



UNIVERSITY
of
OTAGO



Te Whare Wānanga o Otāgo
NEW ZEALAND

Blokes with strokes participate in action research to explore the user-friendliness of fitness facilities



Ally Calder

Dr Gisela Sole

Emeritus Prof. David Thomas

Dr Hilda Mulligan

Background



Stroke survivors
physically active in
programme

Why not after discharge?

Background

Stroke survivors inactive

Stroke survivors absent from fitness facilities

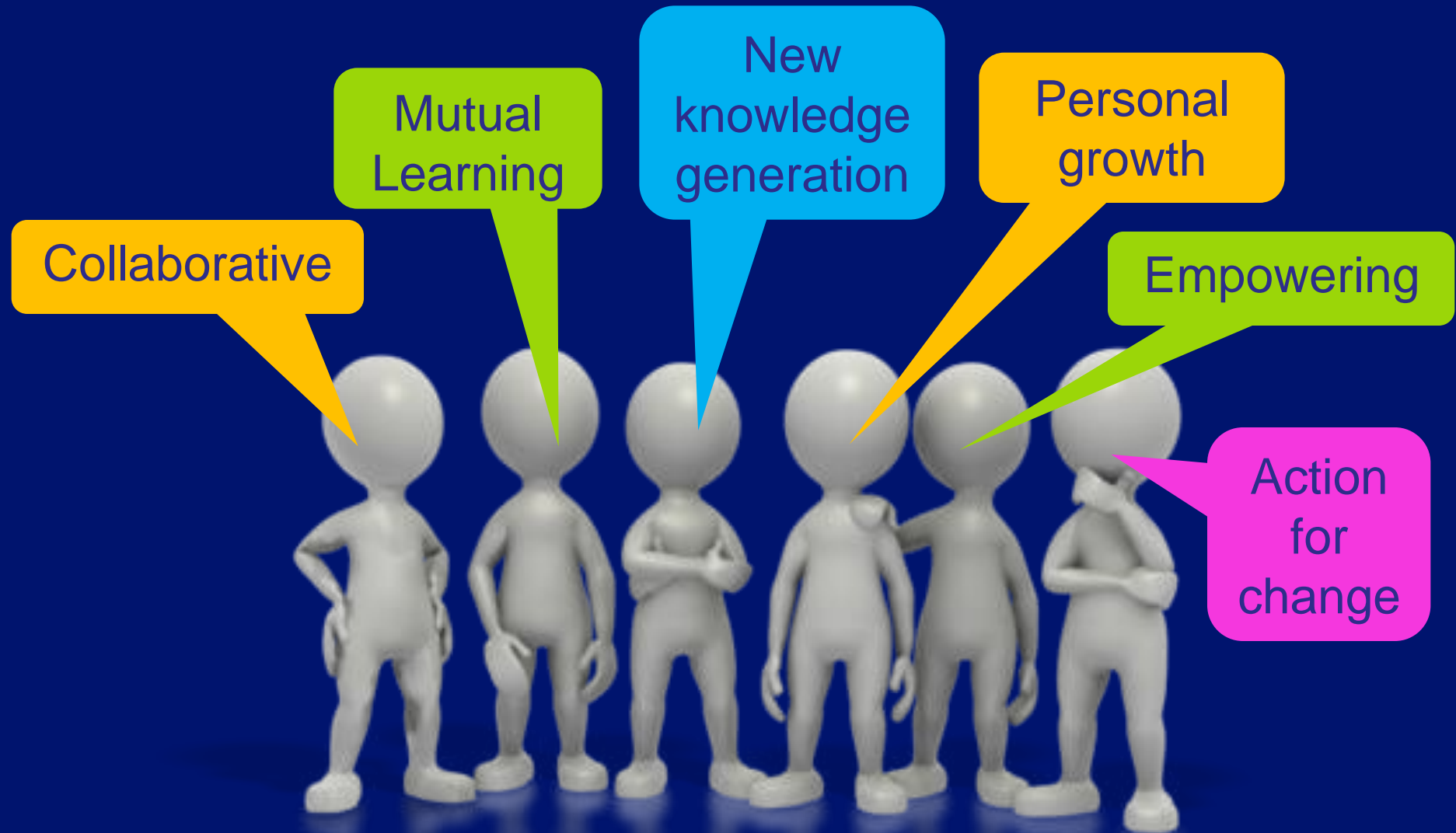
Stroke survivors face accessibility barriers



What elements
contribute towards or
limit user-friendliness
of fitness facilities for
male stroke survivors
in NZ?

