

Program

Tuesday the 14th

10:00 – 12:00	Arrival
11:30 – 12:00	Guided tour at Musholm Ferie – Sport and Conference
12:00 – 13:00	Lunch
13:00 – 13:15	Welcome
13:15 – 14:45	Keynote and practical workshop /shared activities <i>Let's Move – Flow, Feelings & Joyful Communication. A taste of Movementpsychology and the 7 levels of movement.</i> Helle Winther, Associate Professor PhD., Department of Nutrition, Exercise and Sports, University of Copenhagen
14:45 – 15:15	Coffee-break
15:15 – 17:15	Parallel session A

<p>A1</p> <p><i>Activities for children with muscular dystrophy - a project in cooperation with University College VIA</i> Rikke Kaalund, Muskelsvindfonden and Grethe Sandholm UC Via 1,5 hours</p>	<p>A2a</p> <p><i>Assistive devices</i> Viljar Aasan, Head of assistive devices, Beitostølen Helsesportsenter, Norge 30 minutes</p> <p>A2b</p> <p><i>An update of the APA equipment rental system run by VAU, Finland</i> Aija Saari, PhD Research Manager Finnish Sport Association of Persons with Disabilities 30 minutes</p> <p>A2c</p> <p><i>When movement moves. The physiological and psychological impact of twin-activities.</i></p>	<p>A3</p> <p><i>A presentation of Skjoldungeklubben and examples of outdoor activities (indoor and outdoor workshop)</i></p> <p>Sanne Jensen, Head of the company 'Idræt og Friluftsliv', Morten Kjellmann, Save the Child DK, and Tine Soulié, Consultant, Videnscenter om Handicap) 2 hours</p>
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	<p>Helle Winther, Associate Professor, PhD, and Anne-Merete Kissow, consultant, PhD. Videnscenter om Handicap 30 minutes</p>	
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A1

Activities for children with muscular dystrophy - a project in cooperation with the University College VIA

We would like to share our experiences with collaborating across organizations.

Muskelsvindfonden/Danish Muscular Dystrophy organization met the students from VIA. The aim was to break down prejudism towards disabled people, to make the students interested in the special needs, and to gain volunteers to support the work of the Muscular Dystrophy Organization.

A2a

Assistive devices – What we do in Norway, compared with the other Nordic countries – and where do we want to go?

Information about the Norwegian system in how to apply for assistive devices. What do we do at Beitostølen Healthsport Center? Who's getting it and how to get it? Comparing the Norwegian system up against the Swedish, Finnish and Danish system: What can we learn from each other and where do we go from here?

A2b

An update of the APA equipment rental system run by VAU, Finland

This presentation gives a short glimpse into SOLIA, how it works and what are the challenges. SOLIA is a rental service for adapted physical activity equipment and disability sports. Today it operates in five rural locations in close co-operation with other sports or rehabilitation centers. The key idea is to assist disabled people to find one's way to do sports or be active by giving opportunity to try the equipment at home or in a try-out event before one must decide what sport she/he wants to practise or buy one's own (often very expensive) sledge, hand bike or sports chair. Rural service centers help to minimize problems caused by Finland's long distances. Renting saves both taxpayer's and the participant's money by eliminating unnecessary acquisition of sports equipment. Over the years the most popular equipment are the ones for wilderness activities and outdoors sports. SOLIA is administrated by Finnish Sports Association of Persons with Disabilities (VAU) and financed with lottery funds through Ministry of Education and Culture.

A2c

When movement moves. The physiological and psychological impact of twin-activities.

What happens when two persons with different prerequisites, one of them with a severe physical disability, participate in a twin-activity? Results from a research project indicate physiological as well as psychological benefits of the activities. Likewise positive body experience, equal relations and unique communities are proven. Findings are discussed in the framework of a holistic movement philosophy

A3

Skjoldungeklubben

Skjoldungeklubben is Red Barnets (Save the Child in DK) nature club for families with a child with disabilities. Ten times a year the families are gathered together 4 hours on a Sunday in an outdoor

facility with bonfire and shelter. The volunteers and a Nature Ranger from Save the Child arrange different kind of activities. The aim is to use nature-social-methods to support the children's development of resilience. The facility with bonfire site and shelters is built in a universal design. The workshop will present the project (oral presentation) and will give some examples of activities.

17:15 – 18:00

Free time

18:00 – 19:00

Dinner

19:00 – 21:00

Naturebased Health Interventions

Susanne Rosenild; Biologist, Social Worker and Nature Ranger

Presentation: Guiding in nature as an empowering health promotion for adult citizens with physical, mental or social health issues.

Activities outdoor: We all gather on the beach for fun social activities, cosy bonfires, calming nature experiences, wild food tastings, warm drinks and nature storytelling.

Wednesday the 15th

08:00 – 09:00

Breakfast

09:00 – 09:45

Keynote

How to build an upside-down pyramid?

