

Research on the Community Sports Health Service for the Disabled in Ganzhou -- Based on the Path Implementation Guide of the ICF Framework

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ABSTRACT

Purpose: To evaluate the physical function of disabled people in Ganzhou City based on ICF theory, understand their needs and precautions for sports and health services, refer to successful experiences in sports and health services for disabled people at home and abroad, and combine with the actual situation of Ganzhou City to construct an implementation path for sports and health services for disabled people in Ganzhou City. **Method:** Through literature review, questionnaire survey, interview, field investigation, and logical analysis, quantitative research and qualitative research were combined to discuss the theoretical basis of ICF and disability sports and health service system, as well as the current situation and path of disability sports and health services in Ganzhou City. **Conclusion:** This study concludes that the construction of a hierarchical service content system, the establishment of a multi departmental collaborative cooperation model, and the establishment of a sound dynamic monitoring mechanism can help facilitate the transition from "disability centered" to "function and participation centered". From the perspective of safeguarding the health and development rights of people with disabilities, we aim to transform the environment and achieve comprehensive protection of their health and development rights.

KEYWORDS

Disabled population; Sports and health; ICF

1 Introduction

From the statistical data, among the population of about 1.4 billion in China, there are about 85.02 million disabled people, accounting for 6.07% of the total number. Among the permanent population of about 8.9881 million in Ganzhou City, there are about 628,800 types of disabled people, accounting for 6.99% of the resident population, equivalent to 1 disabled Ji Renqun per 14 people (compiled according to the relevant data of the National Bureau of statistics and the China Disabled Persons' Federation in 2021) ^[1].

From the perspective of improving the individual health status of the disabled group and reducing the social participation barriers of the disabled group, who puts forward the international classification of function, disability and health –ICF theory, based on the "biological psychological social" model, from the perspective of individual integration into society, which plays a corresponding role in promoting the physical and mental recovery and social integration of the disabled group ^[2]. At present, the supply efficiency of community sports health services for disabled groups in Ganzhou is low, and the coverage and depth are still insufficient.

Based on the theoretical framework of ICF, this study conducted in-depth research on the basic situation of the disabled population in Ganzhou city and the existing sports resources in Ganzhou city; Using the ICF theoretical model, build a more harmonious and friendly sports health service system for the disabled; Write a questionnaire around the opinions of Ganzhou municipal Party committee and government on "improving residents' physical and mental health and sense of gain and happiness". It is not only to provide a practice route based on solid evidence for the optimization and upgrading of community sports services for disabled people in Ganzhou and even the whole country, but also to creatively introduce the internationally recognized ICF classification standard into the construction of localized service system, and promote the innovation of research paradigm in this field -- from scattered experience summary to systematic theoretical consciousness.

2 Theoretical analysis of community sports health services for disabled groups based on ICF

2.1 Current situation of community sports health services for disabled groups

Community sports health service refers to a model that takes the public as the service core, the government as the leader, non-governmental organizations or market organizations as the supplement, and multiple participation as the main body, and then provides sports services to residents ^[3]. As a weak part of the community residents, the disabled group has low active participation in community sports, and the sports health needs of this part of the population are

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easy to be ignored in the construction of the community sports health service system.

At present, sports health services for disabled people in various countries present a diversified development pattern, among which developed regions such as the United States, the United Kingdom and Northern Europe have established a relatively complete community sports integration network by virtue of a sound social welfare system and barrier free laws and regulations; Australia has incorporated the sports and health needs of disabled people into the design of the whole "national sports plan", and has provided barrier free facilities and certified adaptive sports instructors for community sports centers ^[4]. However, the sports participation rate of disabled people in China is low, compared with developed countries, there is a large gap; The professionalism and independence of the disabled sports service providers are not enough; The expression and feedback mechanism of sports service needs of disabled people has not been established ^[5].

In recent years, Ganzhou city has actively implemented policies related to the cause of disabled people, and vigorously promoted the integration of disabled people's rehabilitation sports and national fitness. In terms of venues and facilities, the construction of sports facilities in the city has been continuously improved, and the fitness facilities in administrative villages have been fully covered. However, only some communities have self-improvement fitness demonstration points for disabled people, and the proportion of overall disability sports facilities remains to be improved. Regularly organize fitness week for disabled people, comprehensive sports meeting for disabled people and various individual sports activities for disabled people to enrich the sports and cultural life of disabled people, but there is still room for expansion in the coverage and participation of activities, professional fitness instructors are also relatively lacking, and the community sports health service system needs to be further improved.

2.2 Implementation path of community sports health services for disabled groups under the framework of ICF

ICF understands environmental factors as physical, social, attitude and other environments that can affect the performance of individual functions, and its implementation path design needs to follow: (1) environmental transformation priority: first solve the problems of no basic barrier, no policies and regulations, and no facilities in place, and then try to create a supportive environment, which is the premise of providing services. (2) Multi-level system intervention: involving macro (policy system), meso (organizational network), micro (community implementation and individual environment) levels, give full play to their advantages, do their own jobs, and avoid mutual constraints. (3) Multiple coordination: the health of disabled people involves many departments, and the departments of "environmental factors" should break the walls and build a good system. (4) Capacity building runs through the whole process: strengthening the ICF awareness and professional capacity building of service providers (government personnel, organizers, community workers, volunteers) is an important guarantee of service quality.

