Wheelchair Sport and Activity Survey 2016

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www.wheelpower.org.uk
About WheelPower

• National charity for wheelchair sport
• National Disability Sports Organisation
• Owners of Stoke Mandeville Stadium
• Birthplace of the Paralympic Movement
• **Mission:** Provide, promote and develop opportunities for disabled people to participate in wheelchair sport and physical activity
• **Purpose:** Support individuals to find sports which they are passionate about and enjoy
Who does WheelPower represent?

People with a physical or locomotor impairment who:
- Use a wheelchair in everyday life
- Require a wheelchair for sport (manual)

- Spinal muscular atrophy
- Cerebral palsy
- Spinal cord injury - Tetraplegia
- Spinal cord injury - Paraplegia
- Multiple sclerosis
- Spina bifida
- Amputation or limb loss
- Motor neuron disease
- Muscular dystrophy (and associated conditions)

People with these impairments may use a wheelchair
Background - Talk About Taking Part

Why we conducted this research?

Who we wanted to speak to?

What was covered in the survey:

- Sport and Physical Activity Participation
- The Sports Environment
- Motivations and Barriers
- Travelling to Play Sport
- Future Participation
- Marketing and Communications
Survey Information and Demographics

Who we spoke to:

- 502 online survey respondents
- 10 in-depth follow-up interviews

Location:

- Scotland 5%
- Northern Ireland 2%
- North East 2%
- Yorkshire and Humberside 8%
- North West 10%
- East Midlands 10%
- Wales 3%
- East 13%
- West Midlands 9%
- South West 15%
- South East 15%
- London 13%

502 respondents

- 51% Male
- 49% Female

Average age: 42
Survey Information and Demographics

Disability:

83% are manual wheelchair users.

31% are powered wheelchair users.

11% also use a mobility scooter.

94% of respondents consider themselves to be disabled.

69% acquired their impairment or condition.

31% were born with it.
Sport and Physical Activity Participation

Participation:

- Of those that had not taken part in the last 12 months, almost three quarters (73%) had not taken part in the last three years.

- Younger people more likely to participate

- Non-manual wheelchair users less likely to participate

80% taken part in sport or physical activity within the last 12 months.

- Of those that had not taken part in the last 12 months, almost three quarters (73%) had not taken part in the last three years.
Sport and Physical Activity Participation

Top ten popular sports and activities:
- Swimming: 36%
- Walking/pushing: 29%
- Wheelchair Basketball: 22%
- Gym: 19%
- Gym: 19%
- Handcycling: 17%
- Table Tennis: 17%
- Archery: 11%
- Wheelchair Tennis: 10%
- Bocci: 9%
- Fitness Classes: 9%

Top ten regular sports and activities:
- Gym: 22%
- Walking/pushing: 18%
- Swimming: 16%
- Wheelchair Basketball: 13%
- Wheelchair Tennis: 10%
- Handcycling: 10%
- Wheelchair Racing: 5%
- Fitness Classes: 5%
- Archery: 4%
- Wheelchair Rugby: 3%

• Participation once a week or more
The Sports Environment

Current Settings:

We asked what sport or physical activity settings people participate in:

• On their own
• With other wheelchair users
• With other disabled people
• With others including disabled and non-disabled people

There were similar levels of current participation across the different settings. Between 30% - 40% of people took part within each of the settings.

Groups that are more likely to take part on their own:

• Older people
• Those that are not members of a club
The Sports Environment

Preferred Settings:

- 26% fewer people wanted to take part on their own

Many more people wanted to take part in group settings:

- With other wheelchair users (49%)
- With both disabled and non-disabled people (64%)

"I don’t mind what the setting is for the sport, I’m just keen to get involved. But it is an acceptance thing."
The Sports Environment

Club Membership:

6 in 10 respondents currently taking part in sports and physical activity are a member of a club.

- For around three quarters of those (74%) that is through a sports club, almost half of which (44%) are disability specific.
- Nearly 9 in 10 of those that don't belong to a club would consider joining one to take part in more sport and physical activity.

Those more likely to belong to a club:
- Younger people
- Manual wheelchair users

"I like the idea of belonging to a club for comradery, socialising and making friends."
Motivations

Top five motivations for taking part:

- Increase Fitness: 77%
- Socialising: 73%
- Fun / Enjoyment: 72%
- Improving Health: 70%
- Increasing Confidence: 52%

“...It’s so important to have something outside that isn’t all about hospital doctors or carer visits.”
Barriers

Top five barriers to taking part:

- Lack of Opportunity: 44%
- Lack of Accessible Venue: 39%
- Health Reasons: 36%
- Cost of Equipment: 35%
- Expense of Participation: 33%

"Would want to get my own chair but they’re a small fortune. I’ve applied for funding but have [not been successful]."
Travelling to Play Sport

Just over half spend 30 minutes or more travelling to take part in sport.

81% of people usually travel by car

Travelling distance was the 6th most common barrier to taking part in sport and activity.

Those that spend longest travelling:

- Younger people
- Club members
- Disability club members

"I found somewhere which is an hour away, which would take too big a chunk from my studies."
Future Participation

Latent Demand:

Around three quarters (74%) would like to take part in more sport or physical activity in the future.

- Future demand was similar for those that currently play sport (74%) and those that don’t (71%).
- Younger people were most likely to want to do more sport.
## Future Participation

Top ten future sports and activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Likely to do so within the next 12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming</td>
<td>68%</td>
</tr>
<tr>
<td>Gym and Fitness</td>
<td>61%</td>
</tr>
<tr>
<td>Handcycling</td>
<td>43%</td>
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<tr>
<td>Snowsport</td>
<td>37%</td>
</tr>
<tr>
<td>Archery</td>
<td>45%</td>
</tr>
<tr>
<td>Canoeing/Kayaking</td>
<td>32%</td>
</tr>
<tr>
<td>Wheelchair Tennis</td>
<td>53%</td>
</tr>
<tr>
<td>Walking/Pushing</td>
<td>66%</td>
</tr>
<tr>
<td>Sailing</td>
<td>38%</td>
</tr>
<tr>
<td>Fitness Classes</td>
<td>41%</td>
</tr>
</tbody>
</table>
Marketing and Communications

Top three current sources:
- Internet Search: 67%
- Disability Organisations: 47%
- Family and Friends: 41%

Top three preferred sources:
- Disability Organisations: 54%
- Internet Search: 53%
- Social Media: 48%
Promoting sport and physical activity:

**Wheelchair Sport**
- 74% interests me
- 22% neutral
- 4% puts me off

**Adaptive Sport**
- 51% interests me
- 34% neutral
- 16% puts me off

**Inclusive Sport**
- 61% interests me
- 27% neutral
- 12% puts me off

**Disability Sport**
- 61% interests me
- 27% neutral
- 12% puts me off
Thank you for listening
Any questions?

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