

# PARENTAL SUPPORT OF SPORT PARTICIPATION FOR YOUTH WITH A MOBILITY IMPAIRMENT

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## WHAT WE DID

- We examined parental support for sport participation among youth with a mobility impairment (such as cerebral palsy, spina bifida, or a limb amputation).
- We conducted a critical review of the academic literature and interviewed parents of youth with mobility impairments who do and don't participate in sport.
- We focused on understanding parents' views of sport and the barriers, facilitators, and resources needed to support their child's sport participation.

## WHAT WE FOUND

- Compared to parents of youth with mobility impairment who don't participate in sport, parents of youth with a mobility impairment who do participate in sport:
  - Do not view sport as risky or dangerous
  - Plan for sports through scheduling and the purchase of equipment
  - See parental commitment to sport as important to their child's sport participation
  - Use social networks for support and to find sport opportunities
- Both groups of parents also identified a number of factors that influence their child's sport participation:
  - Program availability
  - The type of programs available
  - The cost of adapted programs and equipment
- Parents relied on their medical support team (doctors, physiotherapists, support staff, and others) for social support and information on sport programs.

## WHAT YOU NEED TO KNOW

- Place an emphasis on **developing programs** that youth with mobility programs enjoy and want to continue attending.
- Create programs that are **specifically for youth with mobility impairments** so that parents and youth have options beyond integrated programs.
- When determining the **location** and **cost** of the program, think about how families can best be accommodated:
- Provide **facilities** that accommodate the needs of the youth (for example, do the changerooms have enough space for parents to help their child transfer or change equipment or clothing?)
- When considering the location, think about **accessibility concerns** (for example, are there accessible ramps, doors, and elevators?)
- Build **resources** that help parents access information and connect with one another.

