



## Fit-IN Rehab



SPORT AS A TOOL FOR SUCCESSFUL  
REHABILITATION OF SENIORS

## Fit-IN Rehab

GRANT AGREEMENT Nº:  
PROJECT: 101089483 – ERASMUS-SPORT-2022-SCP

WP2	D2.1	D4	PRE-EVENT SURVEY RESEARCH REPORT FOR STUDENT VOLUNTEERS	LEAD BENEFICIARY: AIS (AUSTRIA)
-----	------	----	--	------------------------------------



Co-funded by  
the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

# PROJECT PARTNERS



## COORDINATOR:

**UNIVERSITY REHABILITATION INSTITUTE REPUBLIC OF SLOVENIA – SOČA  
(SLOVENIA)**

## PARTNERS:

**SPORT VIV (CROATIA),  
AUSTRIAN ASSOCIATION OF INCLUSIVE SOCIETY (AUSTRIA),  
MINE VAGANTI NGO (ITALY),  
UNIVERSITY OF BELGRADE (SERBIA)**



# INTRODUCTION

Fit-IN Rehab is a project co-funded by the Erasmus+ programme of the European Union, that aims to facilitate student volunteers in gaining professional skills to encourage and enable older people with disabilities, aged 60+, to participate in many sports activities after rehabilitation and treatment as well as to maintain their mobility.

Through this project, professional experts in project partners' countries from Slovenia, Croatia, Austria, Italy and Serbia will Conduct research, through expertise and good practices and analyse the challenges that prevent seniors with disabilities after rehabilitation from participating in sports.

Support for seniors is crucial for the proper performance of sports exercises. In that sense, it is important for student volunteers to gain useful professional skills to encourage and enable older people with disabilities to participate in sports activities after rehabilitation and treatment To maintain their Mobility.

Sport is A key Factor when it comes to maintaining vitality and health, and a full life, especially for seniors. After undergoing rehabilitation or treatment disabled seniors are often left on their own and are not motivated enough to engage in movement which would be extremely important for maintaining their health. They also could not engage in many sports due to their physical limitations.

## **Positive impacts in seniors include:**

- **Improved Quality of Life:** Participating in sports activities after rehabilitation and treatment can improve the overall quality of life of older people with disabilities. These activities can help them maintain their physical fitness, improve their mental health, and reduce the risk of chronic illnesses.



- **Socialization:** Sports activities can provide older people with disabilities an opportunity to socialize with others, which can be an important factor in maintaining their mental and emotional health.
- **Increased Independence:** Regular physical activity can also help older people with disabilities maintain their independence by improving their mobility and reducing their risk of falls.
- **Professional Guidance:** Professional guidance from student volunteers with appropriate skills can help older people with disabilities engage in sports activities safely and effectively. This can help prevent injuries and ensure that they are getting the most benefit from physical activity.
- **Community Support:** Encouraging and enabling older people with disabilities to participate in sports activities after rehabilitation and treatment can also help create a more inclusive and supportive community. By providing opportunities for older people with disabilities to stay active, student volunteers can help reduce the stigma around disability and promote a more inclusive society.

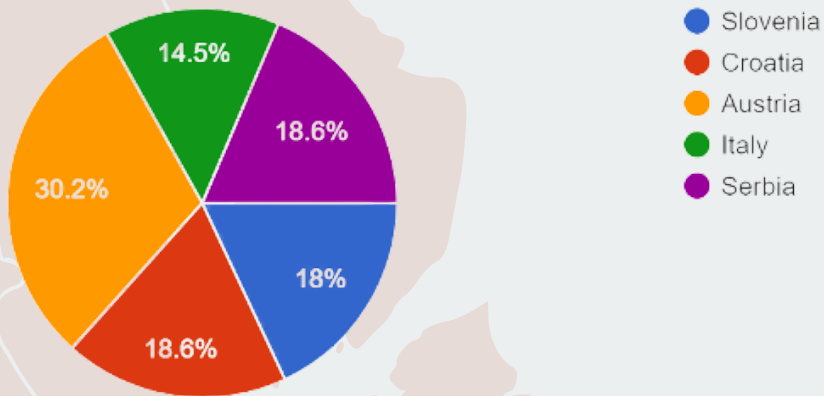


# QUESTIONS AND ANSWERS FROM THE SURVEY



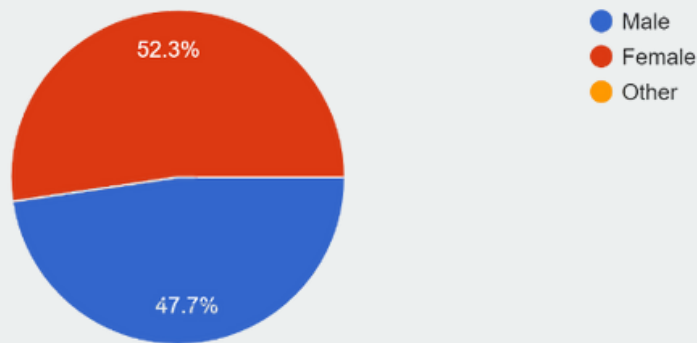
# YOUR COUNTRY?

The respondents were asked to indicate what is their country and the results show that 30,2 % of respondents selected Austria, respectively 18,6% of students chose both Serbia and Croatia as their countries, 18% of respondents selected Slovenia and 14,5% of students selected Italy as their country.

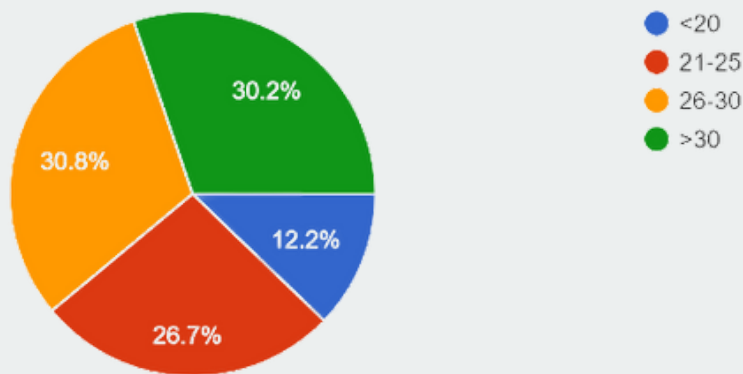


# YOUR GENDER?

Of the 172 respondents, 52.3% were female and 47.7% were male.  
Thus, an almost equal ratio was achieved, but females took the majority.



