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Young adults with learning disabilities’ ideas about sport and activity



Information about a research project   
  
Published: June 2023

# What is this invitation about?



This is an Easy Read invitation to be part of some **research** called:

**Young adults with learning disabilities’ ideas about sport and activity.**



**Research** is when we:

* look at what things have happened
* find ways to do things better.



The research is being done by the **Donald Beasley Institute**.



The **Donald Beasley Institute** does research with disabled people about their lives.

This research project will look at what **young adults** with **learning disabilities** think about sport / **physical activities**.





**Young adults** are people aged between 18 to 35 years old.



**Learning disabilities** can affect how you:

* use / understand words
* use / understand numbers
* use / move your body
* stay focused on a task.

**Physical activities** are things you do:

* by moving your body
* usually for fun.



Physical activities are things like:

* walking / running
* riding a bike
* doing yoga classes
* dancing groups
* being part of a football team
* being part of a bowling league.

# What is the research about?



The research is being paid for by **Special Olympics New Zealand**.

Special Olympics New Zealand is an organisation in New Zealand that encourages people with learning disabilities to get involved in:

* **Special Olympics**
* sports
* physical activities.



In this document we will call these 3 things **Special Olympics** for short.

**Special Olympics** is the biggest organisation in the world that supports people with learning disabilities to take part in sports.

Some people with learning disabilities:

* do not know about Special Olympics
* cannot be a part of Special Olympics
* do not want to be a part of Special Olympics



This research project will look at why this is happening.

We want to learn more about:

* what sports and activities young adults with learning disability are doing
* what sports and activities young adults with learning disability would like to do if they could
* what young adults with learning disability need to do the sports and activities they want to
* ****what young adults with disabilities know about Special Olympics.

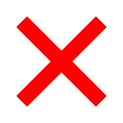
# Who can take part in this research?

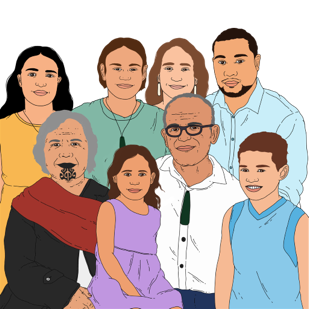


We want to talk to 15 young adults with a learning disability.



These 15 people should be:

* aged 18 to 35 years old
* **not** involved with Special Olympics New Zealand at the moment.

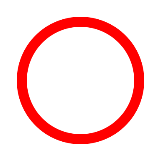


We also want to talk to:

* their family / whānau / aiga
* other people who support them.

We will ask the young adults who take part who else they think we should talk to.

A group of people posing for a photo

Description automatically generatedEveryone who takes part in the research must be:

18

* over 18 years old
* able to give **informed consent** to say they want to take part.

**Informed consent** means:

* you say yes to doing something
* it is your own choice to say yes or no
* you understand what you are saying yes to.

# How to take part in the research



If you want to take part in the research you should fill out a **Participant Interest Form**.

You can fill in a Participant Interest Form online:

https://corexmss43gf6x5cw7qm.qualtrics.com/jfe/form/SV\_6WE218CM604ECd8

Or through our website at:

https://www.donaldbeasley.org.nz/projects/being-active-feeling-good/

You can also contact our research team to ask them to send you a form.

You can find out more about the Donald Beasley Institute on our **website** at:

**www.donaldbeasley.org.nz**

To find out more about this research project you can get in touch with **Paul Milner** who is part of the research team.

You can get in touch with Paul:

* by **phone** on:

**027 738 2684**

* ****by **email** at:

[**nottheotherpaulmilners@gmail.com**](mailto:nottheotherpaulmilners@gmail.com)

* **Chart

  Description automatically generated**by **post** to:

**Suite 4, Level 2  
  
248 Cumberland Street  
  
Dunedin 9016**

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Text

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