**Abstract for World Congress on Active Ageing**

**Lifestyle physical activity in people aging with a disability; a study of persons with post-polio syndrome**

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Being active in all parts of life is defined as “lifestyle physical activity” (LPA), and is important for our physical as well as mental health. However persons with neurological disabilities are not engaged in LPA as much as non-disabled persons. Post-polio syndrome (PPS) is a disabling condition that appears in those with an acute poliomyelitis infection after decades of stability. Persons with PPS are advised to be physically active according to their own individual needs and preferences, but there is very limited information about their engagement in LPA. The purpose of this study was to describe the amount of LPA and the type of activities that older persons (age > 50 years) with PPS are engaged in.

Participants: A total of 34 men and 27 women (mean age 66 years), with verified PPS.

Main outcome measures: Physical Activity and Disability survey (PADS) is a semi-structured interview developed at the National Center on Physical Activity and Disability in Chicago, USA. The survey consists of six subscales: leisure; exercise; household activities; work/school; therapy; and wheelchair users. The original PADS have good validity and reliability in populations with disability and chronic health conditions. The instrument was translated and adapted into Swedish. Life satisfaction was assessed with the Life Satisfaction questionnaire (LiSat-11).

Results: Preliminary results indicate a mean total activity level of 148 minutes/day (SD 88, range 54-539). The major part of the activities was household activities (mean 88 minutes/day). The total activity level was not related to the participants` sex, age, use of assistive devices or living conditions. Persons with a higher level of activity were significantly more satisfied with their life as a whole. Conclusion: Persons with PPS are physically active to a large extent. Much of their time is spent in household activities, which may be a target for future health promotion.