

# NORDIC CONFERENCE 2011

Vingstedcentret, Denmark 17th - 19th of August

## MOVEMENT PARTICIPATION COMMUNITY

- body experience through activity

- taking equally part in physical activity

- belonging to a group

*Meet up with professionals, scientists, students and athletes from all over Scandinavia!*

*Join theoretical and practical workshops in Adapted Physical Activity (APA)!*

*Listen to keynote speakers with attitude and experience!*

*Join and see ballet as a form of communication, theater performance from actors with disabilities and ancient games!*

Everywhere in the Nordic countries good, solid work is created in developing and using sport and physical activities for people with disabilities. Nordic Conference 2011 is a forum to gather, develop and share all these good experiences and ideas in order to lift and benefit everyone. Conference Participants will be updated with the latest knowledge and recent examples of good practice - and hopefully bring new inspiration back home.

Nordic Conference 2011 is aimed at anyone working with - or has an interest in sport and movement for people with functional impairment, whether it is about rehabilitation, habilitation, exercise, health, recreation, learning, or inclusion!

The Conference is organized by The Danish Disability Sport Information Centre in cooperation with Valnesfjord Helsecenter in Norway, School of Social and Health Sciences at Halmstad University, Sweden, Satakunta University of Applied Sciences in Finland, and Institute of Sports Science at the University of Southern Denmark.

The language at the conference will be English.

See the following pages for program details and presentation of speakers and workshops. Address and contact information on the last page.

### Keynote speakers

Annette Bischoff, associate professor at Telemark University College, Norway  
Anne-Merete Kissow, PhD fellow and APA consultant, Denmark  
Ingrid Lauridsen, former disability athlete, Denmark

### Workshops

Asgaardskolen, Denmark  
Muscular Dystrophy Foundation, Denmark  
Egmont Højskolen, Denmark  
Soldaterkurset Hjem fra Krig, Denmark  
Dansk Arbejder Idræt, Denmark  
Idrætsforeningen Dansk Væresteds Idræt, Denmark  
Fritid med Bistand, Norway  
Satakunta University, Finland  
FIFH Malmö, Sweden  
Valnesfjord Helsecenter, Norway  
Videnshus Dybkær, Denmark  
Joe Gibson, Sense, Scotland  
The Malike og Solia programs, Finland  
Virpi Remahl, Finland  
Bård Bakke, Norway/Denmark  
Vends Motorik og Naturskole, Denmark  
Sanne Jensen, Denmark  
Beitostølen Helsecenter, Norway  
Lena Hammer, Lars Kristén, Kajsa Jerlinder, Sweden

### Additional professional input and entertainment

Morten Hansen, Denmark  
Peter Kock Hansen idrætskonsulent i DHIF, Denmark  
Glad Teater, Denmark

### Registration:

On [www.handivid.dk](http://www.handivid.dk) before June 1th.

Please sign up early to get your favorite workshop.

### Conference fee:

3-days' conference including meals,  
coffee during breaks and cultural program:

3000 DKK

Students:

1500 DKK

### Accommodation:

2 nights in single room:

1500 DKK

2 nights in double room (per person):

900 DKK



BEVÆGELSE  
DELTAGELSE  
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NORDISK KONFERENCE 2011

**Handicapidrættens Videnscenter**

Disability Sport Information Center

Havnevej 7 DK-4000 Roskilde Tlf: +45 46340000 [www.handivid.dk](http://www.handivid.dk)

## Program:

Wednesday 17th of August	Thursday 18th of August	Friday 19th of August
10.00-12.00: Arrival	08.00-09.00: Breakfast	08.00-09.00: Breakfast
12.00-13.00: Lunch	09.00-09.45: <b>Keynote: Anne-Merete Kissow</b> The significance of participation in sport in everyday-life. What do people with physical disabilities tell about movement, participation and community in everyday-life? Can these stories inspire us to keep us aiming our efforts at giving everybody the possibility of an active life?	09.00-10.45: Workshops C
13.00-13.45: <b>Keynote: Annette Bischoff</b> The experience of being a moving body inextricably connected to nature opens our senses. Being in nature, sharing excitement and adventure, silence and serenity, solitude and companionship, give us a unique opportunity to develop both individually and as a group. Outdoor recreation activities create substantial benefits. It gives us possibilities to include everybody, experience the creation of shared meaning and mutual understanding.	10.00-12.00: Workshops B	11.00-11.45: <b>Keynote: Ingrid Lauridsen</b> How can we continue to develop the opportunities for everyone to participate in sports and APA at all levels? Ingrid Lauridsen gives his views on this issue based on her experience as a former elite disability athlete level and as a sports teacher in schools and sports instructor of children and adolescents with disabilities.
14.00-15.00: Joint activity: <b>Morten Hansen</b> . Physical activity and icebreaker! Morten Hansen will get us moving and show correlations between dance and communication.	12.00-13.00: Lunch	12.00-13.00: Lunch and departure
15.00-15.30: Coffee break	13.15-14.15: Joint activity: <b>Peter Kock Hansen</b> . Ancient games. Try out ancient games and get inspired to organize games, everybody can join.	
15.30-17.30: Workshops A	14.30-17.00: Marketplace and Networking Various projects and ideas are presented at the marketplace. Furthermore different networksgroups will be held.	
18.00-20.30: Dinner	18.00-20.30: Dinner	
20.30-22.00: Moonlightwalk Narrative night-trip around the center	20.30: Entertainment: <b>Glad Teater</b> Theater with actors with disabilities.	

