

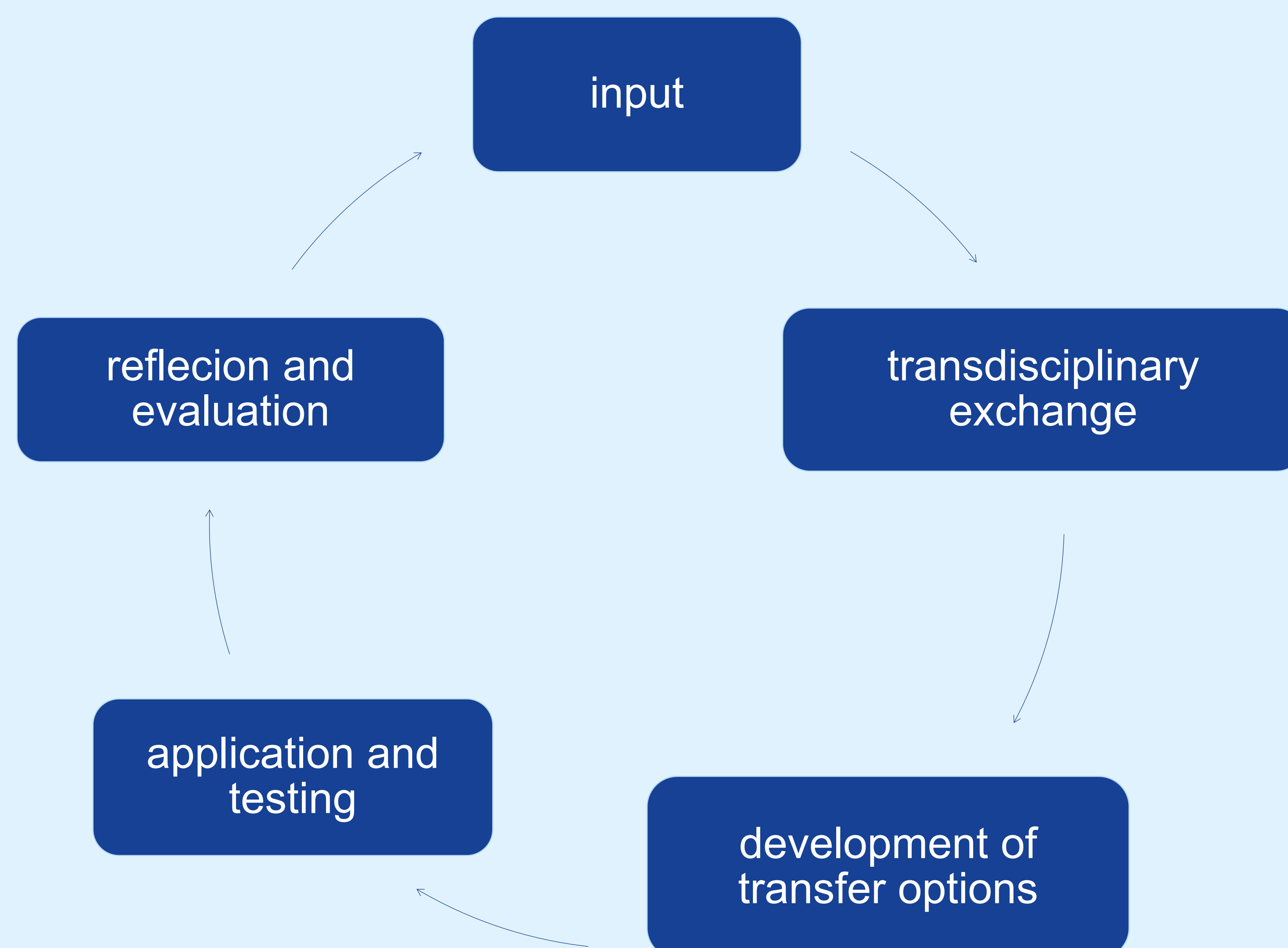
Get moving – keep moving

Expanding movement options for people with complex disabilities in everyday live

People with complex disabilities often only experience physical activity within therapeutic programs, although it is known that physical activity in everyday life has a positive effect on well-being and health. The question to be answered is how physical activity can be implemented successfully in the lives of people with complex disabilities.

The aim of the pilot project is to expand the opportunities for physical activity in everyday life of people with complex disability. Methods for expressing the needs for physical activity as well as a collection of methods to design the content of activity programs will be developed.

The pilot project is designed to be as participatory as possible in a circular process:



Methods:

- regular participatory workshops for exchange, discussion and development
- transfer phases for research, e.g. observation, case studies, photo voice, testing
- evaluation phases for analysing the data, further development etc.