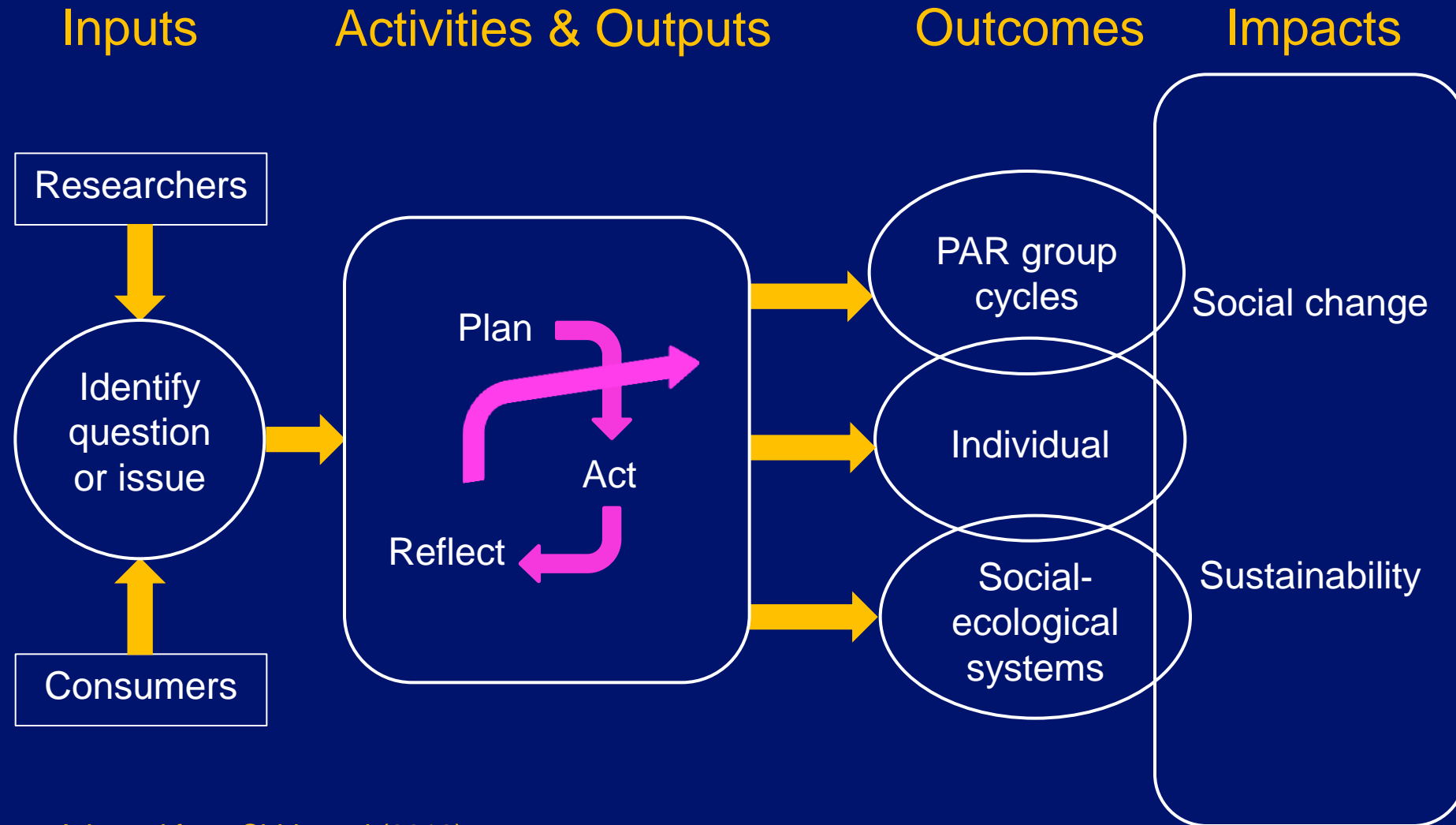


Methodology



Participatory Action Research

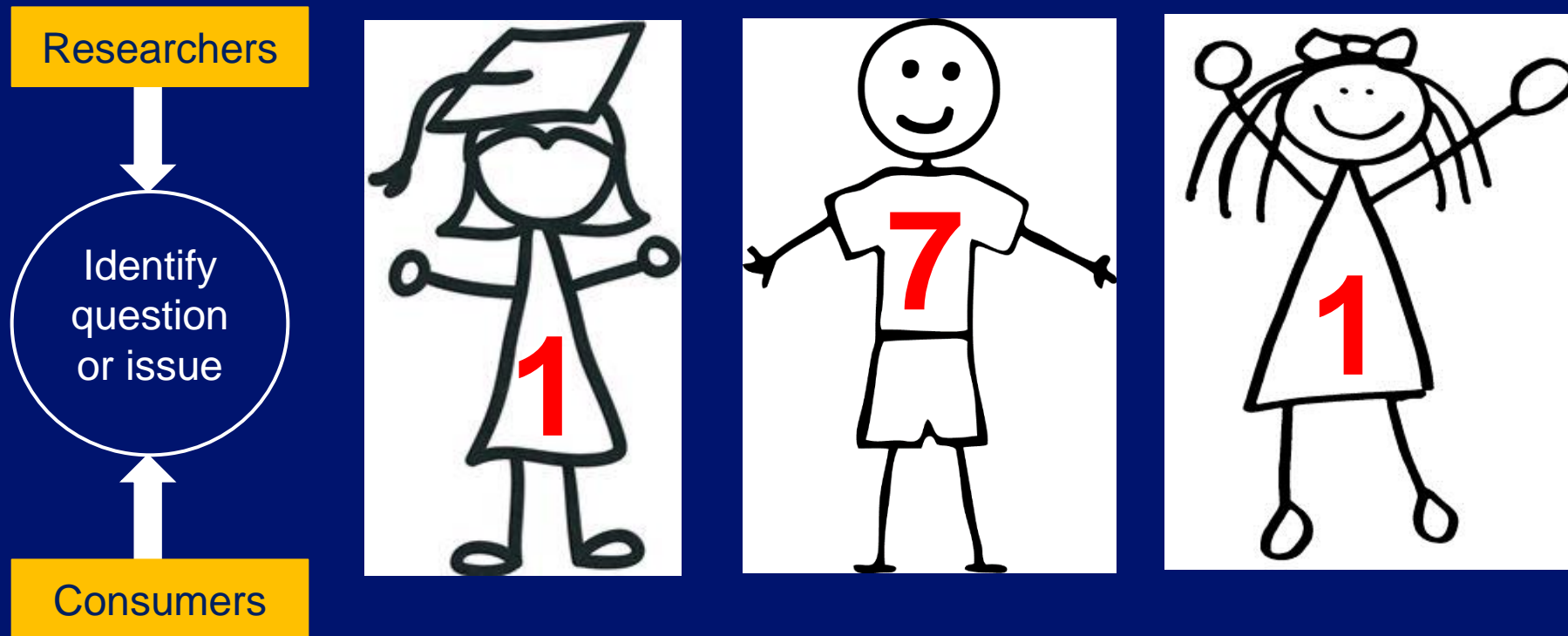
Framework for consumer participation in scientific research projects



Adapted from Shirk et al (2012)

