



Partners



InAbled Cities

physical activity · health · inclusion

The project “InAbled Cities: Developing Inclusive urban environments for physical activity of people with disabilities and senior citizens” is an intersectoral partnership of six organizations from five EU countries, joining efforts to increase the participation of people with disabilities, especially the elder, in health-enhancing physical activities (HEPA) within urban areas.

- 1- The European Foundation for physiotherapy and physical activity (EFPPA) - Belgium
- 2- Municipality of Guadalupe (GD) - Spain
- 3- University school of Physiotherapy ONCE (ONCE) - Spain
- 4- University Medical Center Radboudumc (RUMC) - Netherlands
- 5- Sport and Citizenship Association (S&C) - France
- 6- Municipality of Bologna (BL) - Italy



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Objectives

The overall objective is:
To promote and enable physical activities in open urban areas for people with physical disabilities with special focus on elderly people, building healthy, active and inclusive cities.

To develop a Practical Intervention Methodology with tips and recommendations on delivering physical activity exercises for elderly and physically disabled people using urban environments and infrastructures.

To uncover the needs and priorities of people with disabilities and elderly people in order to design and facilitate urban environments and measures that encourage PA among this group of population.

To identify and compile good practices in rolling out Citizen engagement strategy in which disabled people is given a voice to contribute towards the promotion of healthy, active and disabled cities.

To identify and compile good practices in organizing PA for people with disabilities, especially elder, in urban areas.

To implement Pilot PA actions in 2 European countries.

To develop Mobile App for facilitating engagement of elderly people and people with disabilities to practicing PA within urban areas.

To develop Practical recommendations for application of the project Methodology, Citizen Engagement Strategy and InAble Cities Mobile App, based on evidence-based analysis.

To foster cooperation and alliances between the sport and health sector, with local authorities, research centres and civil society organisations, to deliver innovative solutions to encourage HEPA among people with disabilities in urban centres.



Project context & International and European policy relevance

People with disabilities, especially the elder, represent a large and growing segment of the general population, yet they are often less physically active than those without a disability. Physical activity is vital for people with disabilities, not only to promote health and prevent disease but also to reduce the number of secondary conditions that can result from an initial disability.

It is therefore essential to ensure that people with disabilities are encouraged to be more physically active, particularly in the context of cities where more than 80% of the European population is expected to live by 2030.

Outcomes

Intellectual Output 1 Feb - Aug 2021

Practical Intervention Methodology on delivering physical activity exercises for elderly and disabled people using urban environments and infrastructures.

- Provides conceptual and methodological bases for implementation of Pilot PA actions.

Intellectual Output 3 Nov 2021 - Jun 2022

InAble Cities Mobile App

- The multimodal App will be designed as a free App, developed under open source software licenses and based on the project Methodology. The App is aimed to support elderly and disabled people, willing to practice PA exercises using urban environments and infrastructures (E&I) by providing them and other users (physiotherapists, health professionals, elderly and disabled people's relatives and caregivers) different sort of information and facilities.

Intellectual Output 2 Feb - Oct 2021

Citizen Engagement Strategy

- PDF document with visual appealing illustrations: it designs methods of citizens engagement for re-thinking urban environments for practicing PA, proposes methods and tools for involvement of target groups in the Pilot PA activities.

Intellectual Output 4 Sep 2021 - Dec 2022

Intervention's Final Evaluation Report

- Evaluation Methodology
- Evaluation Scoreboard of the intervention
- Quantitative analysis of the impact of the implemented intervention
- Qualitative analysis of the interviews and focus groups
- Findings of project evaluation process and intervention impact analysis
- Conclusions, lessons learned and recommendations

