



ACTIVE  
LIVING  
ALLIANCE  
FOR CANADIANS  
WITH A DISABILITY



All  
Abilities  
Welcome



Sport for Life

# **Connecting Communities through Sport and Physical Activity**

Opening Doors to  
People of All Abilities



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

- National network formed in 1989
- Support and encourage those with a disability to get active
- Assists communities and organizations to be welcoming and inclusive
- We envision a society where ALL Canadians lead healthy, active lives



## ALACD Guiding Principles

**Guiding Principles that we recognize as we develop and deliver our programs and projects:**

- Quality of life is a fundamental right
- Empowerment is the key
- Every community should be involved
- Equal access must be guaranteed
- Respect and dignity are the foundation

# Connecting Communities



ACTIVE  
LIVING  
ALLIANCE  
FOR CANADIANS  
WITH A DISABILITY

## Who ALACD Serves

People of all abilities:

- Sensory
- Physical
- Learning
- Mental Health
- Chronic Disease
- Intellectual

Opening Doors to People of All Abilities

# Connecting Communities



## Our Members

Representatives of:

- Communities
- Sport, Recreation and Physical Activity
- Rehabilitation
- Education
- Health
- Research
- Older Adults
- Fitness Facilities

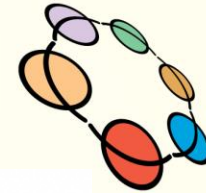


ACTIVE  
LIVING  
ALLIANCE

FOR CANADIANS  
WITH A DISABILITY

Opening Doors to People of All Abilities

# Connecting Communities



All  
Abilities  
Welcome

Opening Doors to People of All Abilities



Provincial &  
Territorial  
Partners



# Connecting Communities



## What is Inclusive Physical Activity?

Inclusive physical activity reflects a person's ability to take part in an activity, based on;

- their own ability, needs and choice
- aspirations, and
- environment.

Inclusion is *meaningful* participation in an activity

- Activities are modified as necessary
- Expectations are realistic yet challenging
- Assistance if required
- There is dignity-of-risk and choice available

Opening Doors to People of All Abilities

# Connecting Communities



## All Abilities Welcome – Soon to be available in online training format

- AAW promotes community inclusion
- AAW aims to empower those with a disability to choose and pursue an active, healthy lifestyle

### WHY?

- Canadians with a disability are sometimes hesitant to participate in physical activity, recreation, and sport activities
- Some service providers feel intimidated to welcome people with disabilities in their programs
- Some fitness facilities or clubs seem intimidating or not welcoming



Opening Doors to People of All Abilities



# Connecting Communities



## Tips for creating a Welcoming Environment



What do you do to welcome people into your facility and your programs?

Opening Doors to People of All Abilities

# Connecting Communities



## Tips for creating a Welcoming Environment

- Provide a welcoming environment from entry to exit
- How can I help? Don't assume
- Respect always
- Treat people with a disability as people first
- Do not insist on offering help where it is not needed
- Each person is the expert on their disability
- Speak directly to a person with a disability, not to their caregiver, parent or friend
- Different degrees of disability mean that people may have different skills and abilities

Opening Doors to People of All Abilities

# Connecting Communities



## Language with Dignity

In general, focus on *respect*

- Speak to a person with a disability in the same way you would want others to speak to you
- Place the person before the disability
- Focus on accurate language
- Remember that body language is just as important as the words you use
- Patience, respectfulness, and a little creativity can go a long way in facilitating greater ease of communication with individuals with a speech impediment



Opening Doors to People of All Abilities



# Connecting Communities

## The Challenge beyond Inclusion



For many people with a disability:

- Barriers - economic, social, transportation, intimidation, and even cultural barriers
- Many people with a disability live at or below the poverty line
- Often, people with a disability may have low self-confidence, which can lead to a sense of resignation and disempowerment
- When accessing physical activity is difficult, as it can be so often, many people with a disability may simply give up



Opening Doors to People of All Abilities

# Connecting Communities

## Ideas for Action



Opening Doors to People c

- Identify an “Inclusion Champion”
- Organize and promote a “meet and greet”
- Encourage people with a disability to bring a peer to assist them, and charge only the person with a disability
- Have assistants available
- Offer several choices of activity – integrated and segregated
- Connect with rehabilitation therapists and disability sport organizations





# Connecting Communities



## Eight Steps to Inclusion

By following these eight simple steps, you will be laying the groundwork for participation of persons with a disability in your programs:

- Ask about the disability
- Ask about support
- Define safety concerns
- Assess skill
- Set realistic objectives
- Select activities
- Make modifications
- Implement and evaluate

Opening Doors to People of All Abilities

# Connecting Communities



## 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.

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

Email/courrier : [info@ala.ca](mailto:info@ala.ca)

Website: [www.ala.ca](http://www.ala.ca)



Opening Doors to People of All Abilities



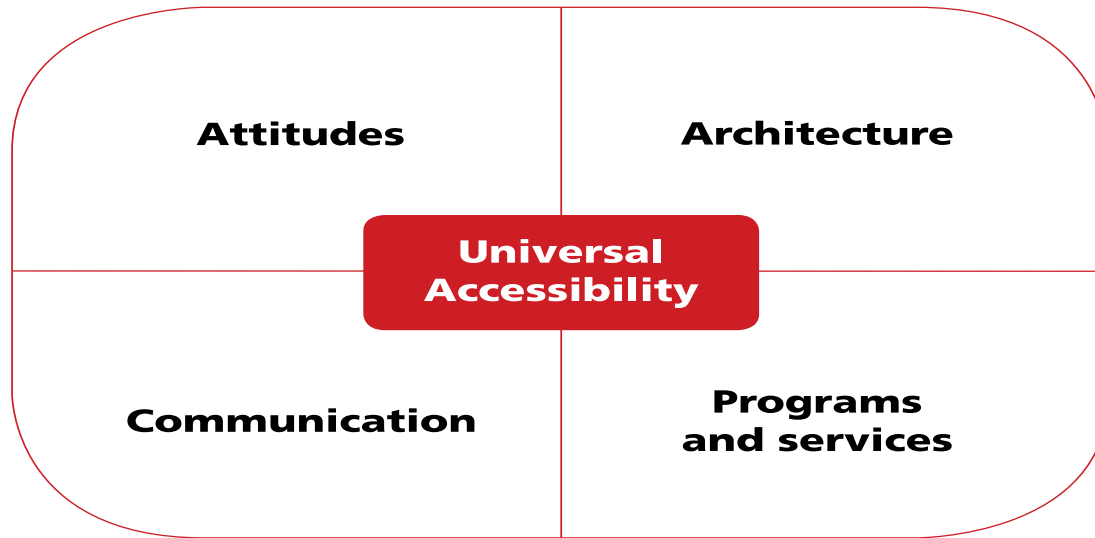
Bringing “All Abilities” to Life  
-What does it mean for your  
programs & facilities?

## Universal Accessibility: the Definition

A product, process, service, information or environment that allows everyone, regardless of abilities , the use of similar, autonomous and simultaneous services offered to the whole population.