# WHAT IS YOUR AGE?

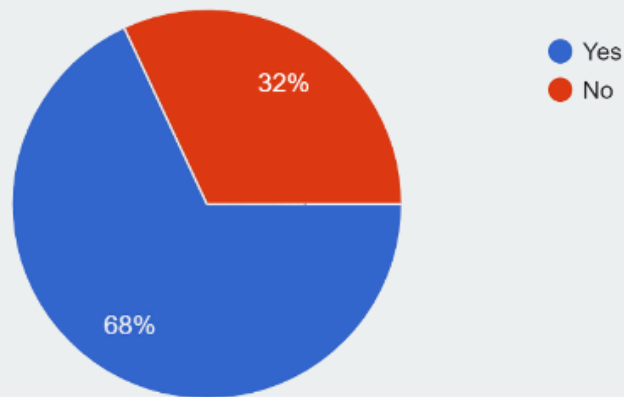


- Majority of the respondents (30,8%) indicated that they fall within the age range of 26 to 30
- 30,2% of respondents are older than 30
- 26,7% of respondents belong to the age group 21 to 25
- 12,2% of respondents are younger than 20



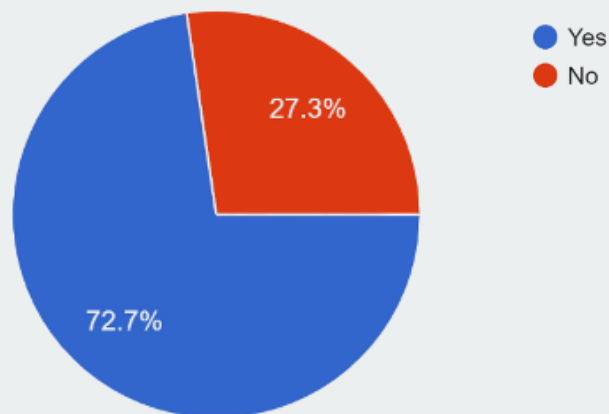
# ARE YOU ACTIVE IN SPORTS?

Exactly 68% of respondents indicated that they are active in sports, while 32% of our respondents are not active in sports.



# DO YOU KNOW ANYONE WITH A DISABILITY?

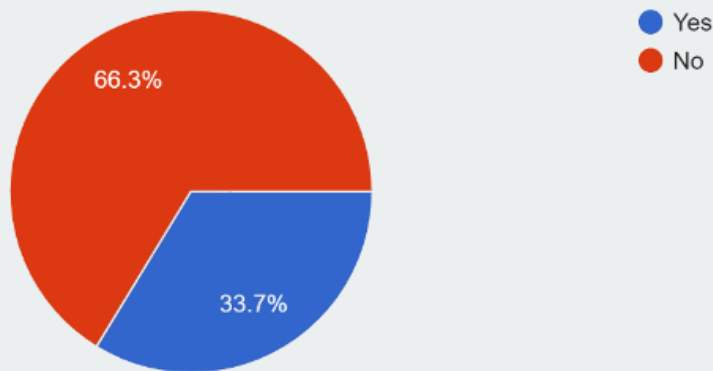
72,7% of respondents indicated that they know of someone with a disability while 27,3% of student respondents indicated that they do not know a person with a disability.





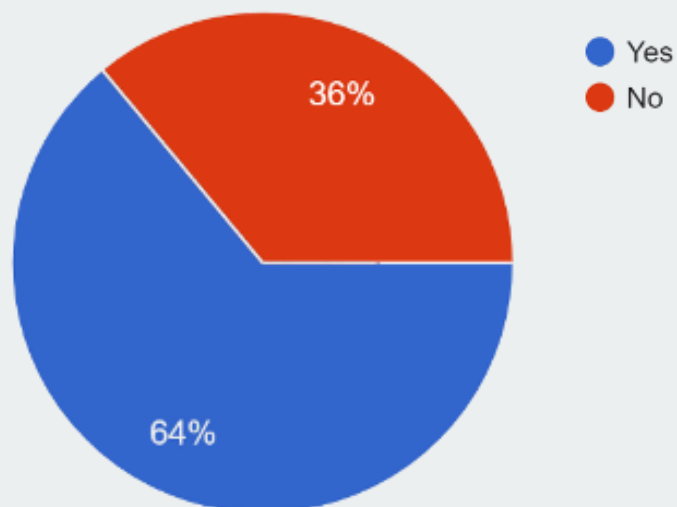
# HAVE YOU EVER DONE A SPORTIVE ACTIVITY WITH A PERSON WITH A DISABILITY BEFORE?

66,3% of participants in the survey have never done a sportive activity with a person with a disability before, while 33,7% of respondents did.



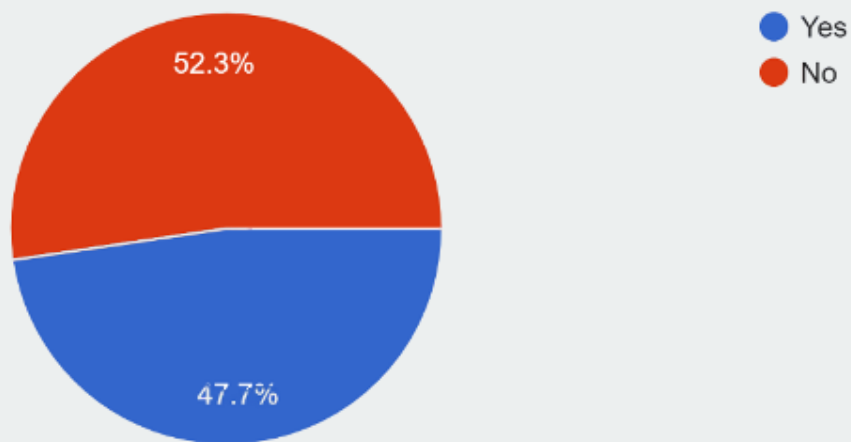
# DO YOU KNOW HOW TO GIVE FIRST AID TO PEOPLE?

The majority of survey respondents (64%) do know how to give first aid to people, while 36% do not know how To.