3 Based on the ICF theory, the construction of sports health service system for the disabled population in Ganzhou City

3.1 Sports health needs assessment of disabled groups based on ICF

According to the types of disability (limbs, vision, hearing, intelligence, spirit), age, urban and rural distribution, disability level, etc., the representative sample points were selected from Ganzhou by stratified sampling; According to the survey of each sample point, the structured questionnaire and semi-structured interview outline based on the ICF concept and core classification set design were used, combined with the standardized functional evaluation scale (Barthel index, the adaptive version of the functional independence evaluation scale FIM, etc.), to evaluate the body function and structure of the disabled (muscle strength, joint activity, balance and coordination, etc.), activity ability (walking, self-care, etc.), participation restrictions (participation in community fitness, sports and leisure activities and participation barriers, etc.). It focuses on the analysis of the special needs of disabled people for sports health (expected sports type, frequency, intensity, required auxiliary equipment or support), the obstacles they are facing (physical function limitations, environmental barriers such as inconvenient transportation, unfriendly facilities, lack of professional guidance, social discrimination, economic burden) and necessary precautions (such as taboo sports and safety protection requirements for specific types of disabilities).

3.2 ICF based assessment of the current situation of sports health services for disabled groups in Ganzhou City

By means of on-the-spot observation, interviews with the heads of institutions, access to service files, and visits to service users (disabled people and their families), a sample survey was conducted on the community sports facilities,

Community Healthcare Center, special associations for disabled people, and social workers' organizations providing relevant services in the main urban area and some counties (districts) of Ganzhou city.

Based on the ICF framework, the existing community sports health services are systematically sorted out: (1) what sports programs can the current community provide for disabled groups, and which types of disabilities are suitable for? (2) Who should cooperate with the community to provide sports health services for the disabled? (3) At present, how about the situation of barrier free venues in Ganzhou community sports, and evaluate the availability of auxiliary equipment.

In particular, we need to pay attention to the matching degree of sports health services in meeting the health needs of different types of disabled groups, and whether environmental factors (such as facilities, policies and attitudes) promote or hinder the use of services.

3.3 Improve the fragmentation and efficiency of sports health service supply

At present, most of the sports health service activities for disabled groups in Ganzhou city are mainly scattered and temporary activities such as "disability day", lacking the IGF evaluation plan implementation feedback cycle system and the normalized and institutionalized management of sports health service projects. In addition, the homogenization problem of sports health service projects is more serious, mainly based on simple fitness equipment use and chess and card activities. It is unable to provide accurate sports health services for different functional levels of various types of disabled people, and it is unable to provide corresponding services for people with severe disabilities and disabled people in rural areas. Most of the community workers and social sports instructors lack the knowledge of sports physiology, rehabilitation, psychology and IGF of disabled people, and cannot provide appropriate and safe personalized sports health guidance and support services.

The communication and cooperation between the disabled persons' Federation, sports, Wei Jian, civil affairs, education and other departments and communities and various social organizations is not smooth, forming an information island. The resources of departments and industries cannot be used as a whole, CO built and shared, resulting in repeated construction or service blind areas. The barrier free transformation of community sports venues and facilities is slow and the standards are different; Inclusive sports culture has not yet been established; The accuracy of policy support (such as purchasing services and professional training subsidies) is not high and the sustainability is not strong.

4 Based on the theory of ICF, the implementation path of sports health services for disabled groups in Ganzhou City

4.1 Improve the policy and system construction

The government led the introduction of detailed policies, made clear the community sports health service standards and service specifications for disabled people, and made clear the proportion of disabled facilities and related requirements in community sports facilities; Increase investment, set up special funds, establish sports venues suitable for disabled people, and add necessary equipment; And the corresponding preferential policies were issued to encourage enterprises to donate, and a certain amount of tax deduction was given to enterprises that donate and sponsor disabled people sports activities to support the establishment of the service system, so as to ensure that the funds for the system construction were in place.

4.2 Improve the sports fitness organization

Guided by the government and the disabled persons' Federation, relying on the community and public welfare organizations, the multi-level organization network system of sports fitness for disabled people in urban communities is formed, which plays a role in the integrated community sports; Organize different forms of community sports clubs, interest groups (such as wheelchair basketball, blind table tennis, Special Olympics integration activities, deaf dance, parent-child adaptive sports), festival sports activities and community sports events (such as disability integration), provide peer support for disabled people's physical exercise and leisure entertainment, and provide professional guides (sports rehabilitation, adaptive sports teachers, social workers, college volunteers). Organize and mobilize disabled people to carry out community publicity and volunteer services to improve the participation of disabled people.

