFERENCE IN ADAPTED PHYSICAL ACTIVITY AND DISABILITY SPORT
AUGUST 19–21, 2015
Pajulahti Sport Institute, Finland
The Swedish Network of Adapted Physical Activity (SNAFA)

Development

• SNAFA was formed in 1997 during a meeting in Halmstad University. Conferences and workshops have been held all over Sweden.

• Today, the Network includes more than 400 PE teachers, physiotherapists, PT instructors, specialists and researchers, recreation officers among others.
• SNAFA is a member of EUFAPA and IFAPA.

• SNAFA has its office at Halmstad University.
Organisationsschema SNAFA

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Aim

• Our aim is to promote increased knowledge and understanding of adapted physical activity for our target group of children and young people with disabilities. We support scientific research and the development of new methods for teaching and training in this area. Equally important is our work for further education and experience sharing as well as collaboration within a Nordic context.
The Network idea is built on:

• Interest and commitment in working with children and young people who have a disability.

• Collaboration – collecting and disseminating knowledge.

• Societal benefits – providing strength and solidarity by means of activities and interaction with society / the community.

• Collaboration between different centres of knowledge, universities and university colleges.

• Diversity in activities directed towards children and young people with disabilities.
Public Health Agency of Sweden
The health and well-being of children and adolescents with disabilities, 2012.

• A questionnaire was sent out to the parents of a randomized sample of 3,200 children aged between 2 and 17 years old in Sweden. 1,461 parents answered the questionnaire; representing a response rate of 46%.

• Living conditions showed that children with disabilities live with only one parent to a greater extent than children without disabilities.
• Children with disabilities are generally as physically active as children without disabilities.

• Children with predominantly neuropsychiatric disorders are less physically active; however, children with primarily physical disabilities are more physically active than children without disabilities.

• Children with disabilities are less happy in school and are more exposed to bullying than children without disabilities. A very large part of society's collective illness includes people with disabilities.
• The proportion of those with disabilities increases with age. However, in the age group of 16-29 year-olds, more than one out of ten also have a disability. This leads to the conclusion that more than one fifth of the Swedish population between the ages of 16 and 84, or approx. 1.5 million people, have a disability. Between the ages of 16 to 64, this figure is almost 1.1 million.
• A very large part of society’s collective illness exists among people with disabilities. Illness was, almost throughout, largest amongst persons with motor disabilities.

• A large part of illness amongst persons with disabilities is related to known determinants such as: a lack of influence, financial insecurity, discrimination and a lack of availability, i.e. handicapping processes or factors that reduce quality of life.
• This means that health can be improved for persons with disabilities by: increasing social participation, decreasing obesity and increasing physical activity, improving the financial conditions and decreasing negative treatment, or discrimination.
The Swedish Education System

- University and university colleges
- Higher Vocational Education
- Folk high school
- Supplementary education
- Individuals with learning disabilities
- Swedish tuition for immigrants
- Municipal adult education
- Education for adults with intellectual impairment
- Skolverket

Other pedagogical activities:
- Preschool
- Preschool class
- Leisure-time centers
- Compulsory school
- Special school
- The Sami School
- Children with learning disabilities

Compulsory School
The Swedish National Agency for Education.
Special support in primary schools, revised 2011.

• The National Agency's view is that students' difficulties are both associated with the individual student's abilities and the general school environment as well as the requirements expected.

• The review has shown that the working methods have changed and that the proportion of individual work including at home has increased. The research also suggests that this approach provides less teaching time for the students and places special demands on the students to work independently and their ability to plan themselves.
The National Agency for Special Needs Education and Schools, SPSM

• The mission is to ensure that all children and students with disabilities have access to an equal education and other activities of good quality in a safe environment.

