

Growing Sports Stars in Para Sport

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Setting research priorities

Para-sport participation for children with disabilities

In Australia, sport is a fun and culturally important way to improve wellbeing through physical activity and social and community connection. People with disabilities experience many barriers to starting sport, and staying engaged with sport over their lifetime. The transition from receiving health-focused interventions, like physiotherapy, to participating in sport can be particularly challenging.

Sports Stars is an 8-week physiotherapy group held in community parks that aims to help children with disabilities find sports that they like, and develop physical and social sports skills, understanding of rules, motivation and confidence to transition to community sport.



The SPORTS Participation Framework for Children with Disabilities

Our questions for you

1. Is sports participation important to your family/your child?
2. At what age do you think children with disabilities would benefit most from participating in a group like Sports Stars?
3. What do you think would be the most helpful to increase participation of children with disabilities in community sport?
4. Do you think a group like Sports Stars would help children with disabilities to participate in sport? Why or why not?
5. Do you think you and/or your child would need more support to start a sport after participating in Sports Stars? What might this look like?

*Please indicate if you/your child has a disability (and what that disability is), or your experience with children/adults with disabilities so that we know the perspective you bring to your answers.

Future involvement opportunities

- Who:** Children or adults with disabilities and/or their parents/carers.
- What:** Online surveys, interviews and/or focus groups.
- When:** 2023
- Where:** Online! Some focus groups may be held in person depending on participant location.
- How:** Surveys, interviews and focus groups will be used to collect the perspectives of people with lived experience of disability to set research priorities in this field.
- Why:** In the lead-up to the 2032 Paralympic Games, there is an increased focus on sports participation in Australia. We want to ensure that programs that are implemented are based on strong research that reflects the priorities of people with disabilities.
- We need your input to develop a guiding set of research priorities, both to inform our research group at UQ but also to publish to guide research across Australia and globally.



Scan the QR Code to get in touch with Georgina about consumer involvement on this project.

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I acknowledge the Traditional Custodians of the land where I work and live. I pay respect to Elders past, present and emerging.

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