4.3 Build a volunteer service platform

Cooperate with local university sports departments, rehabilitation institutions and other units, build volunteer service platforms, and establish professional volunteer teams in Colleges and universities. Under the leadership of the disabled

persons' Federation, regularly carry out service activities in the community or rehabilitation institutions (develop personalized fitness plans for disabled people, sports and health knowledge lectures, etc.), or provide on-site services in the form of mobile services to communities, schools and disabled people's homes.

4.4 Strengthen community personnel training

Develop a systematic training plan, regularly invite experts to carry out training in the community, the training content mainly involves the psychological communication skills of disabled people, the common disabled sports service points of disabled people and the use of fitness equipment, and the assessment results after the assessment are directly related to the performance of individuals, so as to promote the service level of staff, and let more disabled people enjoy high-quality community and home sports services.

4.5 Improve sports equipment

Invite professional teams to fully evaluate and improve the equipment used in the existing community sports exercises, such as adding Braille prompts to fitness equipment and adding larger handrails in the equipment; Actively introduce foreign advanced sports equipment suitable for the disabled, such as intelligent rehabilitation training equipment, etc., and maintain the equipment in place, regularly check and repair relevant equipment, so as to provide disabled groups with independent exercise, safe and convenient barrier free environment.

4.6 Layered and precise service content design

The dynamic health records of the disabled groups in Ganzhou city were established based on the preliminary evaluation and regular reassessment of the ICF core classification set standard. According to the personalized and safe sports prescription, the functional fitness improvement services based on the ICF evaluation were provided for all the disabled people in need, such as: adaptive strength training (elastic belt, small equipment), flexibility and balance training (sitting / standing yoga, Taiji), cardiorespiratory endurance training (wheelchair racing, upper extremity power car), coordination training, etc.

Full consideration should be given to the transformation of life oriented sports skills of disabled groups, and physical exercises should be guided according to the ADL/IADL scale, such as transfer training (bed wheelchair), community walking / wheelchair mobile navigation training, simulated shopping / housework physical activities, and community fitness with public transport. It is committed to improving the daily life ability of disabled groups through physical exercises.

5 Discussion and suggestions

5.1 Discussion

This study breaks through the shortcomings of traditional services that only pay attention to body function and single activity.

Both the creation of environment and the promotion of individual participation, from the perspective of protecting the right to health and the right to development of disabled people, the transformation of the environment reflects the overall protection of the right to health and the right to development of disabled people.

According to the hierarchical needs assessment and service design of ICF, the service was implemented from "flood irrigation" to "precision drip irrigation" to achieve supply and demand matching, focusing on helping the severely disabled and more vulnerable groups in rural areas.

Build a strong work coordination organization and responsibility investigation system, with the mode of multi department linkage and resource integration, in order to break through the current drawbacks of segmented management and improve the overall system operation efficiency.

5.2 Suggestions

Starting from strengthening policy convergence: the disabled people's community sports health service is included in the "Ganzhou City 14th Five-Year" disabled people career development plan ", the " national fitness implementation plan ", the " basic public service standard "and health, community construction and other policies, to play the policy joint force. We should explore a diversified and long-term investment mechanism, clarify the responsibility of the main body of basic public service supply of governments at all levels, and mobilize the enthusiasm of social capital participation.

At present, the lack of professional talents is the bottleneck of promoting community sports health services for disabled people in Ganzhou city. It is urgent to include ICF and adaptive sports courses into the relevant professional training system of colleges and universities, and large-scale special training and certification of on-the-job community workers and social sports instructors. Establish a "professional talent pool" and a remote guidance platform.

In view of some barriers to disabled people's participation in community sports, through legislation, strict law enforcement (such as the barrier free environment construction law), and deepening public education activities, the physical and attitude barriers were gradually broken, and the barrier free transformation was transformed into a rigid indicator necessary for new communities and urban renewal.

The rate of disabled people in rural areas participating in sports activities in the community is low. The strategy of "radiation driven by the Central Community" should be implemented, and the mode of "mobile service car" and "Internet + Remote Guidance" should be adopted. The high-quality resources in urban areas should be tilted to rural areas, and the improvement of disabled people's community sports participation in rural areas should be included in the strategic layout of Rural Revitalization and promoted as a whole.

6 Summary

Based on the ICF theory, this study systematically evaluates the sports health needs and service status of disabled people in Ganzhou City, revealing the current system in accuracy, professionalism, integration and environmental support. Through the construction of hierarchical service content system, the construction of multi department cooperation mode and the establishment of a sound dynamic monitoring mechanism, it helps the transformation from "disabled people as the center" to "function and participation as the center". Not only for the future of Ganzhou city to further improve and optimize the disabled people community sports health service system, but also for other provinces and cities in the country to build a perfect disabled people community sports health service system to provide the corresponding theoretical reference and practice template. The key to the future implementation is to strengthen the popularization and implementation of ICF concept, break through the bottleneck of professional talents and resources integration, and constantly promote the construction of inclusive social environment, so as to enable every disabled person to enjoy sports health and sports happiness equally and fully.

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