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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

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