

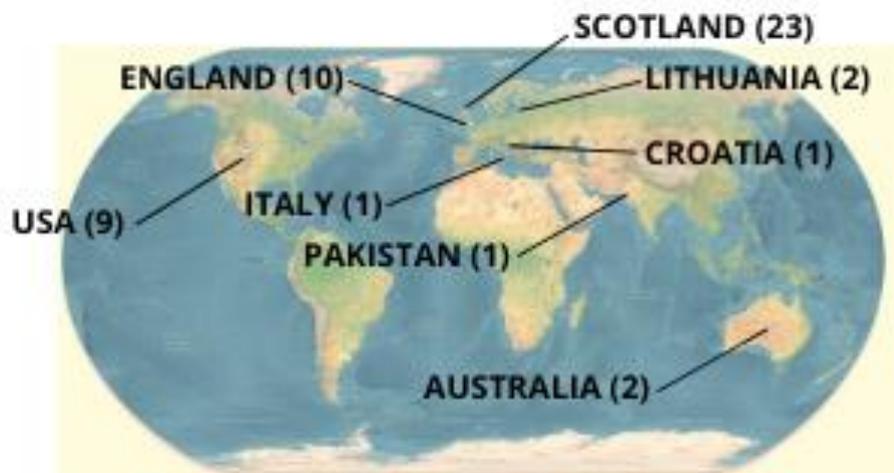
## CPISRA Cerebral Palsy Outdoor Recreation Family Camps Survey

CPISRA is the international association promoting and governing sport and recreation for people with cerebral palsy and related conditions. CPISRA's outdoor recreation initiative was launched in 2019 following a survey in 2017. This survey indicated a strong demand for recreation specific activity for people with cerebral palsy and related conditions, so in response, CPISRA held an outdoor recreation camp for adults in September 2019. While advertising this camp, it became clear that there was also a demand for a camp for younger people with cerebral palsy.

In order to determine the design and demand for an outdoor recreation camp for children and young people with cerebral palsy or related conditions to attend with their families, we created a survey at the beginning of September 2019. The survey was shared with CPISRA members, our mailing list, on facebook, instagram and twitter and over two months 58 people responded to the survey. All respondents were a parent or a carer of a young person with cerebral palsy or related conditions.

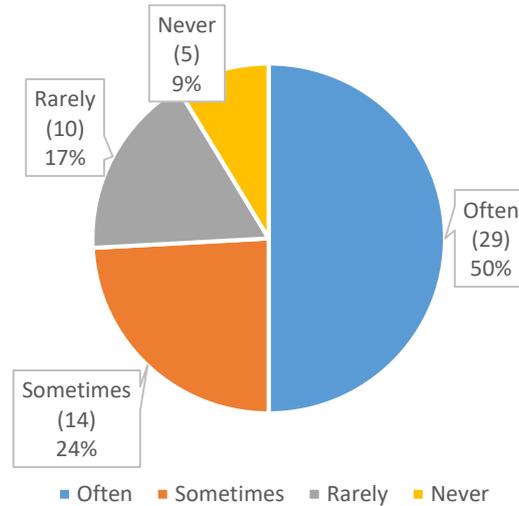
This document reports on the responses to the ten survey questions.

### Question 1 – Where do you live?



Most responses came from the UK with 23 from Scotland and 10 from England. Three respondents did not state which town or country they lived in.

### Question 2 – Does your child with cerebral palsy currently take part in any sports or outdoor activities?



### If yes, what activities?

We wanted to know what activities young people with cerebral palsy already had access to, or participated in regularly.

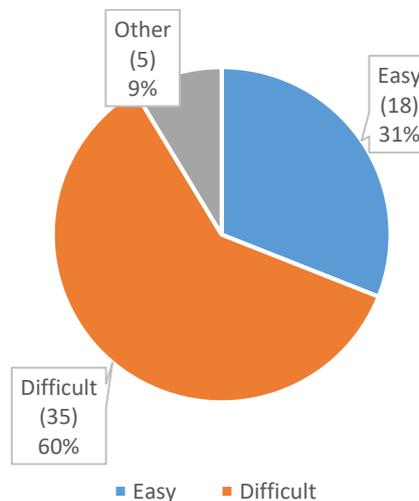
Individual sports – athletics, swimming, sit ski, skiing, horse riding, kayaking, climbing, cycling, golf, water-skiing, RaceRunning, surfing, hand-cycling, kickboxing, karate, ballet and highland dancing.

