

# LEISURE ACTIVITIES FOR EVERYONE

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## OBJECTIVE

- To develop a co – operation pattern to enable leisure activities for children and adolescents with special needs.

## BACKGROUND

- This project is part of another project, Good practice in Habilitation of Children, application to practice 2007 – 2011, by Vajaaliikkeisten Kunto - society.
- There are few leisure activities and less choices for children and adolescents with special needs at Kymenlaakso Healthcare District. These children often require assistants to enable the participation but it is difficult to get any assistant outside the family.
- Active engagement in meaningful and fun activities with peers is essential for promoting health, personal autonomy and skill development.

## DESIGN

1. In cooperation with social, healthcare and practical nursing teachers at the University of Applied Sciences and Vocational College to create a model where students can be assistants as part of their studies.
2. To influence the service providers to take children with special needs to their leisure activity groups and get students as assistants.
3. To settle cooperation between service providers and educational establishment.
4. To create a channel of information about leisure activity groups.

## RESULTS

- The first weekly group led by a physiotherapist started autumn 2010 at a private fitness center.
- There have been seven students assisting the group of 5 to 11 children.

## CONCLUSIONS

- It is possible to form public private partnership. All parties benefit from the arrangement; the students get to know children with special needs and the children enjoy themselves.
- The parents appreciated their children to have leisure activity of their own.
- The exercise group has shown that assistants enable participation of children with different special needs, without the assistants this would have been impossible.

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