Participate in Research: Feelings About Balance

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You are invited to take part in a study about balance confidence

What is this study about:
Physical activity improves social life, quality of life, and health. Youth with physical disabilities do not try as many different activities as other youth. One reason might be that they have low balance confidence. Balance confidence is a person's feelings about his or her balance during certain activities or settings. Right now, there is no reliable way to measure balance confidence in youth with physical disabilities.

We will use information from these focus groups to create a measure of balance confidence for youth. Future studies will look at how balance confidence is related to actual balance abilities and participation in physical activities. We believe that information about a child's balance confidence will be important as it may help health care professionals to decide what to work on during therapy sessions to get the best results.

Who can participate?
We are looking for…
- Parents of children and teens 9-18 years old with a physical disability and are able to walk on their own with or without use of an aid (such as a walker or cane)
- Communicate verbally in English (can use a communication device)

What's involved?
- A 60-minute interview
- We will explore the regular physical activity experiences of their youth, as well as their youth's thoughts and feelings about their balance when participating or thinking about participating in physical activities.

What are the benefits of participating?

- Parents will receive a **$20 gift card** from Starbucks or Tim Hortons as thanks

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