• This is done through special education, teaching in special schools, available teaching materials and state subsidies.
Center for Sport Research

• Center for Sports Research (CIF) aims to initiate, coordinate, support and provide information about research in the field of sport as well as being responsible for monitoring the government's support for sport. CIF will also create opportunities for collaboration between researchers at universities and others engaged in the field.
The revenues of the CIF 2010-2014 in thousands. Currency: Swedish kronor (SEK)

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Average grant size per project in thousands. Currency: Swedish kronor (SEK)

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För barnets bästa

EN ANTOLOGI OM IDROT
UR ETT BARNRÄTTSPERSPEKTIV

IDROTTS FORSKNING

Lycka i samband med handicappedrottstävlingar på Stadion

Ph D Lars Kristén Halmstad University
The Swedish Sports Confederation (RF)

- The Swedish Sports Confederation is a regular consultative partner of the government as well as collaborating with government departments and ministries.

- One of the Swedish Sports Confederation’s overriding tasks is that of providing strategic leadership for Swedish sport concerning matters of finance, organization and communications. The Swedish Sports Confederation also initiates and supports interdisciplinary research in medicine, physiology, sociology, technique and the behavioural sciences.
Parasport Sweden in Swedish Sports

**The Swedish Government** allocates a sum of money to sports in clubs and associations. The money is handed to the Swedish Sports Confederation.

**The Swedish Sports Confederation** is governed by its 71 member sports associations/federations and is responsible for allocating governmental funds to them. Parasport Sweden is a member. Sports are done in non-governmental volunteer based organisations.

**Parasport Sweden** is an umbrella organisation for 19 sports for people with impairments and is also the Swedish Paralympic Committee and the national body for Special Olympics.

**Sports**
- For all
  - 19 Sports
  - 20,000 members
  - 21 districts
  - 500 + sports clubs

**Sports for people with intellectual disabilities**
- 10 sports in Parasport Sweden
- 7 sports in other federations

**Elite sports**
- 13 sports in Parasport Sweden
- 12 sports in other sports federations
Approx. how much does your state and public sports administration allocate this year to adapted physical activities in euros?

- Parasport Sweden receives circa 1.6 MEURO for sports for people with impairments. In addition, Parasport Sweden receives circa 1.2 MEURO for Paralympic preparations.

- In addition, Parasport is organized in some 27 other sports federations receiving government funding. In this funding, it is not specified how much should be devoted to parasport.
Approximately how many participants do you think there are nowadays in organized A.P.A-activities (excluding adapted physical education in schools, which is mandatory)?

• In Parasport Sweden, we are some 20,000 members. We do not have any statistics for how many members there are in the other sports federations with activities for people with impairments.
How many sports organizations for disabled persons or for chronical illnesses do receive state aid for their activities?

• Parasport Sweden is the only organization in Sweden devoted only to sports for people with impairments that receives governmental funding. However, there are activities in 27 more sports federations.
Which have been the biggest changes during the past one to two years in A.P.A at national level? Strategic developments in integration or inclusion?

- Manual Physical activity in the prevention and treatment of disease (FYSS) - an example of new support tools for health care professionals at the recommendation of physical activity.

- Individualized written schedule of regular physical activity (PaP) – an example of a changed view of adapted physical activity. Large scientific evidence that scheduled, regular physical activity in many cases is a quite good alternative to medication.
• Inclusion of Para Sport in the regular sports movement.
• "Hälsoappar" make their entry in physical activity and can help to increase the understanding of adapted physical activity.
Summary of SNAFA's strategy for the years 2015-2018.

• To establish the concept of APA in education, healthcare, sports movement and leisure.
• To raise awareness in the 4 areas.
• To establish the concept of APA learning outcomes in teacher education.

• To serve as a national reference to the relevant agencies and community stakeholders in the 4 areas.
• To be an important actor that highlights physical activity for society's desire for both participation and inclusion.
• To establish a development project on the APA with key societal actors.

• To establish cooperation with Nordic actors within APA and contribute to a well-developed international network.

• To implement the municipalities plans regarding accessibility including APA perspectives.

• To contribute to the accumulated knowledge and easily accessible information about APA been made visible.

• To contribute to the individual's influence strengthened in the above paragraphs.
• Thank you for your attention!