

# Participants needed: Inclusive Physical Activity Program Research

## Participant criteria:

Individuals with acquired disabilities (age 18+) discharged from rehabilitation within the last 9 months

## Aim:

The aim of the study is to understand the facilitators and barriers to physical activity for individuals with acquired disabilities that have recently been discharged from rehabilitation. The findings of this study will contribute to developing inclusive physical activity programs for individuals with acquired disabilities to bridge the gap between discharge from rehabilitation and long-term engagement in physical activity.

## Participation:

Potential participants will complete a 5 minute pre-screening questionnaire to ensure they meet the criteria. Chosen participants will be asked to participate in a 45 minute virtual interview with the researcher, Serena MacLeod, to discuss their experience of the barriers and facilitators of physical activity after being discharged from rehabilitation.

For more information, please email Serena MacLeod at  
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