

# Outdoor Recreation in an Arctic Reablement service – Co-Creating a Model

M Eliassen  
BA Sørensen  
TA Hartviksen  
M Zingmark

## Background

Evidence shows that reablement services mostly target indoor function in an indoor environment, although outdoor recreation is rated as meaningful for many people and may have beneficial effects on both physical and mental health.

## Purpose

The aim of this study was to create a model that integrates outdoor recreation in a reablement service in an arctic context.

## Methods

We elaborated on an Experienced Based Co-Design methodology and invited stakeholders and service users (N=21) to two workshops including plenary discussions and group discussions. Additionally, we conducted 3 focus group interviews with reablement staff, and 3 individual interviews with service recipients. An ecological perspective guided a qualitative thematic analysis of the data.

## Results

We created a model for outdoor recreation in reablement services that involve assessment at both an individual level and a contextual level. Individual goals, preferences, functional level, social network, and local environment must be assessed. The contextual level involves assessments of geographical and seasonal opportunities and challenges. Relevant aids and equipment should be available.

## Discussion and conclusion

This study suggests an ecological model of outdoor recreation in reablement services, that account for individual, social, societal, and contextual features.



Fig. 1: Outdoor recreation model that account for individual, social, societal, and contextual features .

« There is no better gym than nature itself.  
The birds that sing and the snow that melts  
in the spring. I can see how nature is changing,  
and so am I »