A home and community based program improving the health, fitness and function of individuals with a disability.

**School of Human Movement Studies**

**Adapted Physical Activity Program (APAP)**

If you are a person with a disability, or a health professional with a client you believe would benefit, there are two convenient ways you can join APAP:

2. Contact the program coordinator to request a ‘Referral Form’ be sent to you via email, fax or post. Please see contact details below.

**APAP Staff**

- **Dr Sean Tweedy**
  Program Director

- **Kirsty Allen**
  Program Coordinator

- **Kelly Clanchy**
  PhD Candidate: Community-based activity promotion

**How to Find Out More**

For further information please contact:

Adapted Physical Activity Program (APAP)
School of Human Movement Studies,
University of Queensland
Brisbane QLD 4072

**Kirsty Allen**
Program Coordinator
**Phone:** (+61) 7 3365 6117
**Fax:** (+61) 7 3365 6877
**Email:** apap@hms.uq.edu.au

**Or visit:** [www.hms.uq.edu.au/apap](http://www.hms.uq.edu.au/apap)

**Referrals**

Referrals can be taken at any time. The table below presents the preferred dates for the program, however start and finish dates can be flexible.

<table>
<thead>
<tr>
<th>Program</th>
<th>Days</th>
<th>Dates</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program 1</td>
<td>Monday – Friday</td>
<td>July 11th – Sept 23rd 2011</td>
<td>11 weeks (1 session per week)</td>
</tr>
<tr>
<td>Program 2</td>
<td>Monday – Friday</td>
<td>Oct 3rd – Dec 16th 2011</td>
<td>11 weeks (1 session per week)</td>
</tr>
</tbody>
</table>

**Cost of programs**

Clients referred to the program may enrol for the 11 week program either individually or in groups of two or three. The cost per client is reduced for participation in groups.

<table>
<thead>
<tr>
<th>Program</th>
<th>Session Description</th>
<th>Cost (inc GST)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Program</td>
<td>10 weekly sessions</td>
<td>$650/client*</td>
</tr>
<tr>
<td>(1 client)</td>
<td>+ 1 initial consultation</td>
<td></td>
</tr>
<tr>
<td>Small Group Program</td>
<td>10 weekly sessions</td>
<td>$500/client*</td>
</tr>
<tr>
<td>(2 clients)</td>
<td>+ 1 initial consultation</td>
<td></td>
</tr>
<tr>
<td>Small Group Program</td>
<td>10 weekly sessions</td>
<td>$450/client*</td>
</tr>
<tr>
<td>(&gt;3 clients)</td>
<td>+ 1 initial consultation</td>
<td></td>
</tr>
</tbody>
</table>

*Prices do not include entry/membership costs for sporting and recreational activities i.e. gym memberships, green fees.
Three important physical activity facts:

**FACT # 1: PHYSICAL ACTIVITY IS EXERCISE, BUT IT IS ALSO MUCH MORE:**
- Gardening
- Dance
- Walking
- Fishing
- Lawn bowls
...the list is endless!!

**FACT # 2: BEING PHYSICALLY INACTIVE HAS SERIOUS CONSEQUENCES:**
1. Poor long-term health: People who are not physically active on a regular basis have an increased risk of many diseases - cardiovascular disease, type 2 diabetes, depression, some cancers and a range of other serious health conditions.
2. Decreased fitness and function: Individuals who are not physically active tend to have reduced strength and flexibility, lower aerobic and anaerobic fitness and higher body fat. This greatly increases the physical strain associated with activities of daily living.

**FACT # 3: PEOPLE WITH DISABILITIES ARE AMONG THE MOST PHYSICALLY INACTIVE MEMBERS OF SOCIETY.**
Because of physical inactivity, many individuals with disabilities:
1. Have a higher incidence of diseases caused by inactivity than the general population. These diseases greatly increase the health disadvantage caused by a person’s primary disability.
2. Find movement more physically stressful, which can impact negatively upon independence, return-to-work plans and other key domains of social interaction and participation.

**FACT # 4: APAP CAN HELP YOU!**
APAP has been helping individuals with disabilities to find enjoyable ways to increase physical activity and improve health and wellbeing since 1997 - we can help you too!

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The Adapted Physical Activity Program (APAP) was established by Dr Sean Tweedy at the School of Human Movement Studies, University of Queensland in 1997. APAP provides an individually tailored, home and community-based physical activity promotion service to individuals with disabilities in the Brisbane area.

The program aims to assist individuals with disabilities to commence and maintain a physically active lifestyle which is enjoyable, safe, sustainable and thereby effective in improving their health and functioning.

APAP provides interventions for individuals (>16 years) with a wide range of health conditions. The focus is neuromusculoskeletal impairments of both traumatic and non-traumatic origin, including brain injury, spinal cord injury, amputations, cerebral palsy, stroke, spina bifida, epilepsy and multiple sclerosis. We can also cater for people with Autism Spectrum disorders, Down syndrome, cystic fibrosis, diabetes mellitus and obesity.*

* Please note that our services are not restricted to the above conditions. If you are not sure whether you or your client is eligible, please check with us directly.

Our 11-week program comprises weekly face-to-face sessions delivered by Exercise Physiologists in the clients’ home and community. The program includes two main dimensions:

1. **Funding pathways:**
   - APAP staff will work with clients to determine their eligibility to receive funding support or service rebates (e.g. Department of Community funding options or Medicare benefits) and assist with the application process.

2. **Program delivery:**
   - All programs are tailored for the individual and will include some or all of the following services,
     - Initial consultation and client evaluation.
     - Physical Activity prescription.
     - Education on strategies for sustainability and behaviour change.
     - Education on physical activity benefits.
     - Establishing links with community-based sport and recreation organisations.

**ADVANTAGES OF APAP ARE:**
- We come to you, no transport necessary.
- We use evidence-based methods, which incorporate latest research findings in the area of adapted physical activity.
- We assist with community access and developing social links.
- Programs are individually tailored: ‘Not one size fits all’.
- It’s FUN!