Single Parents' Own Experiences of Inclusion Within their Child's Adapted Physical Activity Programming

Introduction

- Adapted Physical Activity accepts differences, advocates access to activity and leisure, and promotes innovative service delivery
- "Inclusion" is often debated
- In Adapted Physical Activity there tends to be a focus on children's experiences
- Single parents face challenges
- Financial
- Time
- Work-life balance
- Care needs associated with disability can lead to feelings of isolation

Objectives

The purpose of this study is to gain an understanding of the inclusion experiences of single parents who have children that are currently participating in or have participated in adapted physical activity programming.

Conclusion

- Inform future adapted physical activity research and practice
- Reform policies
- Expand knowledge translation regarding definitions of inclusion
- Make adaptive environments more wholly accessible

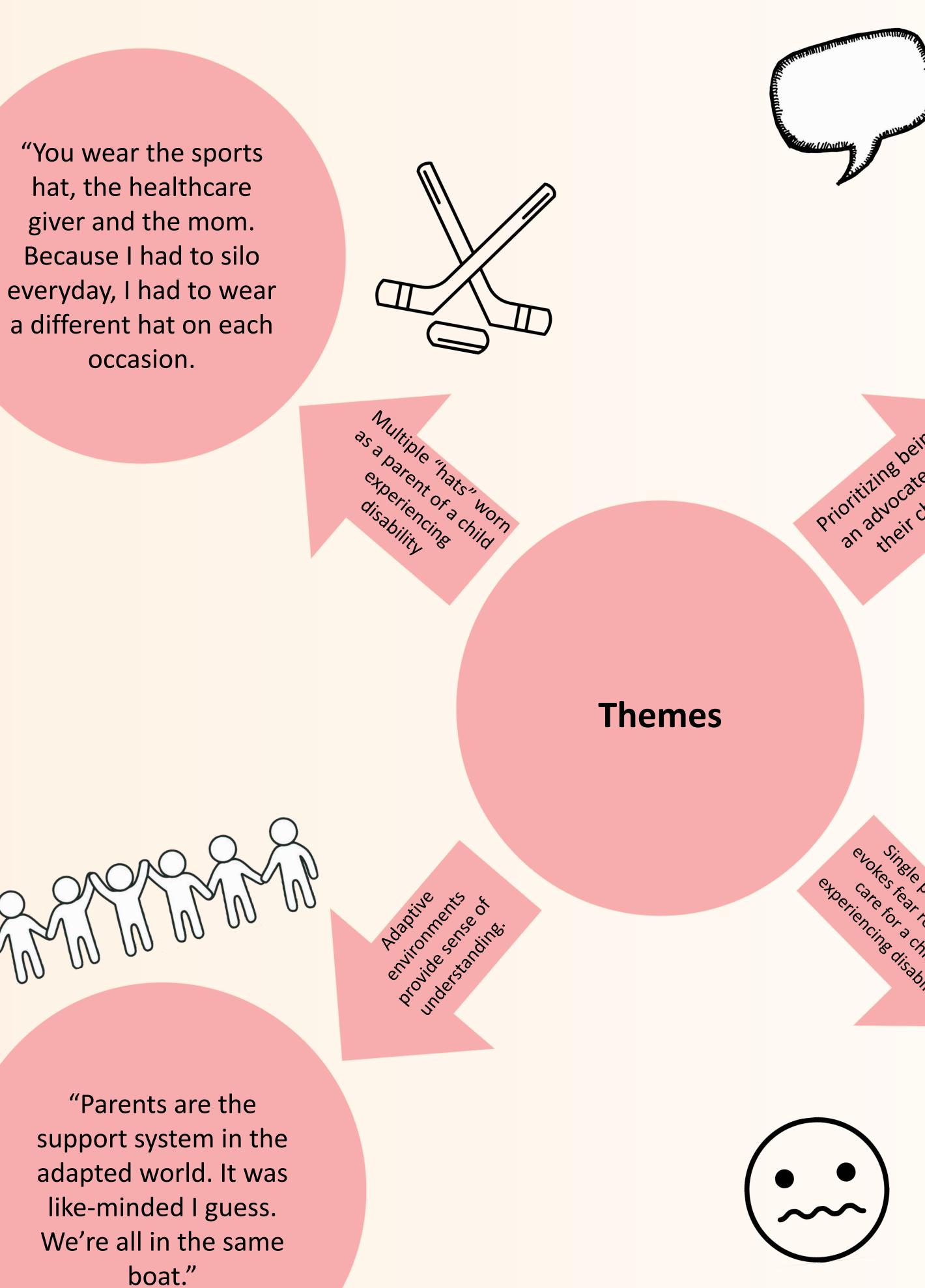
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Methods

- Interpretive Description
- Individual Semi-Structured Interviews
- Focus Group Interview
- Thematic Analysis

Anticipated Results

• Identify the absence of inclusion for support systems of children experiencing disability • Stories of inclusion and shared understanding that therefore lessen burdens of single parenting



"It's always a struggle because you got to fight for everything. You got to fight for services, equipment, and for them getting their stuff they need."

"As a parent back then, I don't think I was included and I was a scared single mother. Because I had the kid with the disability. So people didn't know how to talk to me.