

The meaning of living well

Perspectives from the disabled population regarding
physical activity and healthy eating



The Living Well Project



Meet the team



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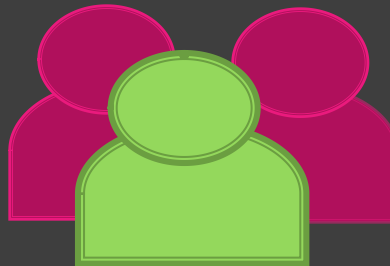
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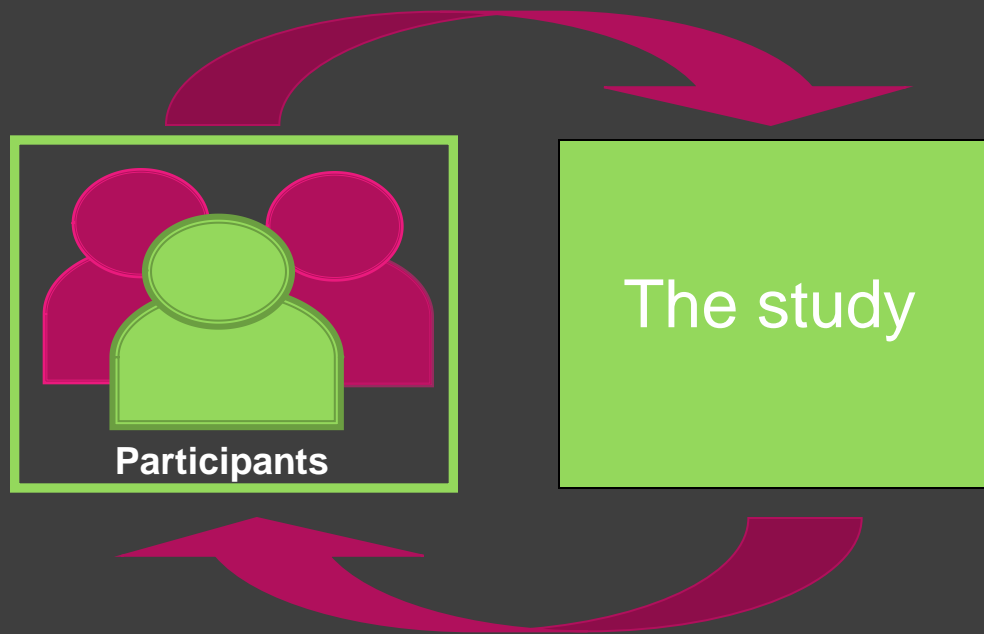