Framework for consumer participation in scientific research projects

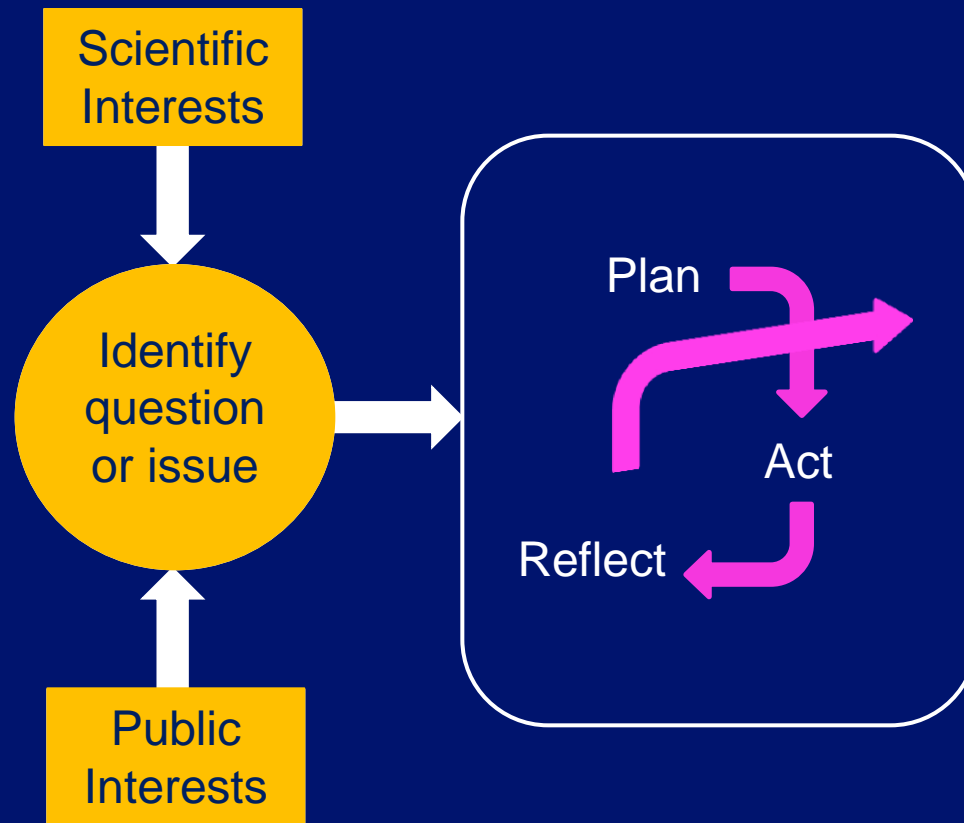
Inputs



Framework for consumer participation in scientific research projects

Inputs

Activities & Outputs



Five PAR cycles

1. Individual interviews
2. Exploration of fitness facility
3. Fitness facility (gym) visit
4. Discussion with disability advocate.
5. Evaluation of PAR

Themes

Participation in physical activity is determined by:

1. Stroke survivor personal factors
2. Built environment inclusivity
3. Societal influences towards PwD's



Personal growth
and
empowerment

Stroke survivor personal factors

Intrinsic
motivation

Well I want to get my independence back. I don't want to be reliant on others. I have a little granddaughter in London and the motivation to be at some stage active to get to London is at the forefront.



Stroke survivor personal factors

Self-efficacious
behaviours

You've got to be self-motivated. A lot of other people I saw with stroke were not going to get right because they don't want to push boundaries. It doesn't worry me to put my hand up if I can't bloody do something!



Stroke survivor personal factors

Stroke
related
impairments

Getting in and out of the car
was the most debilitating thing.
It was the pits. It took a while
for my wife to catch on.



Built environment inclusivity

Systems &
policies

Even though our gym is very user-friendly and the staff are so personable with you, no, they have never thought of advertising “we welcome people with disabilities”.



Built environment inclusivity

User-friendliness
of the built
environment

If you have to pull a door towards you, no matter how heavy it is, it becomes a burden because you have to walk backwards with it. I've only got my right hand, so I have to get the door back and trap it with my foot so that I can get up and inside.



Doors



NO CHILDREN /
NON MEMBERS
ALLOWED IN GYM
No exceptions
Camera surveillance operating
At all times and conditions
Please stay for security
reasons



Swipe card access

Monday	8:00am	10:00pm
Tuesday	8:00am	10:00pm
Wednesday	8:00am	10:00pm
Thursday	8:00am	10:00pm
Friday	8:00am	10:00pm
Saturday	8:00am	10:00pm
Sunday	8:00am	10:00pm

Under NO circumstances open this door
to anyone not on the access list.
EVERYONE must have their membership
card.
No Membership card No entry
If you do, your access card will be
reported.
Cameras are checked daily.
Door please never leave this door in that
closed position.

Toilets



Inclusive solutions



Automatic doors



Manual sliding doors



Drop off zones

Societal influences towards PwD

Societal attitudes

Sometimes I get the impression from other people that 'people like me' shouldn't be there [in the community]. They are not good people. There are some extremely good people. The secretary of the bridge club she would try and help me.



Societal influences towards PwD

Societal
legislation



Societal influences towards PwD

Social equity

To access this particular bar you have to go around the side, to a wrought iron gate that is locked, ring a bell and wait and wait and wait until someone decides to come and unlock it. **YOU WIN!!** That's just demeaning, degrading and disgusting. It makes you feel like dirt!



Automatic doors do even the playing fields don't they? They are one thing that make it even for everyone.