Team sports – wheelchair basketball, inclusive dance, boccia, football, frame football, wheelchair football, rugby, baseball, cheer leading, baseball and hurling

Outdoor activities – zip lining, archery, air rifle, hiking, scooter and fishing.

One respondent also noted that their child did regular physiotherapy which they counted as a physical activity.

### Question 3 – Do you find it easy or difficult to find holidays that the whole family can be included in?



In the comment box for this question, respondents said that the difficulty would depend on the type of holiday they were looking for. Others mentioned there may just be specific activities that their child couldn't take part in, eg two handed activities, and that it was more difficult as a solo parent.

#### **Question 4 – What are the biggest barriers you face in terms of accessing outdoor recreation for your child with cerebral palsy?**

There are a huge range of barriers that young people with cerebral palsy and their families face when considering taking part in outdoor recreation. As well as logistical challenge and limitations of the activities on offer, there can also be internal barriers from the child and difficulties with finding the right opportunity for the individual.

34 respondents (59%) mentioned some variation on accessibility being a main barrier in accessing outdoor recreation. 13 respondents (22%) have concerns with health, safety and hygiene aspects when considering outdoor recreation for their child with cerebral palsy.

##### **Accessibility**

Cost (3)

Lack of wheelchair activities (6)

Accessibility of paths (7)

General accessibility and equipment (13)

Difficulty with 2 handed activities (3)

Lack of willingness by organisers to include child with disabilities (2)

##### **Health, Safety and Hygiene**

Lifting and handling (3)

Lack of support (3)

Changing facilities, toilets (3)

Health and Safety

Lack of understanding of limitations

Lack of fully trained staff in activities and special needs (2)

##### **Logistical Challenges**

Difficulty with personal assistant time available (2)

Weather

##### **Activities**

Limited activities on offer

Lack of tailored activities

Lack of activities for high functioning kids with CP

Lack of integrated camps with activities for kids with special needs and healthy kids

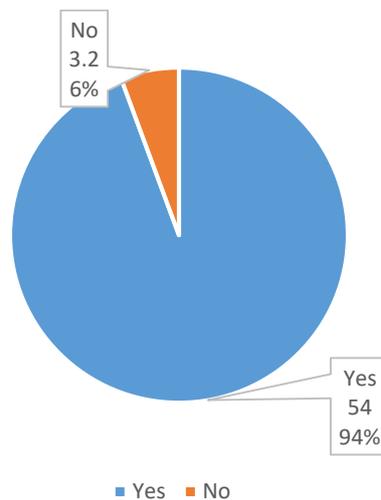
### Individual aspects

- Lack of confidence from child (2)
- Reluctance from child (3)
- Strategies by child to adapt activities (2)
- Additional needs, eg ASD and social difficulties

### Other

- Appropriate age range of participants
- Finding suitable activities that are not too competitive
- Opportunities to mix with people with similar abilities (3)

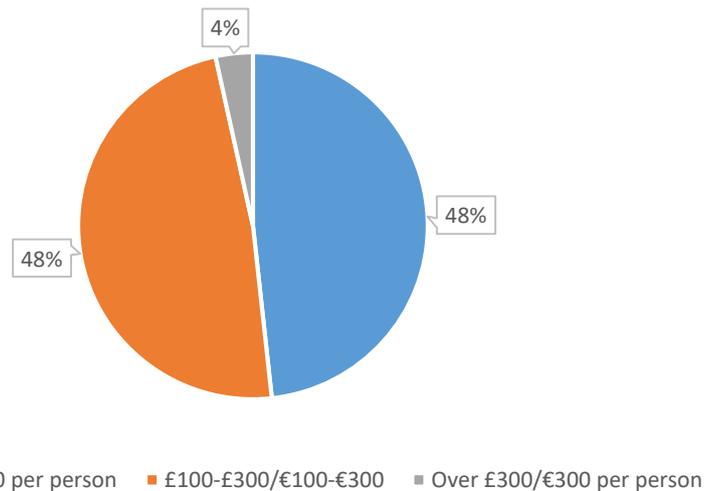
### Question 5 - Would you be interested in attending an outdoor recreation camp specifically designed for children and young people (aged 4-17) who have cerebral palsy or related conditions to attend with their families?



94% of respondents to the survey said they would be interested in attending an outdoor recreation camp specifically designed for children and young people with cerebral palsy to attend with their families.