## Speakers:

Keynotespeakers:

### Annette Bischoff

Associate professor at Telemark University College, Norway. She is currently working on finishing a PhD on outdoor recreation and activities.

### Anne-Merete Kissow

Trained physiotherapist and MA Education, MEd with minor in sports. Since 2001 employed as sports consultant at the Danish Disability Sport Information Center and currently a PhD fellow. Her research is focussed on the significance of participation in sport in everyday lives of people with impaired physical function.

### Ingrid Lauridsen

Former elite disability athlete. Ingrid Lauridsen now works as a sports teacher in schools and furthermore as an instructor in sports for children and youth with disabilities.

Additional speakers:

### Morten Hansen

Ballet dancer trained from the Royal Danish Theatre. Morten Hansen has several years of experience in working with body language and nonverbal communication for children and youth with disabilities.

### Peter Kock-Hansen

Sport Consultant at the Danish Disability Sports Federation. Peter Kock Hansen has worked with ancient games as an including activity for several years.

### Glad Teater

Denmark's first professional theater with actors with a disability as primary contributors. Glad Teater is also Denmark's first acting- and artist-school for people with disabilities.

## Workshops:

### Workshops A: Wednesday 17th of August

15.30-17.15	A1: Outdoor activity - theory	15.30-16.15	A2: Physical Activity at Egmont Højskolen	A3: APA, Inclusion and self efficacy
		16.30-17.15	A4: Physical Activity in rehabilitation of injured soldiers	A5: Muscle Dystrophia and teen-age-challenges

If you select A1 you can only attend this one workshop this day. Otherwise you can choose between A2 or A3 - **and** between A4 or A5

#### A1: Outdoor activity – theory

Why and how do we organize outdoor activities for people with disabilities? In this workshop experienced professionals give their proposal to that question.

**Joseph Gibson**, outdoor-coordinator for Sense in Scotland – about outdoor activities for congenital deafblinds.

**Valnesfjord Helsecenter** – about outdoor activities for people with disabilities.

**Ulla Westendorp**, occupational therapist at Videnshus Dybkær – outdoor activities in special needs education and as habilitation.

Duration of the workshop: 1 hour 45 minutes.

#### A2: Physical Activity at Egmont Højskolen

**Lisa Schlage**

Egmont Højskolen is a Danish folk highschool with focus on relations between people with different lives and opportunities. In this workshop the ideology of the highschool is presented and examples are given how to organize physical activities for all.

#### A3: APA, inclusion and self efficacy

**Jette Selmer and Birgit Flystrup,**

Asgaardskolen, Ringsted.

Examples are given of activities in everyday physical education based on the various values of physical activity. The focus is on participation and 'something being at stake'. The goal for the participants is to develop efficiency that can be transferred to everyday life. Participants in the workshop can take part in exiting and alternative physical activities for all. Remember dress for movement.

#### A4: Physical Activity in rehabilitation of injured soldiers

**Anne-Merete Kissow and Torben Pehrsson,**

consultants at The Danish Disability Sport Information Centre

This workshop is based on the project 'Back from war – and what now?' A project for 18 soldiers who are physically or psychologically injured in a mission abroad. How may physical activities contribute to a meaningful and active everyday life for the soldiers?

#### A5: Muscle Dystrophia and teen-age-challenges

**Jens Spanfeld**

M-power is a new project for adolescents in the Muscle Dystrophia Fund. 24 Young persons will be trained in teenage-life for the next three years. The teenage-years may be a chaotic time which takes courage and surplus energy. Having muscle dystrophia it takes a lot of M-power as well. The participants are 24 players age 15-18 years, who together with 9 coaches age 23-30 years explore issues like education, networks, leisure time and becoming 18 years old.

### Workshops B: Thursday 18th of August

10.00-11.45	B1: Outdoor Activity – practise	10.00-10.45	B2: Physical Activity – for people with mental disorders as well	B3: APA in training of professionals in social service and health care
		11.00-11.45	B4: Physical Activity in Danish Drop-in-centres	B5: Assisted Leisure Time Activity

If you select B1 you can only attend this one workshop this day. Otherwise, you can choose between B2 or B3 - **and** between B4 or B5

#### B1: Outdoor Activity – practise

In this workshop you are expected to move! Three skilled instructors of outdoor activities will organize a range of practical activities in the surroundings of Vingstedcentret. Rope-, water and hammock-settingsactivities.