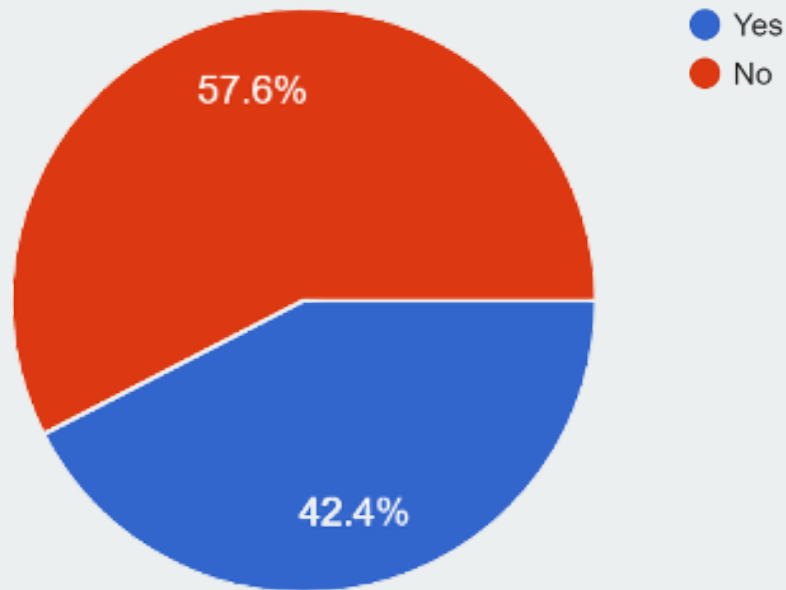
# DO YOU KNOW HOW TO ACT IN CASE OF INJURY OR RESUSCITATION OF A PERSON?

- The majority of respondents (52,3%) do not know how to act in case of an injury or resuscitation of a person. However, 47,7% of the survey takers responded Yes.



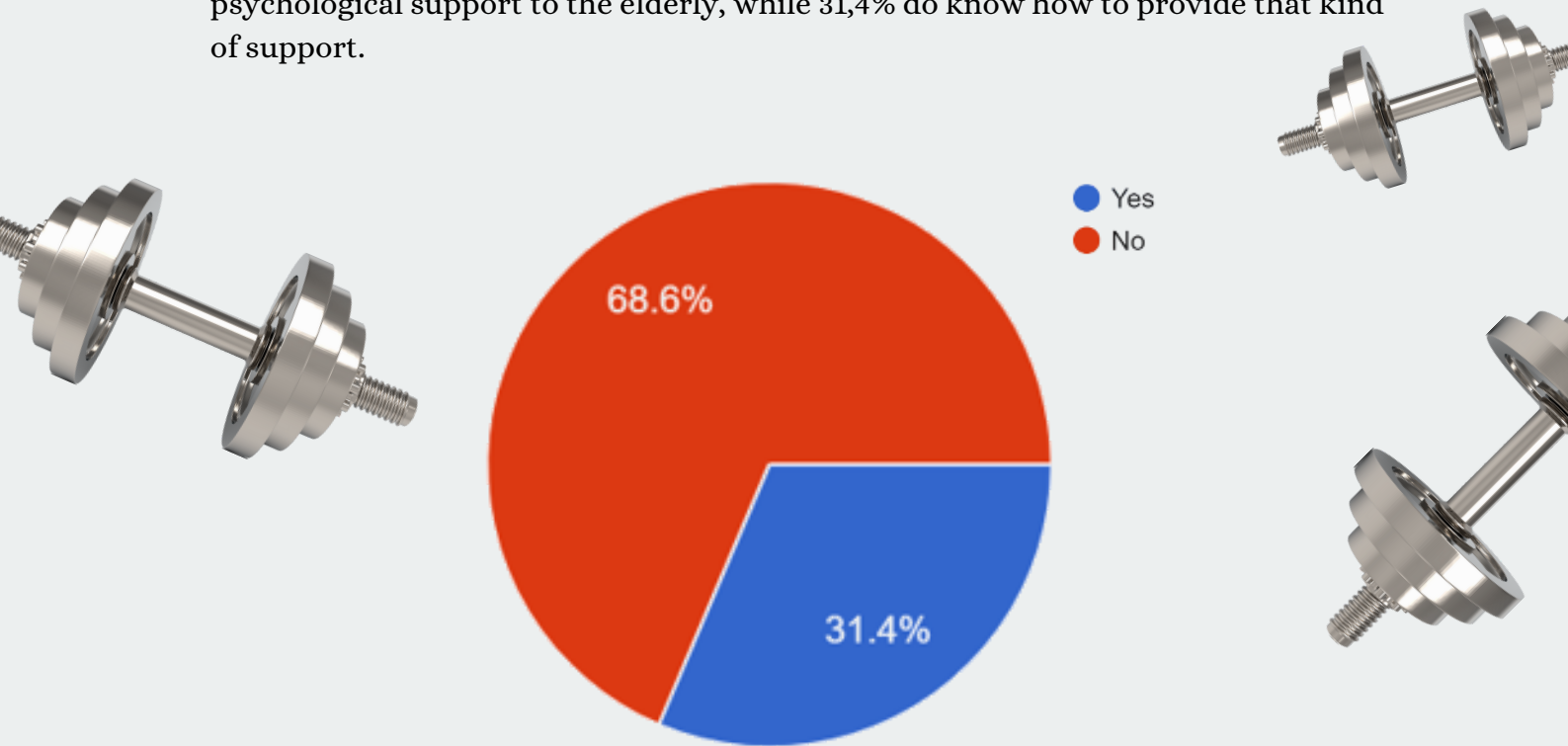
# DO YOU KNOW THE BASIC SPORTS ACTIVITIES FOR THOSE AGED 60+?

- The majority of survey respondents (57,6%) do not know the basic sports activities for those 60+, while 42,4% responding to the survey do in fact know.