Personal growth and empowerment



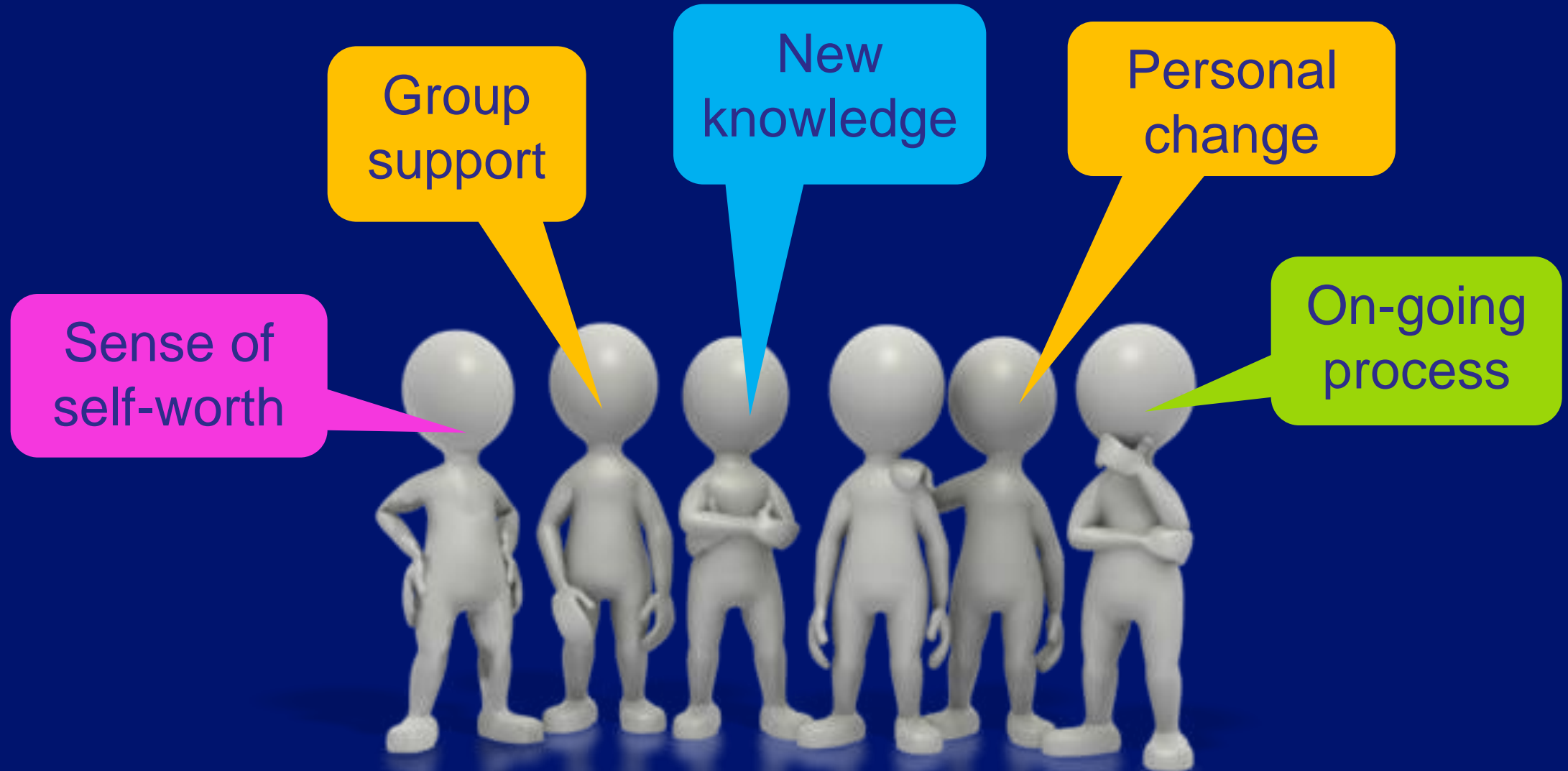
Personal growth and empowerment

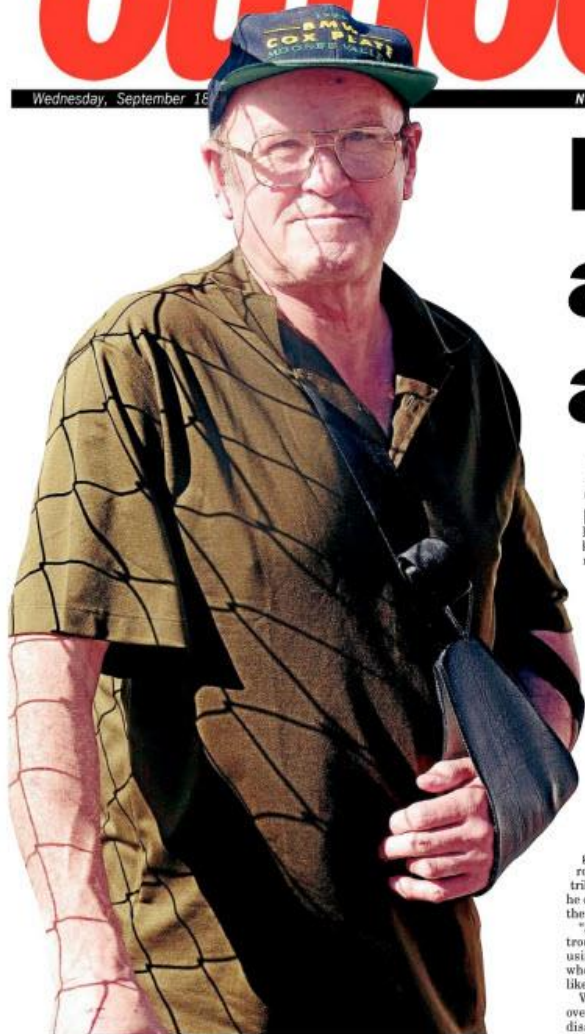
I think we looked to you to start with to help us and give us some parameters. It didn't take us long to get past those. I think we, as a team ran the operation.