**Mads Brodersen**, Vends Motorik og naturskole.

**Bård Bagge**, lecturer in natural science at UC of Southern Denmark.

**Ulla Westendorp**, occupational therapist at Videnshus Dybkær.

Don't forget proper dress. Duration of the workshop: 1 hour 45 minutes.

#### B2: Physical Activity – for people with mental disorders as well

**Lisbeth Crafack**, DAI

How is physical activity organized for people with mental disorders to have the opportunity to participate in practise as well as members of the board, instructor or teamleader? Dansk Arbejder Idræt is working determinedly to support organization of physical activity for people with mental disorders, a target group who can use physical activity as means for social communities, physical and mental health, equal status, respect and de-stigmatisation.

#### B3: APA in training of professionals in social service and health care

**Kati Karinharju and Tarja Javanainen-Levonen,**

Satakunta University of Applied Science (SAMK), Finland This presentation will cover practical examples of how *service delivery* in APA is enhanced locally, nationally and even internationally through the courses of APA offered in SAMK. Research and development projects will be described using visual images to concretize the implementation of development projects.

#### B4: Physical Activity in Danish Drop-in-centres

**Cliff Kaltoft**, teamleader IDVI

In cooperation with sports clubs in drop-in-centres, residences and places for treatment the purpose of this organisation is to offer real opportunities to marginalized people for being engaged in sport, movement and competition with like-minded people in conditions in order to prevent further social exclusion.

#### B5: Assisted Leisure Time Activity

**Anders Midtsundstadt**

Assisted leisure time activity is a method to assist people in need of support to be included in a leisure time activity that they are passionate about. How is the method and how does it contribute to giving the individual the opportunity to act for himself and participate in communities with meaning in his leisure time? Anders Midtsundstadt is one of the founders of Assisted Leisure Time Activity in Norway and is still working to spread and develop the method in The Nordic Countries.

## Workshops C: Friday 19th of August

09.00-10.45	C1: Activity aids	09.00-09.45	C2: Physical Activity for people with multiple disabilities	C3: Peer-tutoring
		10.00-10.45	C4: A modern disability sports club	C5: Education, coaching and accessibility

If you select C1 you can only attend this one workshop this day. Otherwise, you can choose between C2 or C3 - **and** between C4 or C5

### C1: Activity aids

This workshop consists of three small workshops - all focused on the use of activity equipment.

**Svein Bergem**, sports therapist at Valnesfjord Helse-sportssenter explains and demonstrates how to use activity-assistive ambulatory.

**Beitostølen Helsesports-senter** in Norway presents a new project on development and lending out activity aids.

**Malike and Solia** programs. In Finland they have developed a web-based application to coordinate lending activity aids.

### C2: Physical Activities for people with multiple disabilities

**Sanne Jensen**

Through theory and practical exercises, participants in this workshop get a sense of what kind of activities Sanne Jensen throughout several years of work have noted participants to like the most. The workshop will include:

- What is important when doing activities with this group?
- Practical examples.

### C3: Peer-tutoring

**Kajsa Jerlinder, Lars Kristén and Lena Hammer**

The aim of this project is to implement co-operative oriented learning with peer tutoring in elementary school in an inclusive physical education setting in Sweden. There are four groups of pupils where there is one pupil with a physical disability in each group. All pupils have been offered a peer tutor education. After the education is finished the pupils will practice the role as a tutor in the group during chosen parts of a P.E. lesson. This is a joint venture project between researchers from Gävle and Halmstad University in Sweden, Education Centre "A Sport" Riga, Latvia, The National Agency for Special Needs Education and Schools, Örebro Sweden and Handicapidrættens Videnscenter, Denmark.

### C4: A modern disability sports club.

**Thomas Jönsson and Stefan Gahne**, FIFH Malmö

What does it take to organize and run a major disability sports club?

FIFH Malmö is one of Sweden's largest disability sports clubs. Each year FIFH Malmö organizes one of the largest disability sports events in Scandinavia; Malmö Open, with over 2000 participants from more than 25 countries.

### C5: Education, coaching and accessibility

**Virpi Remahl**, Pajulahti Sports Center, Finland

**Toni Piispanen**, Finnish Society of Sports Science

In this workshop examples of best practice in training, coaching and accessibility in Finland are presented and shared. First with a presentation of the Valkku project; an education for students with special needs as a tool to increase participation, sense of belonging and interest towards sports as a future profession.

Furthermore we discuss the importance of having an APA consultation services as well as disability sport training facilities in the context of sport participation and social inclusion.

### Venue:

Vingstedcentret - [www.vingstedcentret.dk](http://www.vingstedcentret.dk)  
Vingsted Skovvej 2, 7182 Bredsten, Danmark  
Flight-connection to Billund, train-connection to Vejle

### Registration:

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