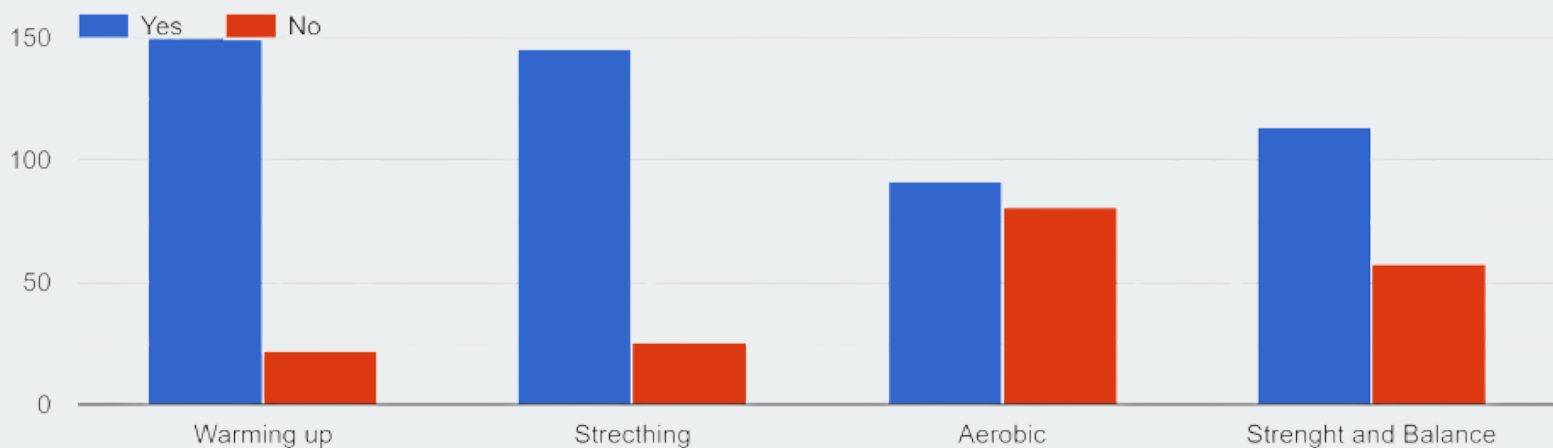


# DO YOU KNOW HOW TO PROVIDE PSYCHOSOCIAL SUPPORT TO THE ELDERLY?

- The majority of persons questioned (68,6%) do not know how to provide psychological support to the elderly, while 31,4% do know how to provide that kind of support.



# DO YOU KNOW EXERCISES FOR...



## WARMING UP:

- 150 of the respondents (87,2%) do know exercises for warming up
- 22 of the respondents (12,8%) do not know exercises for warming up

## STRETCHING:

- 146 of the respondents (84,9%) do know exercises for stretching
- 26 of the respondents (15,1%) do not know exercises for stretching

## AEROBIC:

- 91 of the respondents (52,9%) do know exercises for aerobic
- 81 of the respondents (47%) do not know exercises for aerobic

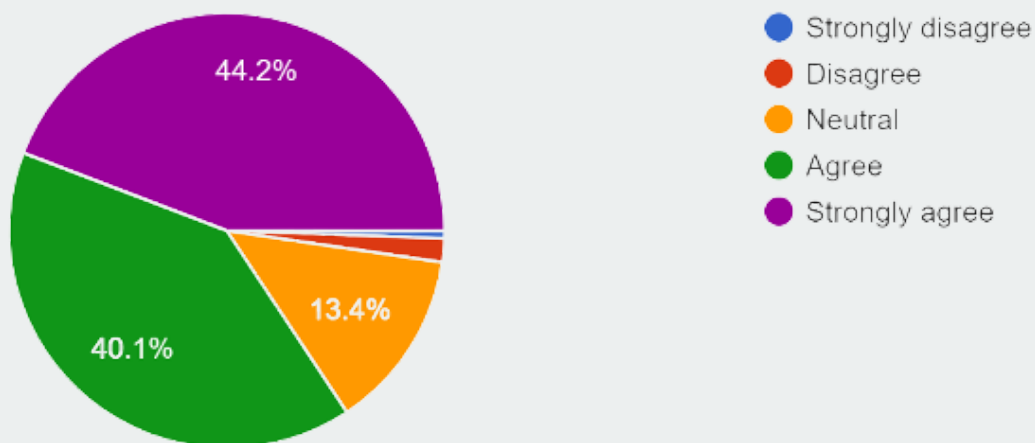
## STRENGTH AND BALANCE:

- 114 of the respondents (66,3%) do know exercises for strength and balance
- 58 of the respondents (33,7%) do not know exercises for strength and balance



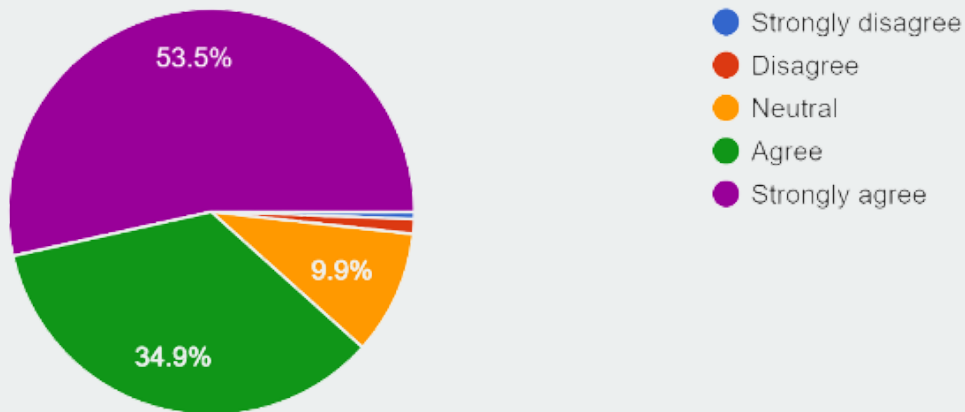
# SPORT INCREASES THE PERCEPTION CAPACITY OF PEOPLE WITH DISABILITIES

- The majority of respondents (44,2%) strongly agree that sport increases the perception capacity of people with disabilities and 40,1% of survey respondents agree, while 13,4% of people responding to the survey are neutral towards that statement. Only one respondent (0,6%) completely disagreed while three other respondents (1,7%) disagreed with the statement.



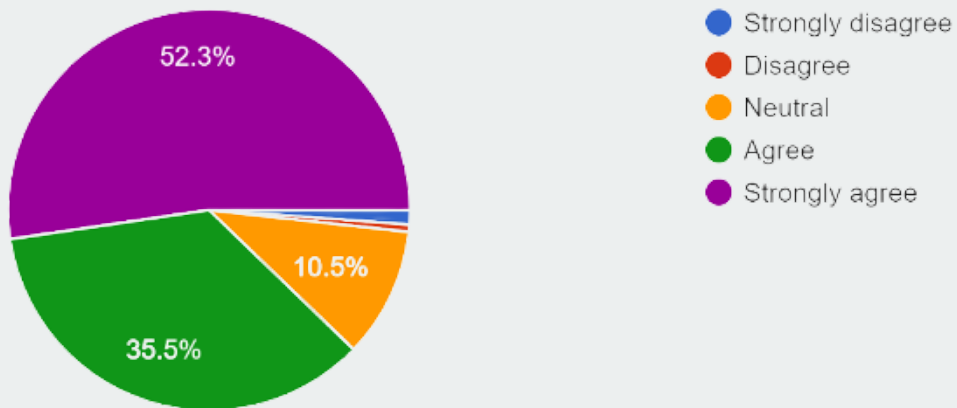
# SPORT HELPS PEOPLE WITH DISABILITIES TO FEEL A SENSE OF ACHIEVEMENT .