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Study Design



Data collection

North & South
Island of New
Zealand

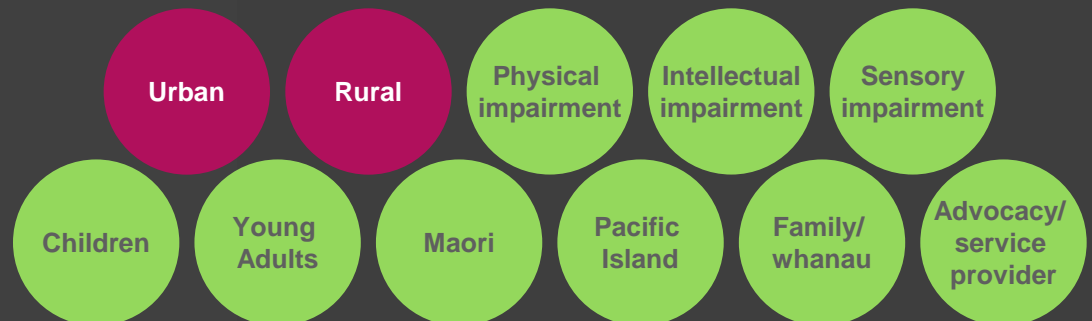


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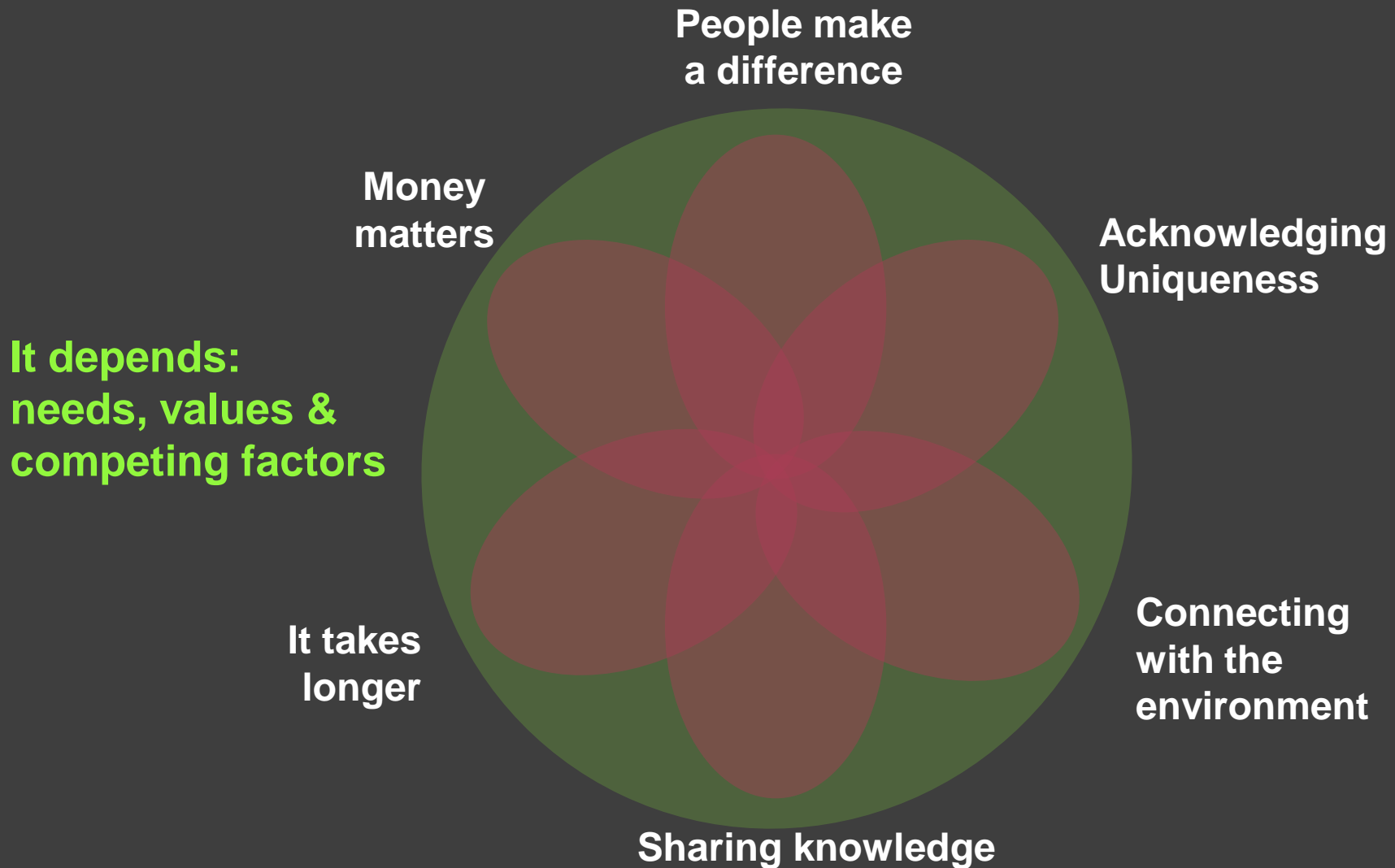


Participants

22 groups, 10 interviews



Findings



It depends: needs, values and competing factors

“The thing is at the moment there’s only so much you can do as an individual and working and trying to sort ...really struggling with this respite situation, sort of looking for what Jo* might be able to do in her spare time is actually.... It’s not the priority...you need to get the grass roots stuff sorted first before you can really move on to the other stuff...”

Parent of a child with intellectual and physical impairment

**pseudonym used*

It depends: needs, values and competing factors

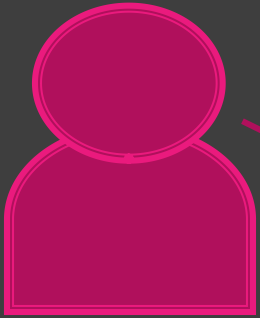
“I think for a lot of people it’s not on their priorities. It’s only at a level that maybe, there are a lot more things that are crucial. You know, being fed, as simple as that. House and those things.... [when you’re in a place where you can] take time out to focus on, you know, getting a good pair of abs. And then things in your life are pretty good all around.”