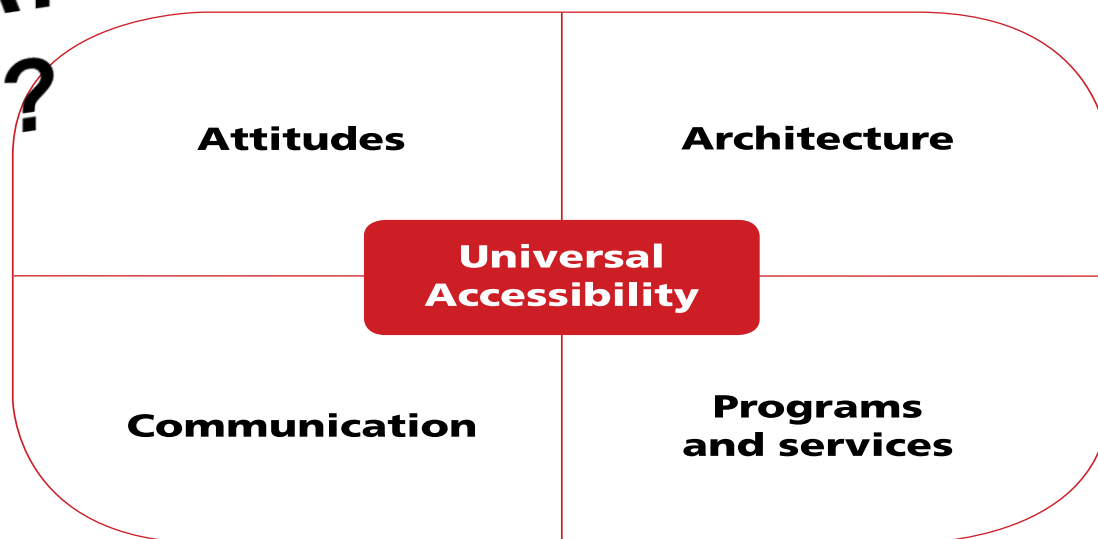
# Universal Accessibility – 4 Key Areas





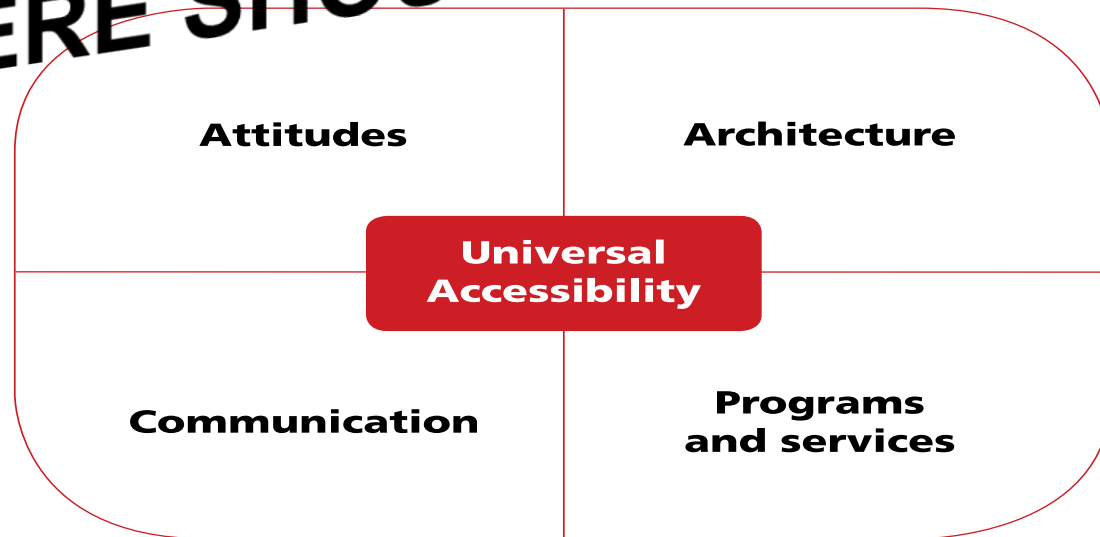
## Universal Accessibility – 4 Key Areas