- Most of the respondents (53,5%) strongly agreed that sport helps people with disabilities to feel a sense of achievement and 34,9% of respondents agreed. Around 10% of the people that took this survey are neutral about the statement. The minority (1,8%) disagreed with the statement.



# SPORT HELPS PEOPLE WITH DISABILITIES TO HAVE A STRONGER BODY .

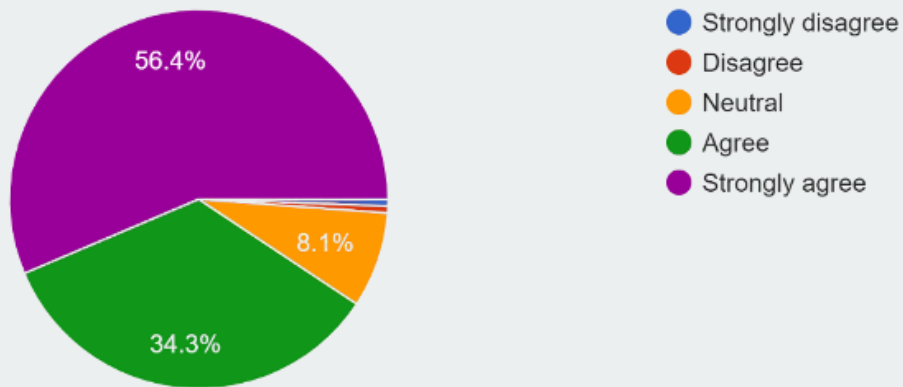
- Most of the respondents (52,3%) strongly agreed that sport helps people with disabilities to have a stronger body and 35,5% of respondents agreed. Exactly 10,5% of the people that took this survey are neutral about the statement. The minority (1,8%) disagreed with the statement.





# SPORT IMPROVES THE QUALITY OF LIFE OF PEOPLE WITH DISABILITIES.

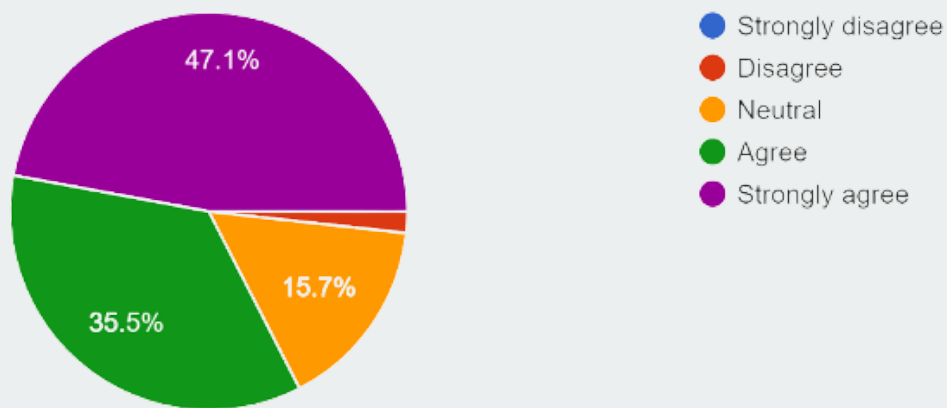
- Many of the respondents (56,4%) strongly agreed that sport improves the quality of life of people with disabilities and 34,3% of respondents agreed. Exactly 8,1% of the people that took this survey are neutral about the statement. Only 1,2% of survey respondents disagreed with the statement.





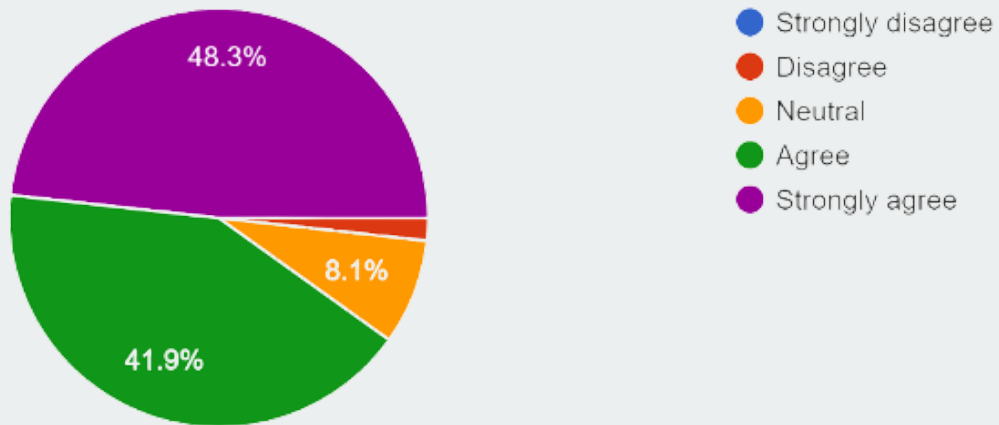
# SPORT HELPS PEOPLE WITH DISABILITIES TO SEE THEMSELVES AS VALUABLE.

- The majority of respondents (47,1%) strongly agree that sport helps people with disabilities to see themselves as valuable and 35,5% of survey respondents agree, while 15,7% of people responding to the survey are neutral towards that statement. Exactly 3 respondents (1,7%) disagreed with the statement.



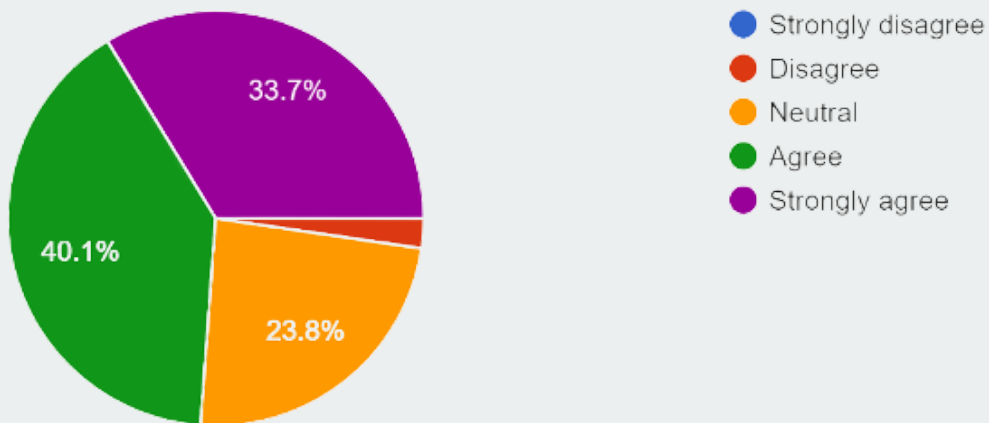
# SPORT POSITIVELY AFFECTS THE MENTAL DEVELOPMENT OF PEOPLE WITH DISABILITIES.