Adult with physical impairment
and Advocate/Service Provider

It depends: **needs**, values and
competing factors

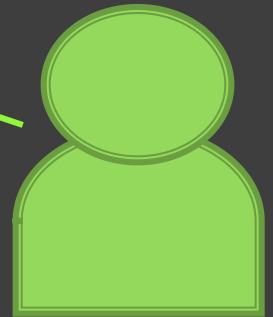
But, it depends....

It depends: **needs**, values and competing factors



"You have to keep telling them, 'No, no, I have to do this otherwise I'll die.' I mean, I have to be that blunt with them. I say, 'I have to do my own transfers, because otherwise I don't do enough exercise and I will die...'"

"But, yeah, I even had to say that to my own family, because, last year, I had my mum staying with me and... and I had to say, 'Look, I know you can do this, Mum, but I need to do it otherwise I'll not be able to do it.'"



Conversation between two adults
with physical impairment

It depends: **needs**, values and competing factors

“That’s the biggest issue I have because it’s so easy to be in a wheelchair all day. My mobility is not going to be there when I need it. That’s why I’m always exercising.”

Young adult with
physical impairment

It depends: needs, values and competing factors



"I think for me part of it's doing my own independency – like doing my own shopping and it's also getting me out...even though I'm out of the house every day...but exercising and having that support, just in case I fall, you know..."

"And it's also the social contact isn't it...cause you're out..."



"It's under shopping – 'personalised care', but it's also all these things that it's actually under, so that's what shopping is for me..."

"It's more than just buying your groceries"



"Getting out there you know"

"Being in the community"



It depends: needs, values and competing factors

“Well for me though, I quite like it at the Foundation’s gym because there’s not many people in there at one time, but for me I like it all to myself [laughter]...so when [you’re] like running out of breath you don’t have to feel so, not embarrassed, but you know...I mean no-one’s probably paying attention but it’s just that mind thing maybe.”

Adult with visual impairment

It depends: needs, values and competing factors

“And I love the swimming – swimming is just like, I’m pain-free, I’m weight free and I’m equal to everybody else in the pool, you know, it kind of like evens the scales you know.”

Adult with physical impairment

It depends: needs, values and competing factors

“Sometimes I think, ah, do I really want to go to that? I’m just not sure. Cause I always think about the communication and whether I’d be comfortable and would it be too difficult and that really influences my decision.”

Deaf adult

It depends: needs, values and competing factors

“... healthy eating is really paramount.”

“He didn’t want to be living with mum and dad, and it was just his dream really. We were happy for him to have that...He loves it - he is so happy and I always knew it would be at a price of slightly less health, his mental health means more and his sense of wellbeing and entitlement and adulthood - all of those things are important, so that’s the price you pay.... He just loves living independently and that is worth everything. It’s just fabulous.”

Parent of young adult with physical and intellectual impairment

In summary

So, it depends:

- Needs
- Values
- Competing factors

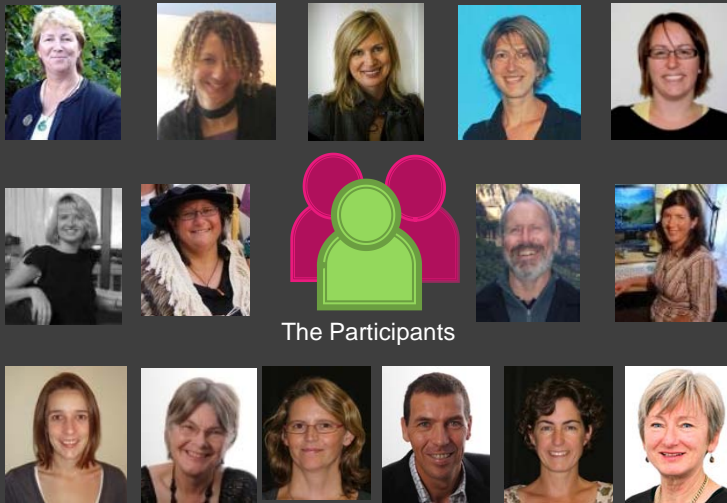


Going forward

- One size cannot fit all
- Need to consider the meaning of 'living well'

Acknowledgements

The study team



The Participants

The funders



The various localities who offered support with recruitment



<http://livingwellstudy.aut.ac.nz/>

Please contact the authors if further dissemination required