

# SAHK

Citation: Kwok, Y. B. (2016). *Fitness enhancement for older adults with multiple disabilities*. Abstract of the 9<sup>th</sup> Congress on Conductive Education, Budapest, Hungary.

**Introduction:** With increased life expectancy, functional deteriorations of people with multiple disabilities presents a basket of health, psychosocial and caring problems that begin in their middle-adulthood years. Despite a strong will to lead an active life in their adolescence years, their innate neurological and musculoskeletal disadvantages are prompting them to develop sedentary lifestyle after reaching middle adulthood. This is further complicated by the ageing process that eventually leads to physical inactivity, which is the fourth leading cause of mortality (WHO, 2009).

**Aim:** It has been demonstrated that physical activity promotion through organizing fitness classes has limited success in maintaining long-term effect (Spence and Lee, 2002). In our adult centers, we advocate a fitness enhancement campaign by a 3-pronged approach through developing our adult clients' (1) knowledge-and-skill; (2) intention; and (3) participation to combat against the impacts of ageing within our CE-based system.

**Methods:** At the knowledge-and-skill level, acquisition training and education aiming at enhancing physical fitness and awareness among the older adult clients are organized. At the intention level, primary focus is putting on cultivating self-determined motivation towards physical exertion. Monotonous exercises are re-designed into fun-filled recreation activities as well as money-earning productive activities. Environment, including centers' layout, client's routine and production workflow, has been adapted for allowing the frail adults to have the autonomy to engage in meaningful activities to build competency and make meaningful connections with peers. At the participation level, attempts are made to promote inclusion by creating opportunities for the adult clients to join community sports events, like Marathon and Taekwondo Belt Test, Genius word record breaking events, etc.

**Conclusion:** To conclude, our physical enhancement campaign aims at creating an inspiring and facilitative environment to encourage older adults with multiple disabilities to sustain a physically active live in order to prevent early ageing.

## References:

- Global health risks: mortality and burden of disease attributable to selected major risks*. Geneva, World Health Organization, 2009.
- Spence, J. C. and Lee, R. E. (2003). *Toward a comprehensive model of physical activity*. *Psychology of Sport and Exercise*, 4: pp. 7-24.



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