

## JOIN A FOCUS GROUP

University of Illinois at Chicago (UIC)

### **We Walk 4 Health: A mHealth Intervention to Promote Physical Activity in Adults with Intellectual and Developmental Disabilities**



The goal of this research is to use technology (e.g., mobile phone, Fitbit), peer support and person-centered motivational practices to promote walking for adults with intellectual or developmental disabilities. In phase I of the research, we would like to learn more about how adults with intellectual or developmental disabilities use their mobile phones, engage in social networks and ways to increase engagement in social networks. A \$20 gift card will be given for your participation.

#### **Who are qualified?**

If you are an adult (age 20-55) with an intellectual or developmental disability being able to verbally communicate in English or Spanish and having experiences with use of mobile phone and social media networks. Or

You are a family member of an adult with an intellectual or developmental disability, or an agency staff who provides service to adults with intellectual or developmental disabilities and are familiar with the use of mobile phone and social media of adults with intellectual and developmental disabilities.

#### **What is the focus group about?**

In one-hour focus group, we will ask participants about:

- use of mobile phones and social networks in adults with intellectual or developmental disabilities;
- ways to improve social networks engagement;
- potential barriers of carrying out the intervention; and
- use of community walking information and route maps.

#### **Where is the focus group held?**

Videoconference on Zoom and audio recorded

#### **How to contact us, if you are interested in joining a focus group?**

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