- The majority of respondents (48,3%) strongly agree that sport positively affects the mental development of people with disabilities and 41.9% of survey respondents agree, while 8.1% of people responding to the survey are neutral towards that statement. Exactly 3 respondents (1,7%) disagreed with the statement.



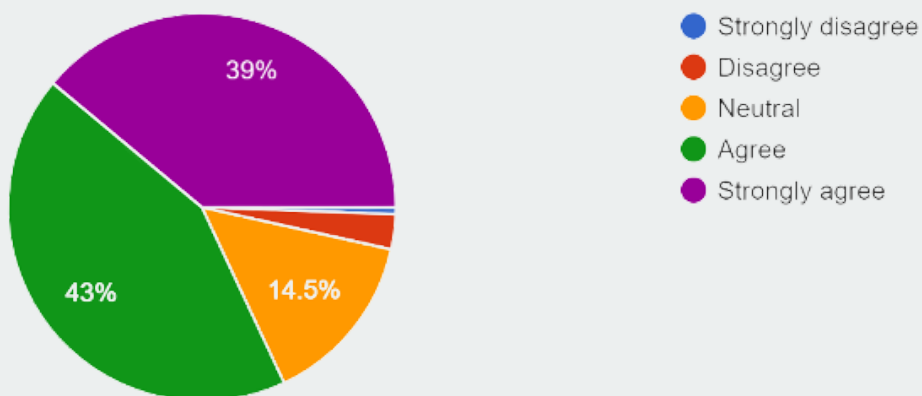
# SPORT HELPS PEOPLE WITH DISABILITIES TO GAIN A SENSE OF RESPONSIBILITY.

- The majority of respondents (33.7%) strongly agree that sport helps people with disabilities to gain a sense of responsibility and 40.1% of survey respondents agree, while 23.8% of people responding to the survey are neutral towards that statement. Exactly 4 respondents (1.7%) disagreed with the statement.



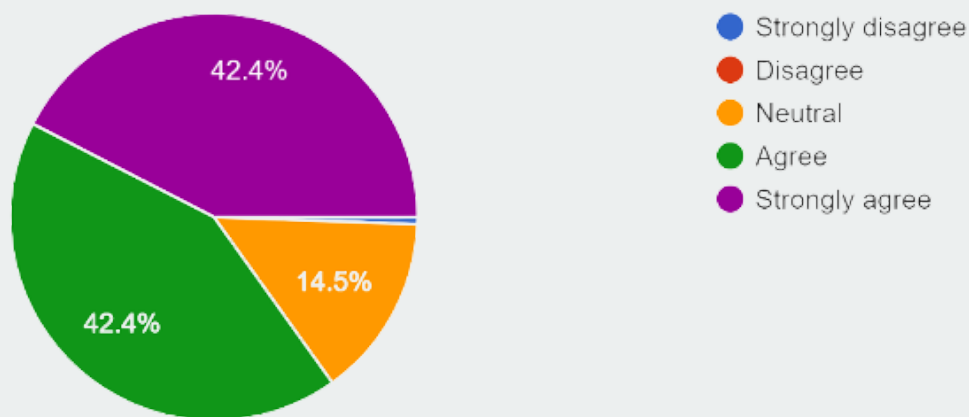
# SPORT MAKES PEOPLE WITH DISABILITIES MORE ENERGETIC

- The majority of the respondents (39%) strongly agreed that sport makes people with disabilities more energetic and 43% of respondents agreed. Exactly 14,5% of the people that took this survey are neutral about the statement. Only one respondent (0,6%) completely disagreed and 2,9% of survey respondents just disagreed with the statement.



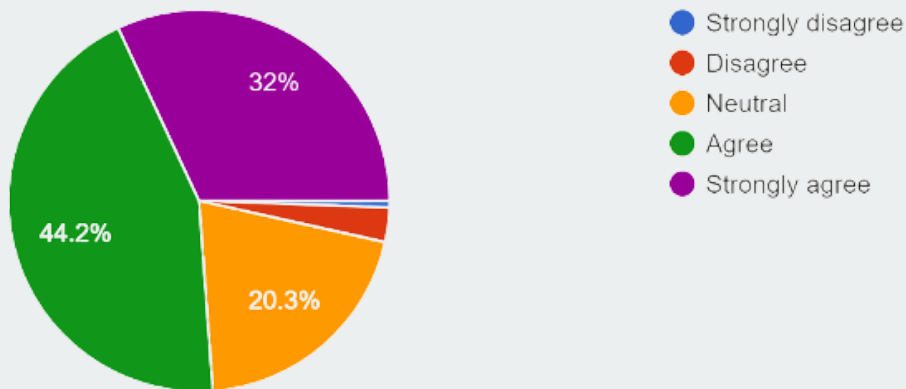
# SPORT INCREASES THE ENDURANCE OF PEOPLE WITH DISABILITIES

- The majority of respondents (42,4%) strongly agree that sport increases the endurance of people with disabilities and 42,4% of survey respondents agree, while 14,5% of people responding to the survey are neutral towards that statement. Only one respondent (0,6%) completely disagreed with the statement.