### Question 6 – How much would you expect to pay for such a camp if it was held over a long weekend?

Family holidays can be expensive, and we know that cost can be a barrier to accessibility for disability specific holidays. We asked what families would expect to pay for a camp held for 3-4 days.



28 respondents said they'd expect to pay less than £100/€100 per person, 28 said they would expect to pay £100-£300/€100-€300 per person and 2 said they would expect to pay over £300/€300 per person.

### **Question 7 – What do you think your child with cerebral palsy (or related condition) could gain from attending an outdoor activity camp?**

Respondents gave a wide range of answers to what they feel their child with cerebral palsy or related condition would gain from attending an outdoor recreation camp, and these have been grouped in to social development, personal development, physical development and other. 29 respondents (50%) felt their child would experience social development such as making new friends and increased social and communication skills. 43 respondents (74%) felt their child would experience personal development, such as increase confidence, self-esteem and independence through a sense of inclusion, challenging themselves and learning something new.

#### **Social Development**

- Making friends (11)
- Socialising with other kids with CP (14)
- Increased social skills (3)
- Communication skills

#### **Personal Development**

- Confidence building (18)
- Increased independence (4)
- Increased self-esteem (4)
- Sense of inclusion (9)
- Challenging themselves
- Learning something new
- Increased motivation to do sports/be more active
- Sense of achievement (5)

#### **Physical Development**

- Increased motor skills (2)

Get to try new activities (7)

**Other**

An opportunity to have specific needs met (2)

Enjoyment (6)

Experience non-competitive activity

**Question 8 – What do you think you and the rest of your family would get out of attending such a camp?**

19 respondents (33%) stated a benefit of the camp would be for families to meet and share experiences. 21 (36%) said that the camp would provide quality family time and an opportunity to all do the same activity as a family. 11 (19%) felt that they would be able to be more relaxed and satisfied knowing that their child is happy and included.

Socialising (5)

Quality family time (13)

Meeting/connecting other families in a similar situation (19)

Doing the same activities as a family (8)

Support (2)

Relaxing as we know activities are inclusive (5)

Have fun (3)

Satisfaction seeing child happy and included (6)

Learn new strategies for inclusion

A good experience

**Question 9 – What types of activities would you like to see included in an outdoor recreation camp?**

Water sports – sailing, canoeing, swimming, water sports, kayaking

Team sports – football, baseball, team games, boccia, wheelchair football, wheelchair basketball

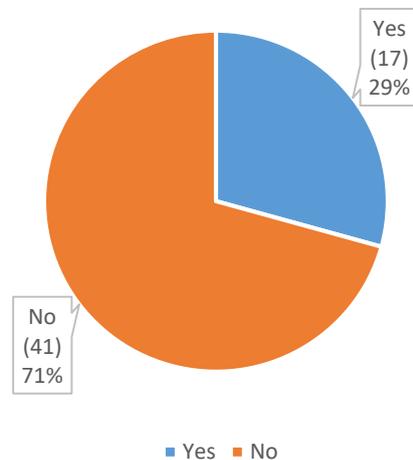
Outdoor specific – Archery, hiking, abseiling, golf, zip lines, camp under the stars, horse riding, assault course

Adventure – Quad bikes, skiing, crossbow, rock climbing,

Social – team games, family quiz, campfire cooking, ceilidh/disco, sing-alongs, story-telling, music

Other – English course, sightseeing, crafts, nature awareness, mind wellness, yoga for kids, treasure hunt

**Question 10 - Would you have any concerns about attending an outdoor recreation camp for children and young people with cerebral palsy to attend with their families?**



**If yes, what would these be?**

It is important for CPISRA to understand participant's concerns if a family camp is to be run. 10 (17%) respondents had concerns about health, safety and hygiene aspects and 9 (15%) would have concerns about the level of accessibility.

**Health, Safety and Hygiene**

- Appropriate toilet facilities (5)
- Risk assessments and first aid in place
- Facilities and equipment for those with PMLD
- Closeness to a hospital/access to health professionals (2)
- Trained volunteers

**Level of support**

- Support for single parents

**Programming**

- Time for young people to bond
- Different abilities mixing

**Accessibility**

- Cost, including travel (4)
- Difficulty travelling long distances
- Space
- Equipment
- Comfort
- Accessibility of outdoor terrain

## Summary

The results of this survey confirm the demand for an outdoor recreation camp for young people with cerebral palsy to attend with their families, with the main reasons for holding to encourage social and personal development, as well as introduce young people to outdoor recreation and physical activity as early as possible.