

# Perceptions of physical activity in those with visual impairment

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## INTRODUCTION

- Individuals with visual impairment may be more hesitant to partake in exercise or physical activity due to safety concerns
- Health issues may be increased in those with visual impairment due to lack of movement
- The effects of inactivity can be exacerbated in those with disability due to additional challenges in attempting to be active

## BACKGROUND

2.2 billion people have visual impairment

Individuals with visual impairment:

- Spend less time exercising
- Spend more time doing sedentary activities
- Likely to experience falls
- Likely to lose balance

Increasing risk of:

- Obesity
- Hypertension
- Coronary artery disease
- Diabetes
- Cancer

## CURRENT LITERATURE

Current research has shown:

- Intervention can improve balance and functional capacity in those with visual impairments
- QOL and perception of health can be improved with physical activity in those with visual impairments

## GOAL OF RESEARCH:

Our goal is to gain insight into the activity levels and perceptions of exercise of individuals with a visual impairment.

## SUBJECTS

Those receiving services from Northeast Sight Services who are:

- 18 years or older
- Visually impaired
- English speaking
- Consenting to participate
- Able to comprehend and understand study

## METHODS

Survey:

Demographic

20 Questions on a Likert scale on:

- Current activity levels
- Comfort exercising alone and in water
- Confidence in performing physical activity
- Perception of benefits of physical activity

Distribution of study through

- Digital Link ; survey monkey
- Print copy ; premarked return envelope

 SurveyMonkey

## SAMPLE SURVEY QUESTIONS

I believe I would benefit from being more active

Strongly Agree\_\_\_ Agree\_\_\_ Neutral\_\_\_

Disagree\_\_\_ Strongly Disagree\_\_\_

I am confident exercising on my own.

Strongly Agree\_\_\_ Agree\_\_\_ Neutral\_\_\_

Disagree\_\_\_ Strongly Disagree\_\_\_

I would be interested in learning more about aquatic therapy and its benefits

Strongly Agree\_\_\_ Agree\_\_\_ Neutral\_\_\_

Disagree\_\_\_ Strongly Disagree\_\_\_

I am confident in my ability to get up from the floor on my own

Strongly Agree\_\_\_ Agree\_\_\_ Neutral\_\_\_

Disagree\_\_\_ Strongly Disagree\_\_\_

I am confident in my ability to walk for 6 minutes or more with minimal fatigue

Strongly Agree\_\_\_ Agree\_\_\_ Neutral\_\_\_

Disagree\_\_\_ Strongly Disagree\_\_\_

## APPLICATION TO PT

Results of survey can aid PTs in the following when working with persons with a visual impairment:

- Picking most salient activities
- Identifying shortcomings in knowledge of exercise
- Identifying need for exercise to improve ADLs
- Promoting primary prevention of disease through exercise

## ACKNOWLEDGEMENTS

We would like to thank our mentor, Maureen Rinehimer PT, Ph.D., MS, MHS

We would also like to thank Northeast Sight Services for their assistance with our research