# SPORT INCREASES THE ABILITY OF PEOPLE WITH DISABILITIES TO COPE WITH DIFFICULTIES

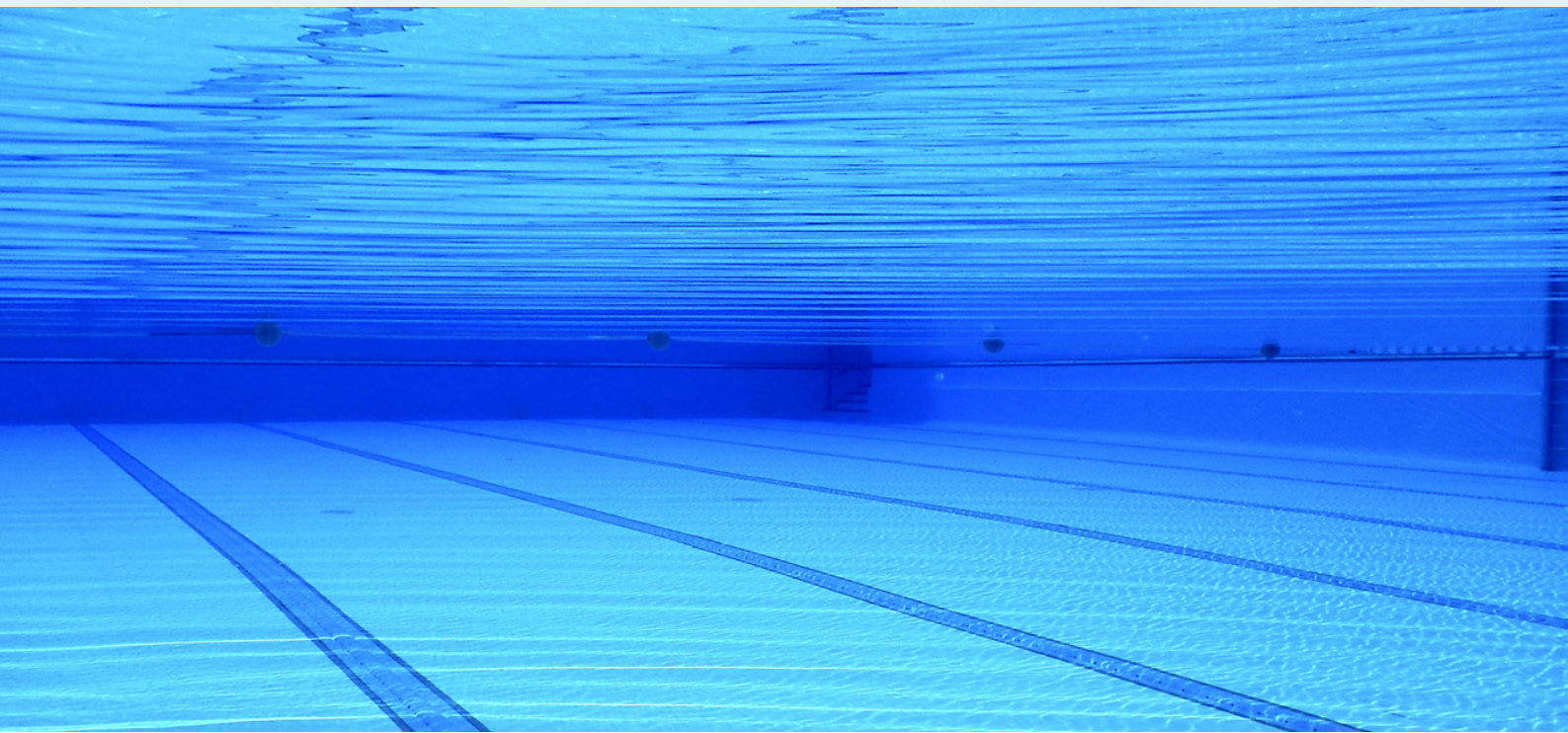
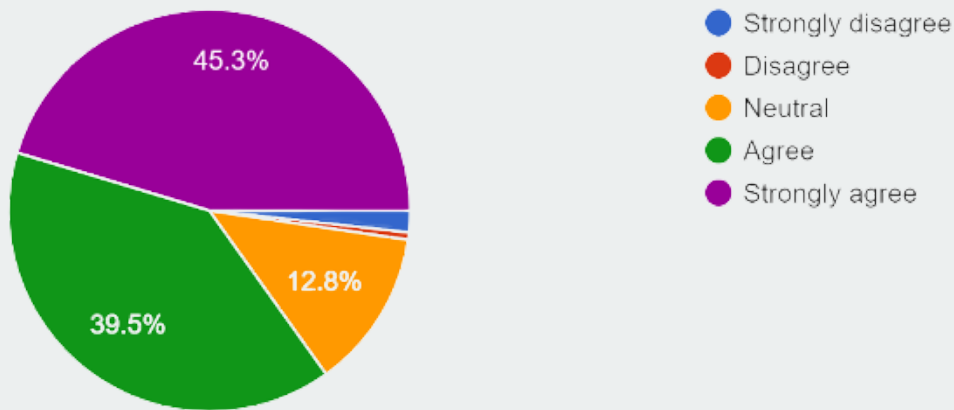
- The majority of the respondents (32%) strongly agreed that sport increases the ability of people with disabilities to cope with difficulties and 44,2% of respondents agreed. Exactly 20,3% of the people that took this survey are neutral about the statement. Only one respondent (0,6%) completely disagreed and five survey respondents (2,9%) just disagreed with the statement.





# SPORT INCREASES THE INCLUSIVENESS OF PEOPLE WITH DISABILITIES.

- The majority of the respondents (45,3%) strongly agreed that sport increases the inclusiveness of people with disabilities and 39,5% of respondents agreed. Exactly 12,8% of the people that took this survey are neutral about the statement. Only 1,7% of survey respondents completely disagreed with the statement and one person just disagreed.