The story about how **one** man's requirement for a better wheelchair to his street-race gave birth to an epoch-making sports tool and, as time passed, cleared the way for a new official Paralympic athletic discipline: RaceRunning.

Connie Hansen.

9-double paralympic champion in wheelchair-race 1984-1992.

Director of CEO BY CONNIEHANSEN, RaceRunners and Gait-equipment.

Occupational therapist, Sports coach. Head of the Athletes-committee, and Member at large of the business-committee Parasport Denmark

09.45-10.15

Coffee-break

10:15 – 12:15

Parallel session B

<p>B1</p> <p>B1a <i>Sport-Certification of homes for people with psychiatric disabilities</i> Lisbeth Crafuck, consultant, Idræt for sindet, DAI 30 minutes</p> <p>B1b <i>Outdoor activities after rehabilitation</i> Lisbeth S. R. Dueholm, Physiotherapist, Valnesfjord Helsesportsenter, Norge 30 minutes</p> <p>B1c <i>Adapted physical activities in bilingual municipalities (in Finland)</i> Lotta Nylund, Projektkoordinator, Soveli, Finland 30 minutes</p>	<p>B2</p> <p>B2a <i>Fitness for All</i> Christian Røj Voldby Scientific assistant Department of Sports Science and Clinical Biomechanics, University of Southern Denmark 45 minutes</p> <p>B2b <i>How are functional difficulties a pseudonym for disabilities</i> Kwok Ng, PhD Postdoctoral Researcher School of Educational Sciences and Psychology University of Eastern Finland 45 minutes</p>	<p>B3 Symposium</p> <p>Presentations and discussions among participants about <i>News, values and visions for clubs with Parasports and other APA-activities</i></p> <p>Presentations: Peter Kock Hansen, development manager, Parasport DK</p> <p>Trine Ravn, Idrætsforeningen Espelunden DK</p> <p>Aija Sari, Finnish Sport Association of Persons with Disabilities</p>
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B1a

Sport-Certification of homes for people with psychiatric disabilities

- *Sport as an educational method.*

Move the positive effect and values of sport to the place, where people with mentally problems live, and you will see how quick people can change lifestyle! The sports culture forces both physics and the social networks; sport offsets the difference between social workers and residents and collects everyone in a common third.

The target group shows a lot off hidden skills and we see the same in the group off social workers. Participants in internal activities, participates in sports outside the residence and has made new friends across departments and in the sports club for people with mentally health problems.

B1b

Outdoor activities after rehabilitation

Valnesfjord Helsesportsenter is a rehabilitation center in Northern Norway. Here outdoor activities work as an integrated part of the rehabilitation program for people with functional disabilities. We have investigated which factors affect the continuation of outdoor activities after rehabilitation at Valnesfjord Helsesportsenter. The findings will be presented.

B1c

Adapted physical activities in bilingual municipalities (in Finland)

This is a three-year long project, the aim of which is to improve the availability of adapted physical activities in six bilingual municipalities in Finland. There have been similar projects before for the Finnish-speaking population, but the goal is now to improve adapted physical activities equally in both Finnish and Swedish in the chosen regions. In addition, the project aims to develop and enhance adapted opportunities to exercise in nature.

B2a

Fitness for All

To increase participation in physical activity for children and youth with disabilities - an action research project in Danish municipalities

B2b

How are functional difficulties a pseudonym for disabilities?

In parasports, we have a tradition of handling disabilities by classification. A common system is the one provided by the IPC, whereby one of the criteria is based on function of the athlete. However, why could the functioning classification system not be used outside the parasport world and for all people with and without disabilities? After almost twenty years of research in measuring disabilities from a global perspective, the Washington Group on Disability statistics have a set of items that are used for measuring people with disabilities. An extension of this is the child functioning module, prompted by UNICEF. It is with these tools that today's researchers, practitioners, teachers and policy makers are using as markers for disabilities. In this presentation, I'll update the audience with the latest trends in measuring disabilities for all people so that it can be used for health promotion practice. I'll invite the participants to discuss the modes of classification by functioning and how they may be applicable to their own work. Some background information can be found from <http://www.washingtongroup-disability.com>

B3

Symposium

Presentations and discussions among participants about

News, values and visions for clubs with Parasports and other APA-activities

Peter Kock Hansen, development manager, Parasport DK

Trine Ravn, Idrætsforeningen Espelunden DK

Aija Sari, Finnish Sport Association of Persons with Disabilities, Fin

12:15 – 13:15

Lunch

13:15 – 15:15

Marketplace

***Activities &
Exhibitions***

15:15 – 17:00	Free time
17:00 – 18:00	Cultural event
18:00 – 20:00	Dinner
20:00 – 21:00	Nordic Young Folkmusic and dance