I loved it. I loved the contacts I made. I loved the various challenges we committed ourselves to and met and probably superseded in some cases.



Personal growth and empowerment





Disabled access is a priority

By RACHEL MACDONALD

SEFTON'S TOM Glenn is frustrated at the lack of accessibility to shops and services for disabled people in Rangiora, and is making his thoughts known as part of an Otago University research project.

It's not something he thought he'd have to worry about at his stage in life, until he suffered a brain stem stroke 18 months ago. It left him with very little use of his left side, despite months in the Burwood Hospital stroke rehabilitation programme.

He says that while his recovery has been better than doctors envisaged, the experience has opened his eyes to the challenges faced by the physically disabled community.

Through Burwood, he was approached to be part of a discussion group drawing participants from all over Canterbury, looking into the accessibility of gyms for disabled people, for physiotherapy masters candidate Allyson Calder's thesis.

He says working out regularly at the gym had become a mainstay of his daily routine and has made a remarkable contribution to his convalescence – as long as he can get through the cumbersome doors at the front of the building.

"Access in Rangiora for people who have trouble with mobility – whether they're using a Zimmer frame, a scooter or a wheelchair, or just have a lack of strength like I do – is practically nil," he says.

While some larger businesses have bent over backwards to make sure there is ample disabled parking and easy access into spacious facilities, they are in the minority, he says.

"We live in a town of heavy doors that open towards you – making them very hard to open, irregular pavements and narrow



If we want to do a decent job of rebuilding our town, it's essential we make sure it's fully inclusive."

Tom Glenn

aisles in many shops. It makes it really difficult for those of us with compromised movement. It's hard enough even for mothers with pushchairs."

He says the attitudes of others have surprised him as well, in what he'd always viewed as being a fairly considerate community.

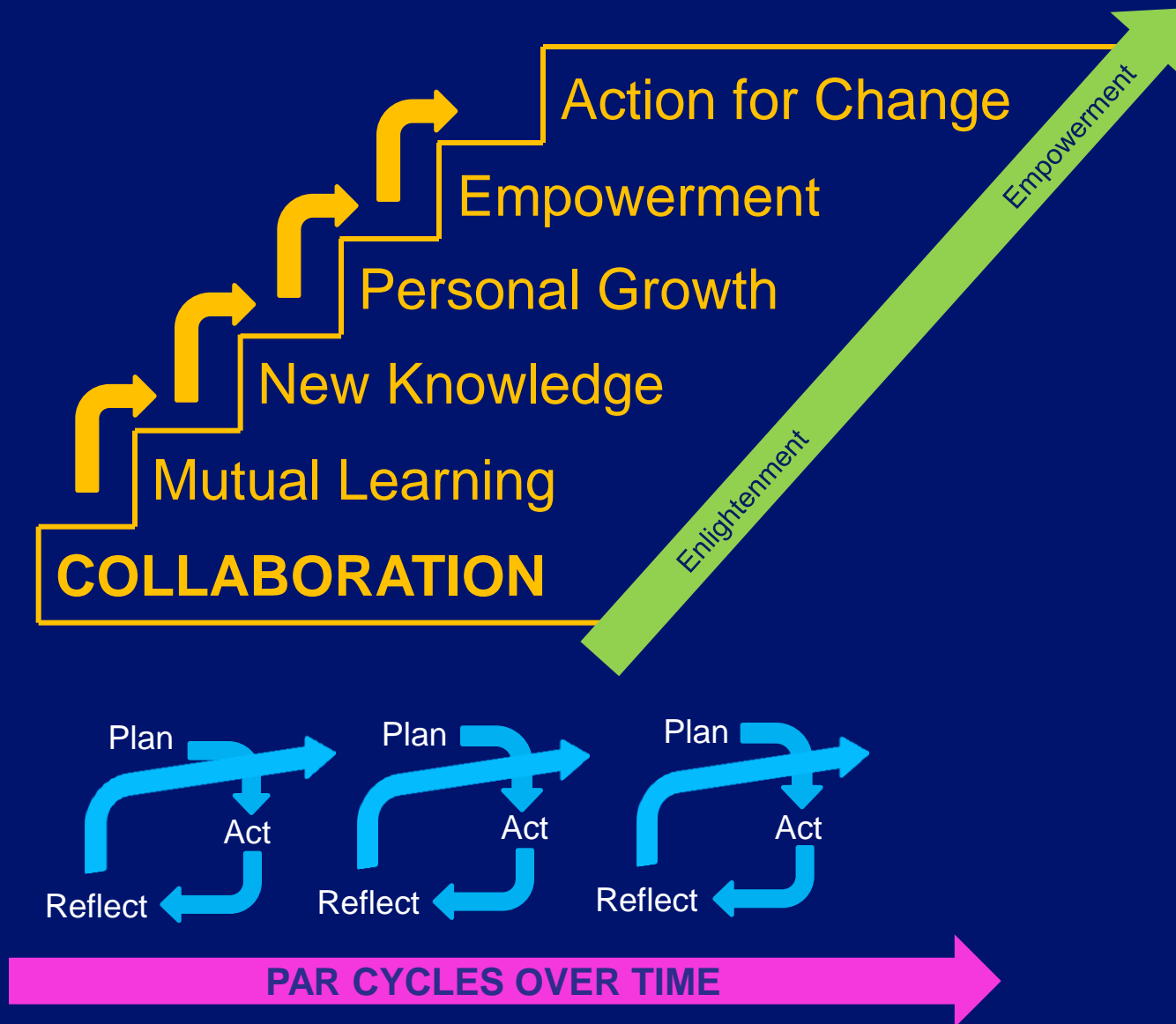
"I've had shop managers watch me struggle to get across the threshold and not raise a finger, and people standing behind me while I try to get a door open, only to huff 'Oh finally' and push past when I eventually manage it. I just feel I'm in the way in so many places – that I'm a misfit – and it must be much worse for others even less able than I am. It's particularly raw because a year and a half ago, I wasn't like this. I didn't think twice about basic access."

