

# AusACPDM Listening and Sharing session

## Sustaining participation in physical activity



Join us in our free listening and sharing session

**27<sup>th</sup> August 2025, 12 noon – 1 pm Australian EST**

This presentation will highlight one component of Gaela's PhD research: the complexity of the journey of sustained participation in physical activity for adolescents with cerebral palsy who participated in Run Club: a participation-focused running intervention. The discussion is relevant for anyone trying to be active and for people working to promote physical activity. The questions posed will be: Are we doing enough to help people with lived experience of disability be active and sustain their participation? Are we measuring the effectiveness of our interventions clinically and in research to achieve sustained participation?

This session will be of interest to clinicians, researchers, students and people with lived experience.

**Presenter:** *Dr Gaela Kilgour, Post Doctoral Research Fellow, The University of Queensland and The University of Melbourne*

**The session will be facilitated by:** *Dr Amanda Kwong*



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