# WHAT IS YOUR FIELD/TOPIC OF STUDY?

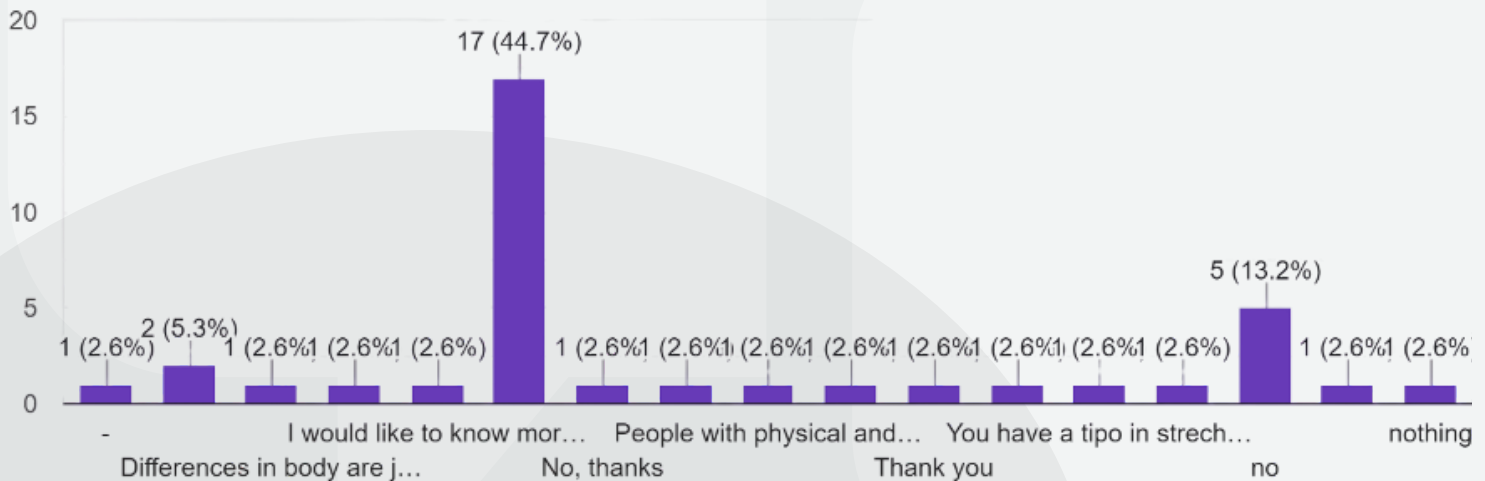
- Kinesiology
- Economy
- Architecture
- Economics
- IT
- Law
- Physiotherapy
- Political Science
- Communicology
- Accounting
- Pharmacy
- Sport management
- Medicine
- History
- Psychology
- Sports and physical education
- Genetics
- Psychology
- Facilitator
- Urban planning
- Gender Studies
- Sociology
- Engineering
- Pedagogy
- Sales
- Gastronomy and hotel management
- Media production
- Computer science
- Anthropology, identity, and migration processes
- Nursing
- Special education
- Japanese Studies
- Journalism
- People with disabilities
- muscle exercises
- Sports for people with disabilities
- First aid
- Librarianship
- Microbiology
- Mechatronics
- Croatian and Latin language
- Civil pilot
- Music academy
- Engineering
- Public Safety
- High school
- Elementary school teacher
- Informatics
- Philosophy
- International relations
- Languages
- Business management
- Sport Psychology
- Education and Training
- American football
- Bodybuilding
- Law/music/management
- Multimedia
- Politics
- Cricket
- Sports
- International Cooperation
- Science
- Music and Composition
- Art
- Special education
- Child keeping
- Personal trainer
- Media and Communication
- Healthcare
- Social innovation
- Gender issues
- Political Science and International Relations



# IS THERE ANYTHING YOU WOULD LIKE TO MENTION?

Is there anything you would like to mention?

38 responses



## Survey respondents have submitted the following statements:

- Sport is important for the physical and mental health of every individual and is fundamental in the growth of self-esteem in people with disabilities.
- People with physical and mental disabilities (disorders) should always be under the supervision of a medical professional even with the sport and recreation coaches leading the activities.
- People with disabilities should be incorporated into sports and physical activity, it improves their quality of life.
- There is a lack of definition of what a disability is. I interpreted it as a physical disability, e.g. requiring a wheelchair for movement. In general, the word disability encompasses also mental disabilities such as depression and anxiety.
- A Kinesiology student has said that he/she has a family member with disabilities and that they want to be included in the activities.



**CONCLUSIONS**

**Our multinational online survey of 172 students of ages 18 and older found the following:**

**Sportive activities with disabled people:** Most of the people who responded to the survey were 26 or older. Many of the survey respondents are active in sports and, in general, do know people with disabilities. However, the majority responded that they have never done a sportive activity with a person with a disability before.

**First aid and resuscitation:** Participants in the survey in the majority do know how to give first aid to people but when asked if they know how to act in case of an injury or resuscitation of a person, more than 50% of students responded with a “No”.  
**Seniors (Sports, Psychological support):** More than half of the respondents do not know the basic sports activities for those 60+ and as well do not know how to provide psychosocial support to the elderly.

**Exercise types:** Around 85% of the students know exercises for warming up and stretching. However, survey respondents are less acquainted with aerobic and strength and balance exercises (~ 53% know aerobic exercises and ~ 67% know exercises for strength and balance).

**More than 70% of respondents have agreed that sports Can have the following effects on people with disabilities:**

- Makes them more energetic.
- Increases their endurance.
- Positively affects mental development.
- Helps gain a sense of responsibility.
- Feel a sense of achievement.
- Increases the ability to cope with difficulties.
- Increases their perception capacity.
- Helps have stronger bodies.
- See themselves as valuable.
- Improves their quality of life

In general, students who responded to this survey have as well emphasized that sport is indeed important for the physical and mental health of every individual and is fundamental in the growth of self-esteem in people with disabilities and that it improves the inclusiveness of people with disabilities. Further, they have said that people with disabilities should be incorporated into sports and physical activity because it improves their quality of life but that they should always be under the supervision of a medical professional.



# RECOMMENDATIONS

**In order for student volunteers to be able to adequately help older people with disabilities, Aged 60+, to participate in sports activities after rehabilitation and treatment and maintain mobility they must:**

- **Receive Professional Training:** It is important for student volunteers to receive training in areas such as exercise physiology, kinesiology, and physical therapy to understand the specific needs of older people with disabilities. They should also be trained in safety and injury prevention.
- **Establish Personalized Plans:** Student volunteers should work with older people with disabilities to develop personalized physical activity plans that take into account their individual abilities and limitations.
- **Encourage Variety:** It is important to encourage older people with disabilities to engage in a variety of physical activities that they enjoy and that address different aspects of physical fitness. For example, swimming can be great for cardiovascular fitness, while yoga can help with flexibility and balance.
- **Provide Social Support:** Student volunteers can provide social support and encouragement to help older people with disabilities stay motivated and engaged in physical activity. This can include regular check-ins, group activities, and connecting them with community resources.
- **Promote Accessibility:** It is important to ensure that sports activities and facilities are accessible to older people with disabilities. Student volunteers can work with community organizations to advocate for more accessible options and make sure that existing facilities are accommodating.
- **Educate the Community:** Student volunteers can help educate the community at large about the importance of physical activity for older people with disabilities and reduce the stigma around disability. This can help create a more inclusive and supportive community overall.



## Fit-IN Rehab



SPORT AS A TOOL FOR SUCCESSFUL  
REHABILITATION OF SENIORS

## Fit-IN Rehab

GRANT AGREEMENT Nº:  
PROJECT: 101089483 – ERASMUS-SPORT-2022-SCP

WP2	D2.1	D4	PRE-EVENT SURVEY RESEARCH REPORT FOR STUDENT VOLUNTEERS	LEAD BENEFICIARY: AIS (AUSTRIA)
-----	------	----	--	------------------------------------



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein