



**Sports participation and transition to
adulthood for young people with
dwarfism and restricted growth**

Illustrative case studies for DSAUK

11th December 2015



Independence drives increased participation

20 year old female

Primary school was quite good, I used to do PE with my helper. We used to go away from the main class, so I didn't have to compete with them, and then we did things like rounders and throwing things.

I didn't really want to go swimming on my own when I was younger, but I'll go on my own now, and I find it relaxing and it just calms me down.

Active in early 20s.
Swims, goes to the gym.

Active at primary school: did sport 1-2-1 with a helper. Mother agreed with PE teacher adaptations to make sports accessible.

Active at secondary school. Continued assistance of 1-2-1 helper and adaptations.

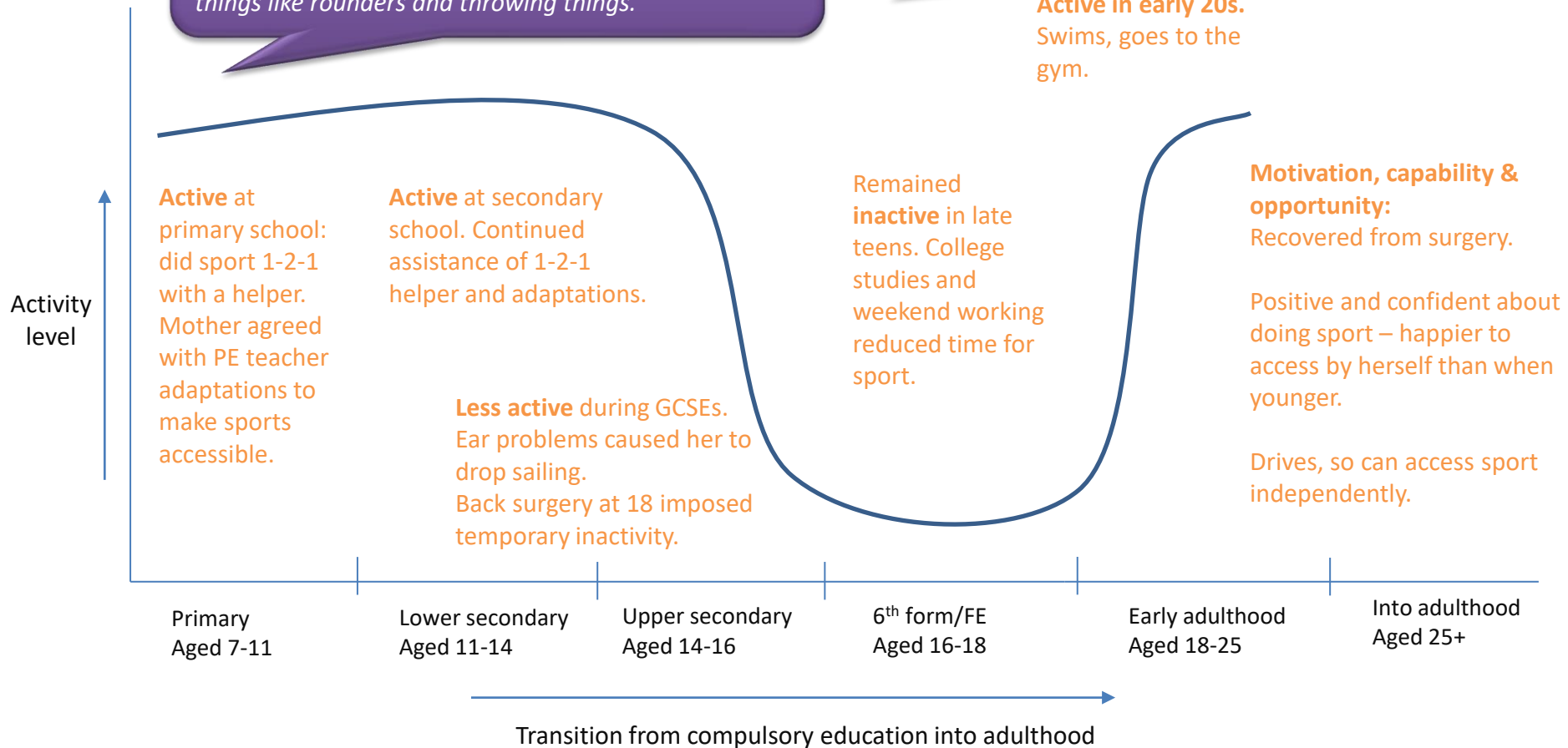
Less active during GCSEs. Ear problems caused her to drop sailing. Back surgery at 18 imposed temporary inactivity.

Remained **inactive** in late teens. College studies and weekend working reduced time for sport.

Motivation, capability & opportunity: Recovered from surgery.

Positive and confident about doing sport – happier to access by herself than when younger.

Drives, so can access sport independently.



Social teenage years impact on participation

24 year old female



With the disability dwarfism, it's just as important, if not even more important, for us to keep fit and healthy due to some of our medical difficulties.

I stopped going swimming as it was becoming more something I wasn't enjoying and more of a chore. I got to the stage where I wanted to go out with my friends.

Active at primary and secondary school: PE, swimming club, cubs/scouts, tennis with friends.

Was treated the same as everyone else doing school sports.

Parents encouraged her, provided transport.

At university: sustained sport interest but **less active**. Studied sports and exercise science, but busy social life. Football team kit manager but did not play.

At 16: Sustained sport interest but **less active** as socialising more. Studied GCSE PE but gave up swimming club.

Active in early 20s.

Motivation, capability & opportunity:

Job in sports development job - wants to be role model to younger people.

Important to look after joints, prevent weight gain.

Drives.

Likes friendly people at her gym.

Activity level

Primary
Aged 7-11

Lower secondary
Aged 11-14

Upper secondary
Aged 14-16

6th form/FE
Aged 16-18

University / early
adulthood
Aged 18-25

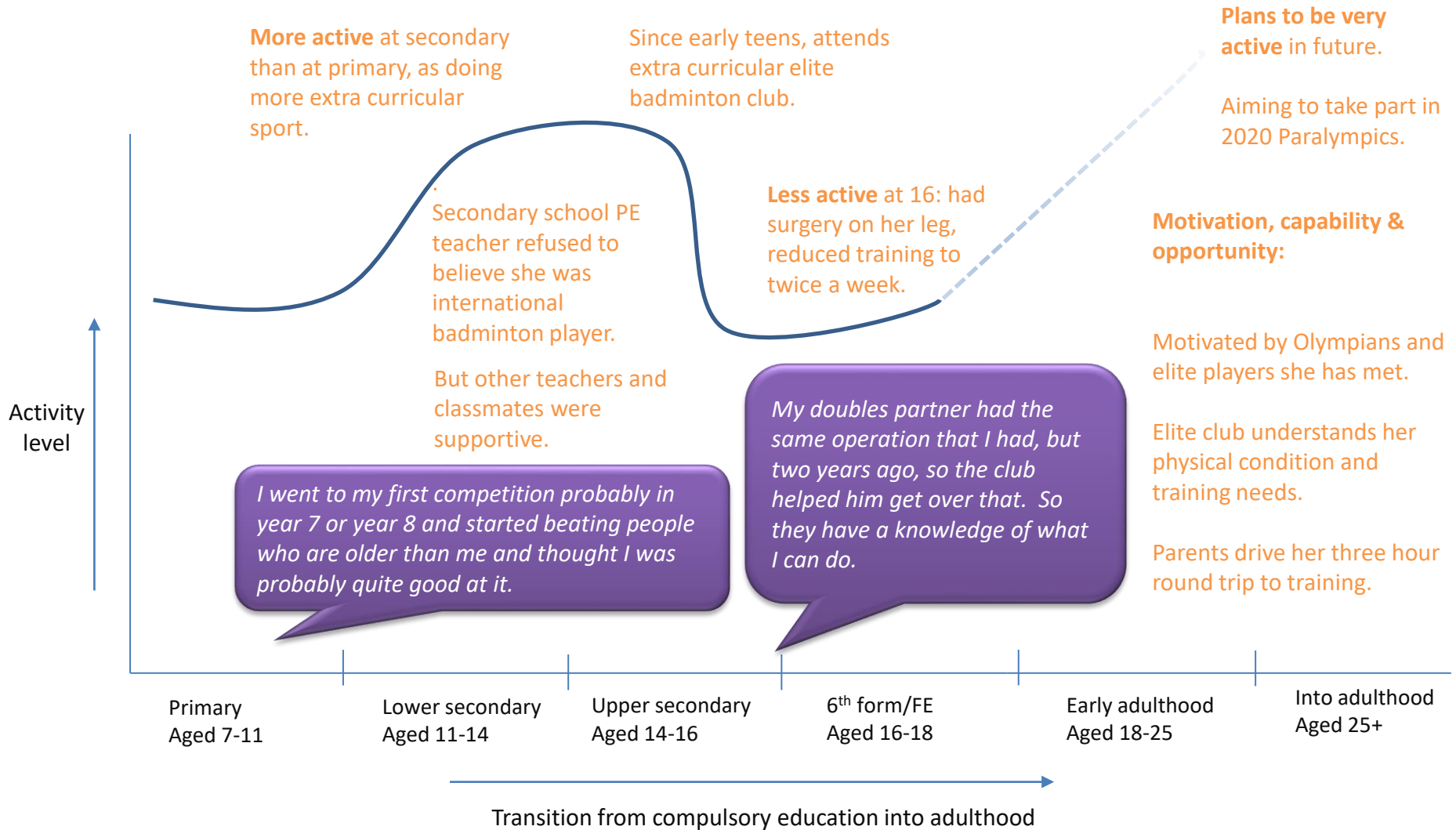
Into adulthood
Aged 25+

Transition from compulsory education into adulthood



Aiming high following injury setback

17 year old female



Internal motivation and external encouragement

18 year old male



My secondary school PE teachers knew I was good at sport. They gave me good attention and opportunities to try out different sports and made sure I knew what to do, putting a lot of time into me.

A lot of it is down to me funding my sport, to go and train and get there.

More active in secondary than primary .

Very active
In national badminton squad, training daily.

Studying to be sports coach. Has part time coaching job.

Motivation, capability & opportunity:

Parents help fund sport.

Coaching job helps fund training.

Has car so can drive to training.

Self-reliant attitude.

At 15: **increasingly active.**

Started badminton.

By 16-18 competing internationally.

Encouraged by secondary PE teacher.

Good sporting opportunities in PE, rounders, hockey, basketball.

Activity level

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Aged 7-11

Lower secondary
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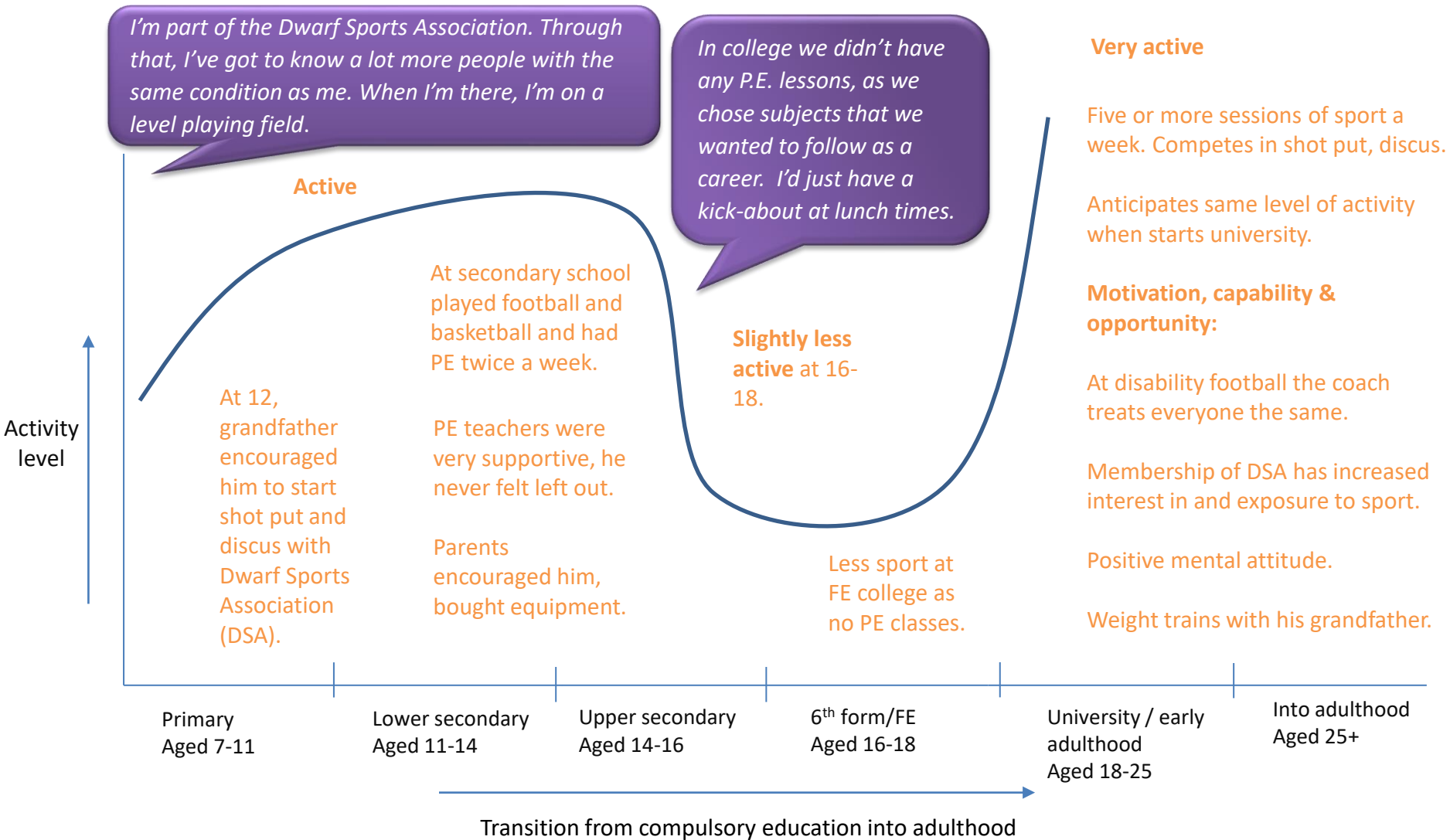
Early adulthood
Aged 18-25

Into adulthood
Aged 25+

Transition from compulsory education into adulthood

Lack of compulsory sport at FE college

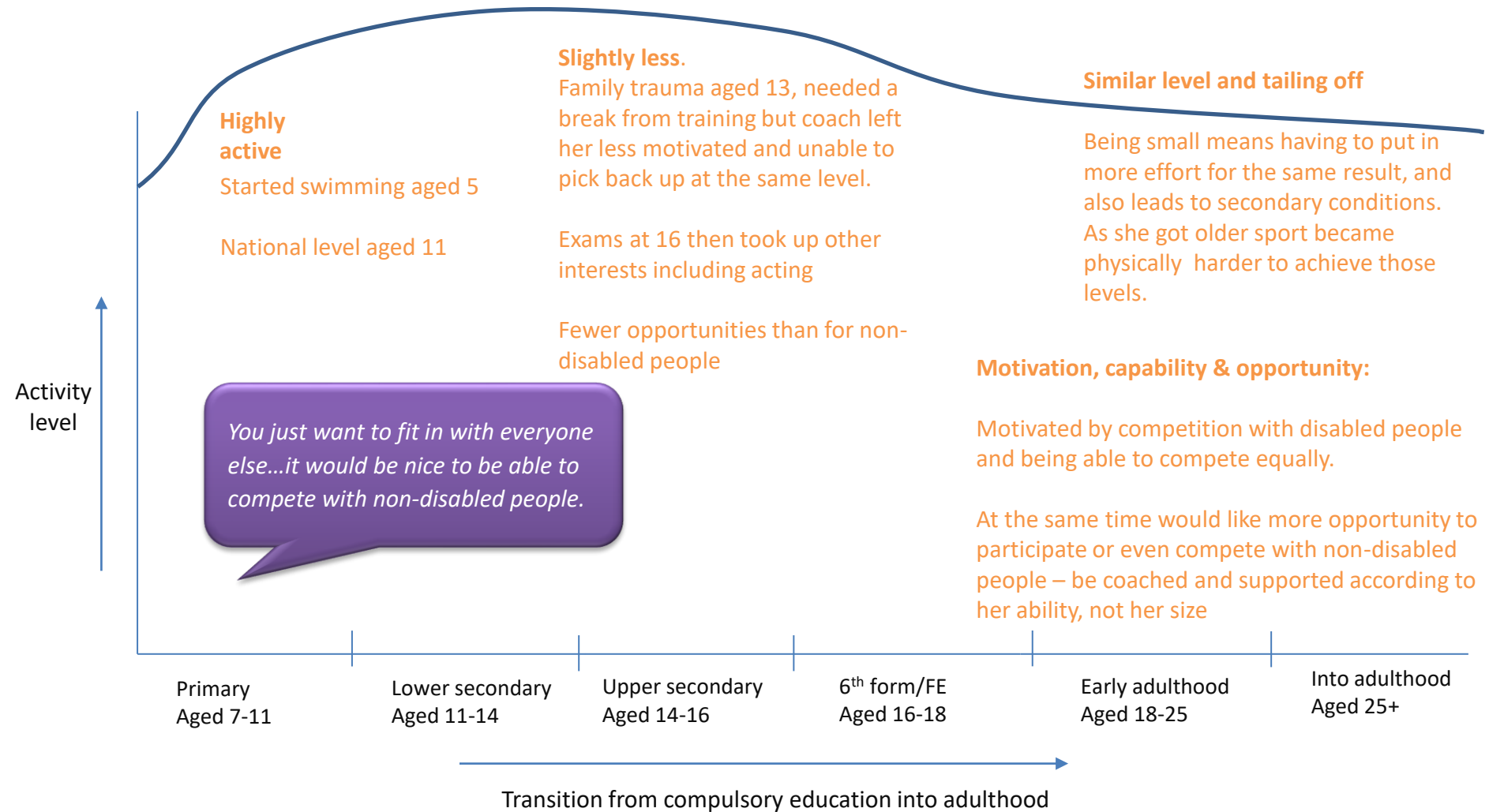
18 year old male





Wider interests and personal issues

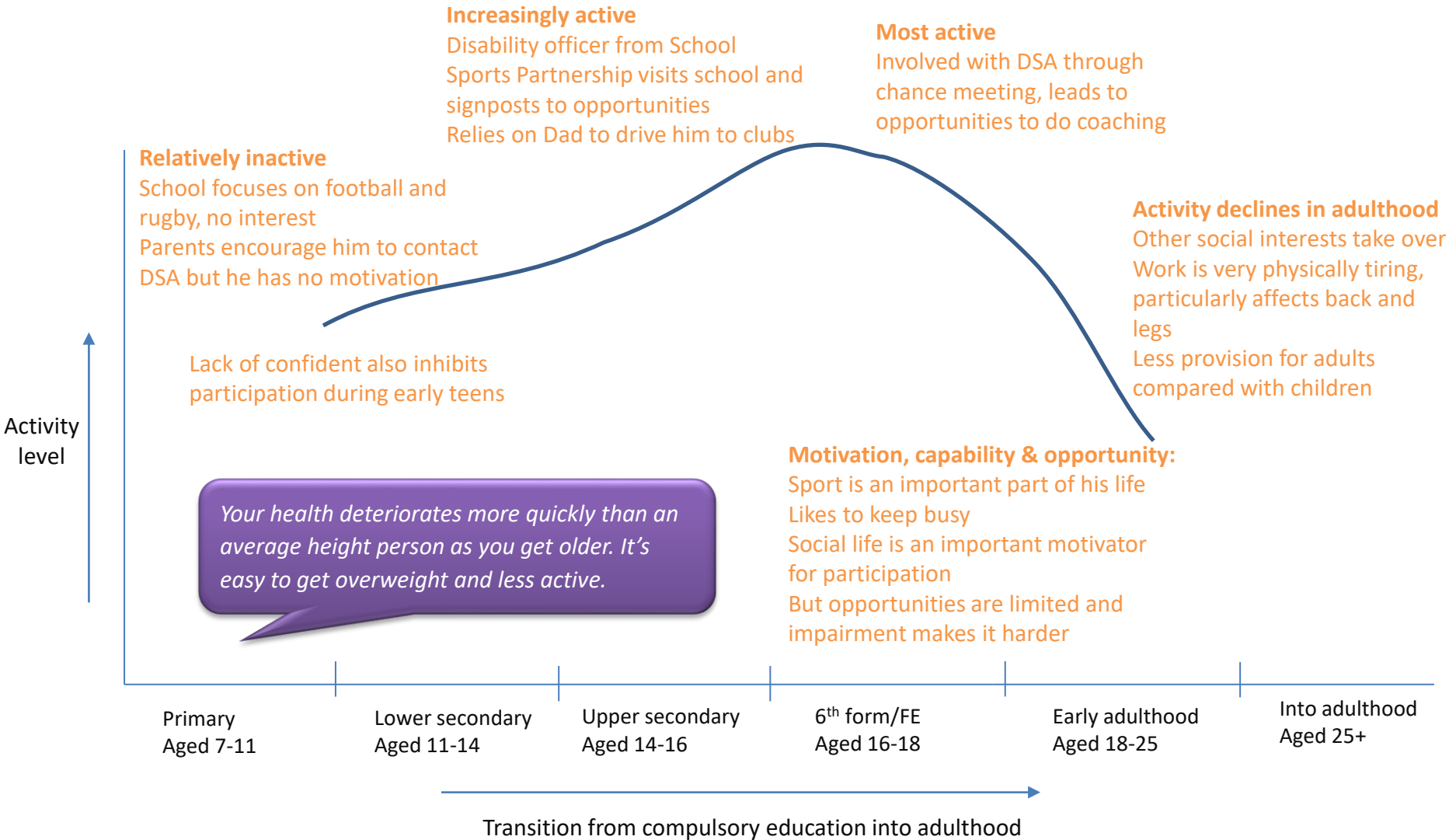
28 year old female





Impact of impairment curtails enthusiasm

22 year old male



Thank you