



Connecting Communities through Recreation

Opening Doors to
People of All Abilities

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Steps to Inclusion: Creating Welcoming Recreation Environments for People of All Abilities

Presentation Overview:

- What is Inclusive Active Living?
- Why is Inclusion Important?
- What Inclusion Means to Me?
- Some Statistics
- Who is the Active Living Alliance for Canadians with a Disability?
- What is All Abilities Welcome
- Reaching out to the Disability Population
- Eight Steps to Inclusion
- Additional Resources
- ALACD contact information

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What is Inclusive Active Living?

- *Meaningful* participation in activities
- All participants accepted and supported by peers
- Assistance is provided only to the degree required
- There is dignity-of-risk and choice available

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Why is Inclusion Important?

For Canadians with a disability, active living can:

- Increase overall health and well-being
- Reduce risk of developing conditions linked to an inactive lifestyle
- Provide an economic benefit by lowering health care costs
- Create a society where all members are treated with dignity and respect

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What Inclusion Means to Me



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Some Statistics

- 4.4 million (14.3 %) of Canadians have a disability
- 56 % of Canadians with a disability are inactive versus 1/3 of able-bodied Canadians
- By 2026, it is anticipated that most people with a disability will be 65 or older



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**ACTIVE
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ALLIANCE**
FOR CANADIANS
WITH A DISABILITY

Who is the Active Living Alliance for Canadians with a Disability?

- Created in 1989, to assist Canadians with a disability to become more physically active
- National non-profit organization, programs delivered through P/T network



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**ACTIVE
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ALLIANCE**
FOR CANADIANS
WITH A DISABILITY

Who is the Active Living Alliance for Canadians with a Disability (continued)

- The Alliance is built on an affiliation of over 100 organizations with access to a network of ½ million
- Our priorities include youth; physical education; and public/private fitness facilities



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What is All Abilities Welcome?

- Campaign that promotes inclusion of Canadians with a disability in community recreation
- Encourages service providers to implement simple inclusion strategies
- Empowers those with a disability to choose physical activity
- Uses a toolkit, website (www.allabilitieswelcome.ca), PSA, All Abilities Challenge, and 45 presenters to inform communities Canada wide



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Reaching out to the Disability Population

For many, poverty, transportation, fear, and isolation inhibit community participation



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Reaching out to the Disability Population (continued)

To engage persons with a disability, recreation providers may consider:

Partnering with disability agencies, recruiting a 'disability champion', holding 'meet and greets', investigating subsidized transportation, allowing a companion to accompany someone with a disability at no extra cost



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Eight Steps to Inclusion

- A. Ask about the disability
- B. Ask about support required



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Eight Steps to Inclusion (continued)

- C. Define safety concerns
- D. Assess skill



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Eight Steps to Inclusion (continued)

- E. Set realistic objectives
- F. Select activities



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Eight Steps to Inclusion (continued)

- G. Make modifications
- H. Implement and evaluate



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Additional Resources

Here are just some of the people and organizations you can contact:

- The Active Living Alliance for Canadians with a Disability www.ala.ca
- Local, provincial/territorial and national disability-specific groups
- Local hospitals and rehabilitation centres
- Your municipality
- Community-based, provincial/territorial and national organizations that focus on sport and recreation opportunities for those with a disability
- Local or regional health promotion departments

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Contact Information

To learn more about All Abilities Welcome or to book a speaker to deliver a presentation at your event, call or write to us.

Jason Dunkerley

All Abilities Welcome Coordinator

Tel : 1-800-771-0663 or (613) 244-0052 ext 25

Email / courriel: allabilitieswelcome@ala.ca / participationsansfrontieres@ala.ca

Website : www.allabilitieswelcome.ca / www.participationsansfrontieres.ca



**Active Living Alliance for Canadians with a Disability /
Alliance de vie active pour les Canadiens/Canadiennes
ayant un handicap**

Email/courrier : ala@ala.ca

Website: www.ala.ca

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