

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

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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

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

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.

Methods

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

Conclusion

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