And with the number of mobility-impaired people already in Rangiora's drawing area, he says, it's something that needs to be addressed as a priority as new buildings are planned or else businesses will miss out to the malls down the motorway.

"If we want to do a decent job of rebuilding our town, it's essential we make sure it's fully inclusive," he says.

TOO HARD: Eighteen months ago, Tom Glenn had no trouble getting around Rangiora. Now, following a stroke, he realises how difficult it can be.

A PAR model of empowerment



Personal growth and empowerment

I think I have become more aware of the problems PwD's face. Of what I now face. I think that is a worldview change. It has added to and moved my thinking from a little intolerant, "harden up, why should a building owner spend millions for a few people". My thinking has moved on and I can now see the other side of the picture.



What influences me to be physically active at a fitness facility?

Physiological impairments

Psychological factors

Personal Factors



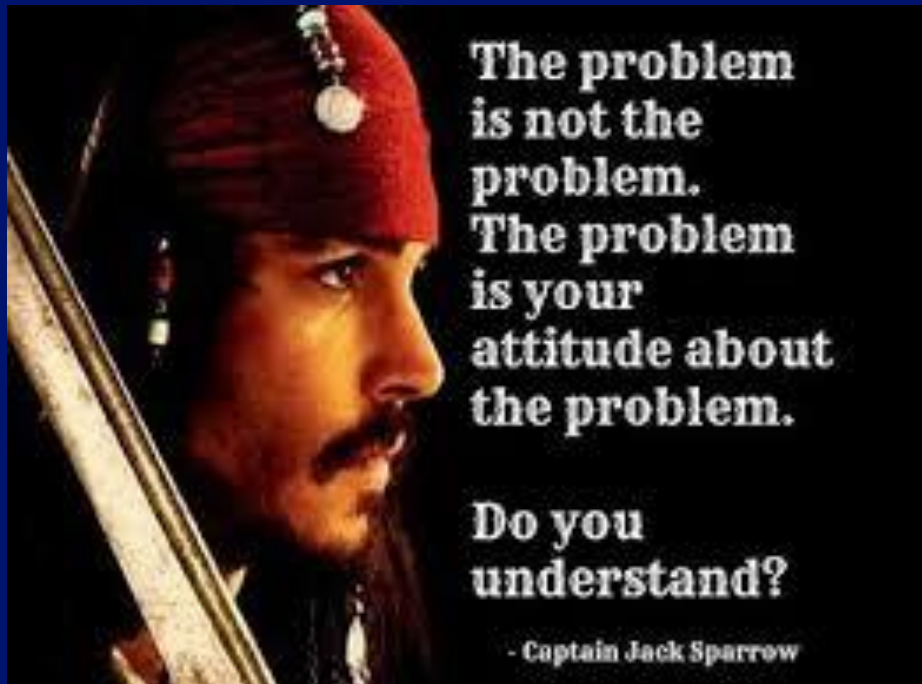
Social environment

- Attitudes
- Equality
- Legislation

Built environment inclusivity

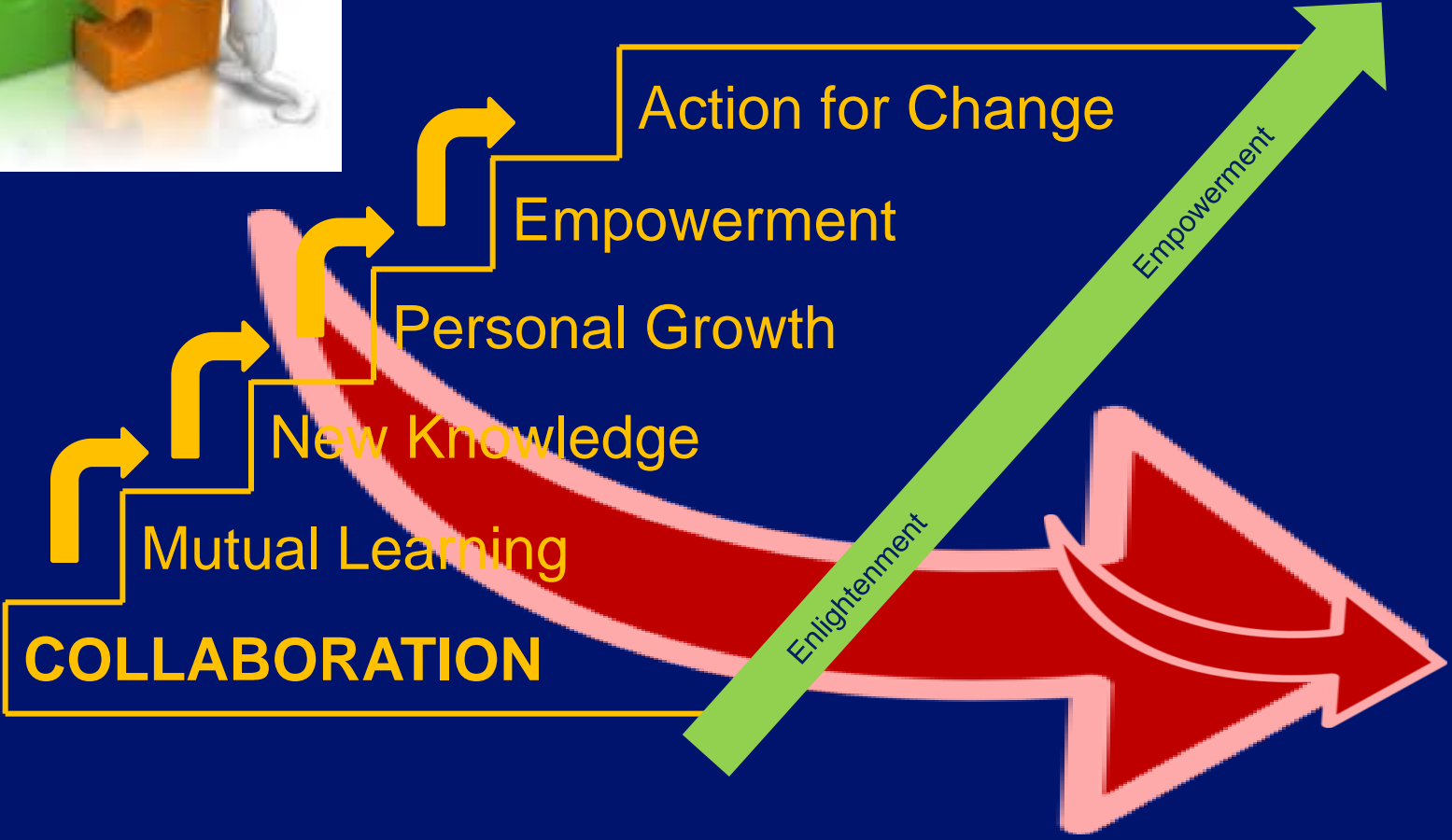
Environmental Factors

Main influential factors.....



Attitudes & Knowledge

Building an enabling society



Acknowledgements



Burwood Academy of Independent Living (BAIL)



Participants