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**題目 (Title):**

我想玩啊！腦性麻痺兒童訴說關於促進及阻礙參與休閒活動的經驗

I Want to Play: Children With Cerebral Palsy Talk About Their Experiences on Barriers and Facilitators to Participation in Leisure Activities.

**摘要中文翻譯****目的：**

探究腦性麻痺(cerebral palsy)兒童參與休閒活動的經驗以及描述環境中的促進及阻礙因子。

**方法：**

16位年齡介於7至17歲的腦性麻痺兒童參與3組焦點團體。資料乃依據主題由3位研究者基於國際健康功能與身心障礙分類系統(International Classification of Functioning, Disability and Health)進行分析。

**結果：**

一共找到38個國際健康功能與身心障礙分類系統的分類(4個連結至身體功能面向、2個連結至身體構造面向、8個連結至活動與參與面向、以及24個環境因子：10個促進因子與14個阻礙因子)。最常被提到的類別是自主動作控制功能、與步態有關之功能、上肢構造、休閒及娛樂、核心家庭、以及最後是熟人的個別態度。

**結論：**

由腦性麻痺兒童指出的主要阻礙因子突顯體能性、社會性、態度上的環境因子需要被調整改變以提升休閒活動之參與。

## **Original Abstract**

### **PURPOSE:**

To explore how children with cerebral palsy (CP) experience participation in leisure activities and to describe the environmental barriers and facilitators.

### **METHODS:**

Sixteen children with cerebral palsy aged 7 to 17 years participated in 3 focus groups. Data were analyzed thematically by 3 researchers on the basis of the International Classification of Functioning, Disability and Health.

### **RESULTS:**

A total of 38 International Classification of Functioning, Disability and Health categories were identified (4 linked to Body functions; 2 linked to Body structures; 8 linked to Activities & Participation, and 24 to Environmental factors: 10 facilitators and 14 barriers). The most mentioned categories were Voluntary movement control functions, Functions related to gait pattern, Structure of upper arm, Recreation and leisure, Nuclear family and finally, and Individual attitudes of acquaintances.

### **CONCLUSIONS:**

The main barriers identified by children with cerebral palsy highlight aspects of the physical, social, and attitudinal environment that could be modified to enhance participation in leisure activities.

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