Thursday the 16th

08:00 – 09:00	Breakfast and check-out
09:00 – 11:00	Parallel session C

<p>C1</p> <p>C1a <i>Historical perspectives on Beitostølen Helsesportsenter - 50 years</i> Inge Morisbak, former Director of Education, Research and Development at BHSS, No 45 minutes</p> <p>C1b <i>APA instructors in municipalities, since 1984 (The Finnish system)</i> Tiina Siivonen, APA-network coordinator Finnish Sport Association of Persons with Disabilities 45 minutes</p>	<p>C2</p> <p>C2a <i>PAPAI</i> Aija Saari, PhD Research Manager Finnish Sport Association of Persons with Disabilities 30 minutes</p> <p>C2b <i>Superlederprojektet</i> Peter Koch Hansen, udviklingskonsulent, Parasport Denmark 30 minutes</p> <p>C2c <i>Bridge building to an active leisure time - making it easy for everyone</i> Trine Ravn Business manager IFEL Specialsport</p>	<p>C3 Symposium</p> <p>At this symposium the participants will discuss the theme <i>Inclusion in PE and other physical activities</i> There will be two presentations:</p> <p>C3a <i>Learning examples from The National Agency for Special Needs and Schools (SPSM)</i> Lena Hammar & Karin Fröding Specialpedagogiska Skolmyndighet, Sweden</p> <p>C3b <i>All in PE and TIBIS.dk</i> Birgit Flygstrup, Teacher at Byskovskolen, afdeling Asgård & Tine Soulié, Consultant, Videnscenter om Handicap, Denmark</p>
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C1a
Historical perspectives on Beitostølen Helsesportsenter, Norway - 50 years

C1b

APA instructors in municipalities, since 1984 (The Finnish system)

The Finnish APA instructor system was established in 1984 to supplement the supply of disability sport organizations at the municipal level. In 2016 the coordination of APA network was given to VAU in conjunction with other national bodies, such as The Finnish Society of Sport Sciences (FSSS), the Age Institute and SoveLi. Even though there are no longer APA-earmarked government subsidies, there are around 100 full-time APA instructors in municipalities. Based on the latest survey in 2017 (Ala-Vähälä 2018) this presentation gives an overview of the municipal APA instructor system. Secondly the role and duties of VAU as current coordinator of the network is presented. Finally, some examples of the current challenges of APA instructors' all-round jobs are presented and further discussed.

C2a

Finding a hobby with the PAPAI

The model of PAPAI was created in 2016 by Finnish Sports Association of Persons with Disabilities (VAU) in 2016 as part of an EU-funded SEDY-project. The main goal of the PAPAI-program is to find a physical hobby for children and young people with disabilities or special needs with help of a personal adapted physical activity instructor (PAPAI). The PAPAI's are students or volunteers within the fields of physical education, pedagogics, rehabilitation and social welfare. They receive only study credits, but no fee. Registration for the students and families takes place during the spring time via web-based application forms. From August to December the PAPAIs have time to make an individual hobby try-out plan and act as a sports buddy for the participant for a limited period. The results have been promising since approx. 50 % reported that they found a hobby. This presentation discusses about results, learning outcomes and challenges during three full program cycles (2016-2018).

C2b

Superlederprojektet

Peter Koch Hansen, udviklingskonsulent, Parasport Danmark

30 minutes

C2c

Bridgebuilding to an active leisure time - making it easy for everyone

Exploring a concept for how young children and adults, with different types of learning disabilities, can make their own decisions on which union and what kind of sport to choose. And how building the bridge often requires hand-held practical empowerment of both the unions and parents

C3

Symposium

At this symposium the participants will discuss the theme *Inclusion in PE and other physical activities*

There will be two presentations:

Learning examples from The National Agency for Special Needs and Schools (SPSM)

Lena Hammar, koordinator & Karin Fröding, koordinator

Specialpedagogiska Skolmyndighet, Sweden

There is a need for knowledge and competence when it comes to inclusive education in the subject physical education. SPSM strives to provide support to schools so that all students will be able to achieve the goals of their education. In this presentation we will highlight some learning examples from SPSM.

All in Physical Education and TIBIS.dk

Birgit Flygstrup, PE-teacher, Byskovskolen afdeling Asgaard, Ringsted, and Tine Soulié,
Consultant, Videnscenter om Handicap

All in Physical Education and TIBIS.dk are guidelines and an e-learning program for educators, teachers, students etc. about pedagogical and didactical methods to create an inclusive setting in Physical activities. It gives examples of how to innovate and adapt activities in order to teach pupils with different kind of disabilities in Physical Education and to give them possibilities to take the examination after 9th grade.

11:15 – 12:00

Keynote

The mean of Egmont Folk Highschool is personal formation, and interaction between people with different lives and opportunities, through sports and outdoor activities. What does that mean for the participants?

Peter Scharling, teacher, master in outdoor life & Lisa Schlage, teacher, master in sports and health

12:00 – 13:00

Lunch, kisses, hugs and goodbye