

## It is private and confidential

When we publish the report or talk about the results of this research we will talk about what happened to everyone all together. We won't talk about just your results. We also won't use your name when we talk or write about the study.

## Can I change my mind?

It is your choice whether or not you want to take part in this project. If you don't want to take part then you can talk to your Mum or Dad (or other adult who looks after you). They might ask you to try playing the **Ignite Challenge** game and see what you think. You can stop playing the game if you want to.

## Will I be able to find out the results of the project?

The research project will finish in December 2019. We will send you a summary of the overall results in 2020 and you will also be able to find information on the Novita website and on our social media channels. You can also get in touch with us if you have any questions.

## Any questions?

If you have any questions or if you want to take part please ask your Mum or Dad (or other adult who looks after you) to contact Annemarie Wright. Her phone number is 08 8243 8281 or they can email her on [annemarie.wright@novita.org.au](mailto:annemarie.wright@novita.org.au)

Thank you for helping us to understand and measure the physical activity experiences of young people living with ASD.

Call 1300 668 482  
[novita.org.au/autism-research](http://novita.org.au/autism-research)



# Be part of the next step in autism research

### Getting into the Game:

Evaluation of advanced motor skills of school-aged children living with Autism Spectrum Disorder

Information sheet for kids and young people

Call 1300 668 482  
[novita.org.au/autism-research](http://novita.org.au/autism-research)



## About the research project

This project is about finding the best way to measure the motor skills of kids and young people living with Autism Spectrum Disorder (ASD). A group of therapists and researchers from Novita will run the project.

## Why is this important?

Exercise and an active lifestyle have important physical and mental health benefits for all kids and young people. Many kids and young people living with ASD have difficulties with skills like running, balancing, coordination or planning different movements. These actions are called **motor skills**. We know that motor skills can improve with different types of intervention or therapy. We don't know very much about how best to measure motor skills for young people living with ASD. If the people who work with you know what motor skills you can do well, and those you find more difficult, then that will help them to plan interventions to help you achieve your goals.

The **Ignite Challenge** is a new assessment to measure skills like running and stopping fast, bouncing and catching a ball, balancing and jumping. It is already used at Novita and in Canada. The **Ignite Challenge** is safe and fun for young people to do. This research project will help us to find out if it is as good a measure as it can be.

We also want to know what it is like to take part in doing the **Ignite Challenge**. To figure this out, we will ask for feedback from young people and physiotherapists about what they liked and what they didn't like about taking part.

## What will I have to do?

If you take part in this project we will ask you come to two study sessions at a Novita office.

### Session One



The session will take about 45-60 minutes.

A Novita Physiotherapist will guide you through the **Ignite Challenge**. We will make sure that you understand what you have to do.



The **Ignite Challenge** involves 13 mini-games like running down a special track and stopping fast, doing a bounce / catch sequence with a ball, as well as some fun balance and jumping skills. We will videotape you doing the activities so we can score them.



While you are doing the **Ignite Challenge** we will ask your Mum or Dad (or other adult) to answer some questions to find out more about your physical activity and how you move.

### Session Two

This session will take place 1 to 3 weeks after the first session.

You will do the **Ignite Challenge** again with the same physiotherapist.



**Optional:** Talk to a researcher for 20-30 minutes about what you think about being active or playing sports. You can do this either after the second study session or you can come back to Novita on another day. The conversation will be audio-recorded so we make sure we do not miss anything you said. You don't have to do this interview if you don't want to. No one will be upset if you decide not to.



## Who is involved?

Kids and young people aged 6-17 years old living with ASD who would be able and willing to participate in 45-60 minutes of active games (with the assessor's guidance and without extra assistance from a parent) are being invited to take part in this project.

Our research leadership team includes lots of different people from Novita.



**Kerry Evans** is a physiotherapist and Novita's Practice Leader (Physical). She is leading this research and is also responsible for Novita's physiotherapy services and group programs for people living with ASD.



**Professor Virginia Wright** is a Physiotherapist and Senior Researcher from Holland Bloorview Kids Rehabilitation Hospital in Toronto, Canada. Virginia and her team developed the **Ignite Challenge** and she visits Novita for six weeks every year and partners with us on lots of research projects.



**Penny Miller** is a speech pathologist and Novita's Practice Leader (Developmental). She leads Novita's ASD services and will train and support our research team to work with young people living with ASD.



**Dr Annemarie Wright** is a physical activity and health professional and researcher. Annemarie will co-ordinate the research project. We will also work with other Novita therapists who will do the assessments and interviews.

## What are the benefits of taking part?

You might discover some new things about what motor skills you can do well, and what skills you find more difficult. This might help you think about different goals to work on or different physical activities, games or sports you would like to try. If you are interested in providing us with feedback about the assessment, then this could benefit more young people by helping us to make sure it is fun for all kids and young people living with ASD.

## Are there any risks?

If you don't do a lot of physical activity you might find that you get puffed out or tired when you complete some of the activities. You might also find that some of your muscles feel a bit sore for two or three days afterwards. Both of these things are normal responses to physical activity. Our study physiotherapists will make sure you can have a break for a drink or a light snack (that you can bring with you) at any time during the assessment. They can also give you some advice about how to recover well after being in this assessment.