

## Programme(s)

Trial components /  
Programme activities



Training (8-10 times over 12-16 weeks)  
Enrolled in a local TT-club

- (Indirect) physical activity disabled and volunteers together
- Role models speech (Steen og Peder)

Social gatherings:

- Before and after training
- Spare time social meetings

Visual identity (artefacts);

- Specialised running chair equipment
- T-shirts
- Half/full-marathons



Bike trips in Rickshaws (8-10 times over 12-16 weeks)

- (Indirect) physical activity elderlies and volunteers together
- Local sightseeing
- Narratives

Social meetings

- Conversations

Visual identity (artefacts);

- Specialized rickshaw bikes

Anchored at local care residences

- Support from local community

## Change process (outputs)

### Activity outputs

Participants engage in organised training and cycling trips

Participants engage with each other, the club and the community

Participants receive positive feedback from other and the surroundings

Participants become aware of their body and senses

Participants perceive fewer symptoms in everyday life

Participants feel seen, heard and accepted

Participants experience a sense of community

Participants are enrolled in an all-sided local community

### Individual mechanism

(Indirect) movement – physical activity

Sensory stimuli (physical and cognitive)

Social acceptance

Feeling of freedom

Fewer symptoms

“Sense of Coherence” “Self Determination”

- *Comprehensibility* • *Competences*
- *Manageability* • *Relatedness*
- *Meaningfulness* • *Autonomy*

### Interpersonal mechanism

Social support in activities

New social relations / relatedness

Interactions (verbal and non-verbal)

Feeling important and cared for

Creating memories

### Contextual mechanism

Nature (weather, wind, light)

Fresh air

Positive feedback from surroundings

Local community/  
Nursing resident characteristics

## (Intermediate) Outcomes (Distal)

### Physiological health

Physical functioning (fitness, balance, metabolic adaptation)

Cognitive functioning

Perceived pain

Medicine use

Sleep quality

### Mental health & wellbeing

Self-worth

Self-efficacy

Autonomy

Reduced depressive levels

Joy and happiness

### Social health

Social, emotional support and networks

Reduced loneliness

### Unintended side effects

Fatigue

Injuries

Anxiety

QoL

Pre- existing programmes

Change mechanism

Outcomes