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Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



The Intellectual Disability Supplement to
The Irish Longitudinal Study on Ageing
(IDS-TILDA)



SPÓRT ÉIREANN
SPORT IRELAND



**UNIVERSITAT DE
BARCELONA**



Technische Universität München

PPALs 2

People with Intellectual Disability as Physical Activity Leaders Phase 2



Enabling people with
intellectual disabilities (ID) to
become physical activity
leaders.



Engaging people with ID in
their community



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PPALs: People with intellectual disabilities as physical activity leaders

An EIT Health Funded Project within the Citizen Engagement stream.

The Aim:

Physical Activity Leader Project (PPALs) promotes older adults with ID to take a leadership role promoting physical activity among their peers.

Who is this programme for?

The PPALs programme is a physical activity (PA) leadership programme for older adult (40+) with ID. It is about promoting better health for people with ID by actively involving them in their own health as well as the health of their peers.

Who is best suited to become a PPAL:

- Older adults (40+ years) with an Intellectual Disability.
- Interest in physical activity and sport.
- Comfortable working with others.
- Available to attend a 10-week training programme.
- Will consent to being a participant in a project.
- Can follow instructions.



What the programme offers:

The PPALs training is a 10 week programme. Following this, the PPALs commit to leading 5 physical activity sessions with their peer group.

In 2020 we are implementing the programme again in Ireland and Spain with the addition of a new partner Munich, Germany.

In Ireland there will be two new elements added to the 2018 programme - a 4 session Ageing with Confidence module for the PPALs and a How to Support Leaders facilitation day for support staff within disability services.

The PPALs training programme aims to increase skills and confidence for people with ID empowering them to lead their peers in a range of games and activities designed to improve functional fitness.

Who is involved:

This is a collaborative project across 3 countries. Led by Trinity College Dublin (represented by the Trinity Centre for Ageing and Intellectual Disability), the project will be implemented in collaboration with Age & Opportunity, the University of Barcelona and the Technical University of Munich.

Further Information on how to get involved

Email: PPALs@tcd.ie or gfl@ageandopportunity.ie

