

# The great outdoors for everyone

## Better as a duo!

Sunshine and mild temperatures are forecast for the end of next week. Diana would love to go paddleboarding. However, due to her physical disability, she finds it difficult to practice the sport on her own, for example, when she has to carry her paddleboard. What's more, her family and friends can't accompany her as often as she'd like. So she thought:

“What if there was a matchmaking platform for outdoor activities?”



Référence : Lapierre, N., Huet-Fiola, C., Labrie, D., Vincent-Blouin, E., Côté, C., Gagnon, M., Rhéaume, N., Laberge, J., Best, K., Routhier, F. (2024). Digital Platforms to Facilitate Physical Activities for People with Physical or Sensory Disabilities: A Scoping Review. Disability and Health Journal. doi: 10.1016/j.dhjo.2024.101626



Cirris



This led to a partnership between **ARLPH 03** and **Cirris**.

The research team analyzed **7 articles** and **10 websites** (published between 2011 and 2020) to identify barriers and facilitators to the use of online platforms that aim to promote outdoor activities among people living with disabilities (PWDs).

# Results

## 6 main obstacles to platform use

- Poor command of digital technologies
- Lack of information
- Lack of confidence in their computing skills
- Technical problems (e.g. platform downtime)
- Non-intuitive platforms (e.g. confusing visual cues)
- Distracting elements (e.g. pop-ups)

## 10 facilitators to platform use

- Positive user experience
- Social engagement
- Profile personalization (e.g. language spoken)
- Accessibility features for navigation (e.g. enlarged characters)
- Interaction and information sharing with others
- Diversity of resources (e.g. events calendar)
- Tracking sporting activity (e.g. history)
- Platform navigation (e.g. user-friendliness, short explanatory video, fun aspect)
- List of suitable sports venues
- Compatibility with various devices (cell phone, computer, tablet)



## Current websites :

- Present a similar color palette: **blue** (50%), **violet** (30%) and **white** (20%).
- Provide support for people with **physical**, **sensory** and **cognitive** disabilities.
- Do not take into consideration some of the PWDs's needs :
  - Adapted transportation
  - Financial aspects (costs of platforms and activities)
  - Navigation tools (for the visually impaired)
  - Web accessibility

## Conclusion

The research team found that many digital platforms failed to meet the needs of people with disabilities, particularly in terms of quality support.

Fortunately, the Tandem Actif matchmaking platform, conceived by Diana, saw the light of day in June 2024. It takes into account the results of this documentary research, 31 interviews and co-creation workshops.

### For more information:

<https://tandemactif.com> [Project details](#) ▶▶▶  
[Full scientific article](#)

