

## **Active Living and Participation in Life**

### **Participation in life is necessary to:**

- Form friendships
- Develop an identity
- Achieve health
- Find meaning in life
- Develop a sense of competence

### **Participating in physical activities:**

- Improves health
- Improves physical function
- Decreases anxiety and depression
- Improves academic success
- Improves overall well being

### **People with motor disabilities:**

- Engage in fewer leisure activities
- Have less participation in organized social activities
- Are involved in lower intensity physical activities

### **Barriers to active living and participation for children with disabilities:**

- Motor impairments make some activities more difficult.
- Transportation can be difficult.
- Public facilities may not be accessible.
- Parents may fear for child's safety.

### **Active living includes:**

- Physical activities
- Cognitive activities
- Social activities

### **Examples of active living:**

- Playing soccer
- Playing cards
- Going to the gym
- Camping with family.
- Swimming
- Playing with friends
- Skiing
- Riding a bike or trike
- Reading

### **Role of family:**

- Support of family critical to promoting participation and active living.
- Family active living leads to child active living.
- What does the family already do?
- Parents can work with schools and recreation centers to develop programs that meet their child's needs.

### **Creating an active family:**

- Find things you can enjoy together.
- Each family member plans & commits to be *active*.
- Be physically, cognitively & socially active.
- Designate active home spaces for exercise, reading & talking to each other.
- Celebrate each active day and recognize family member's effort to be active.

### **Empowering your child:**

- Find a variety of activities that fit your child's abilities and interests
- Have a regular schedule for activities
- Incorporate activities into daily routines
- MAKE IT FUN!!
- Give your child options for activities.