# WHAT DO THESE MEAN TO YOU?

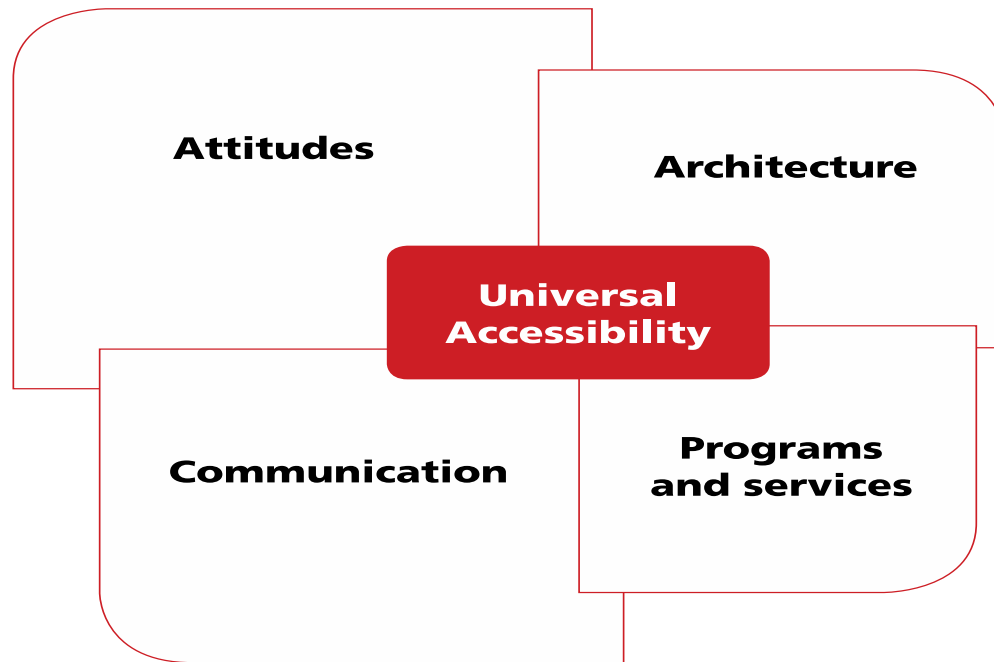


## Universal Accessibility – 4 Key Areas

# WHERE SHOULD YOU START?



# Prioritizing Universal Accessibility





# Physical Literacy

The GATEWAY to ACTIVE PARTICIPATION

## Physical literacy development influenced by social relationships

Isolation

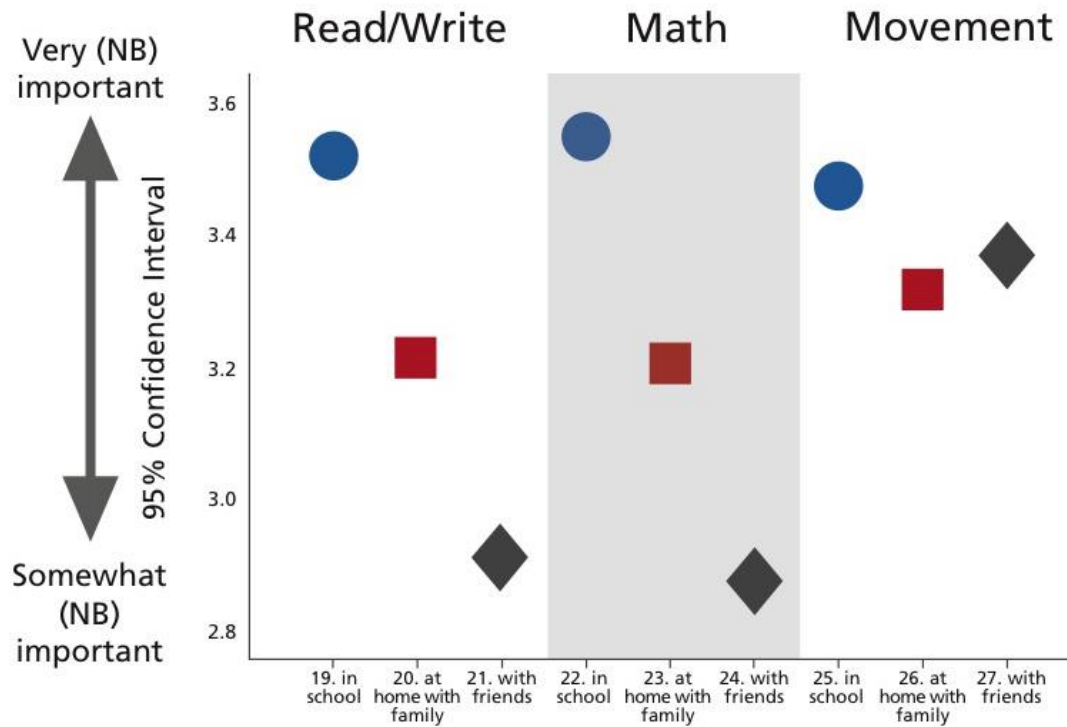


Socialization

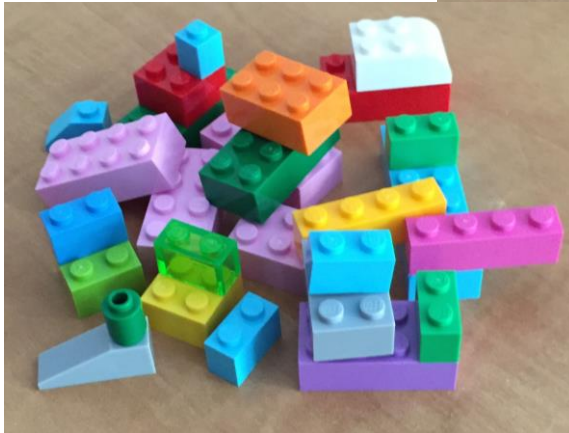
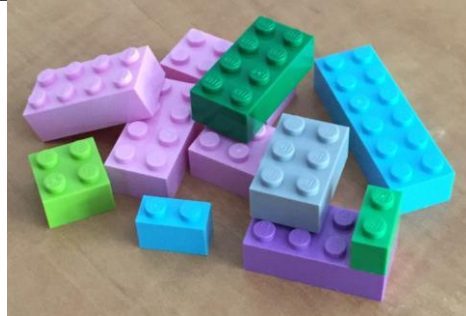




## Importance of Skills Based Physical Literacy



# *Competence in Movement Skills* are the **building blocks of Physical Literacy**



# Physical literacy

is the...



...to be



**Sport for Life**

**active for life**

Le sport c'est  
pour la vie



**Sport for Life**



## The Challenge

**If you don't include  
everybody,  
then you are excluding  
somebody.**



ANY  
QUESTIONS?



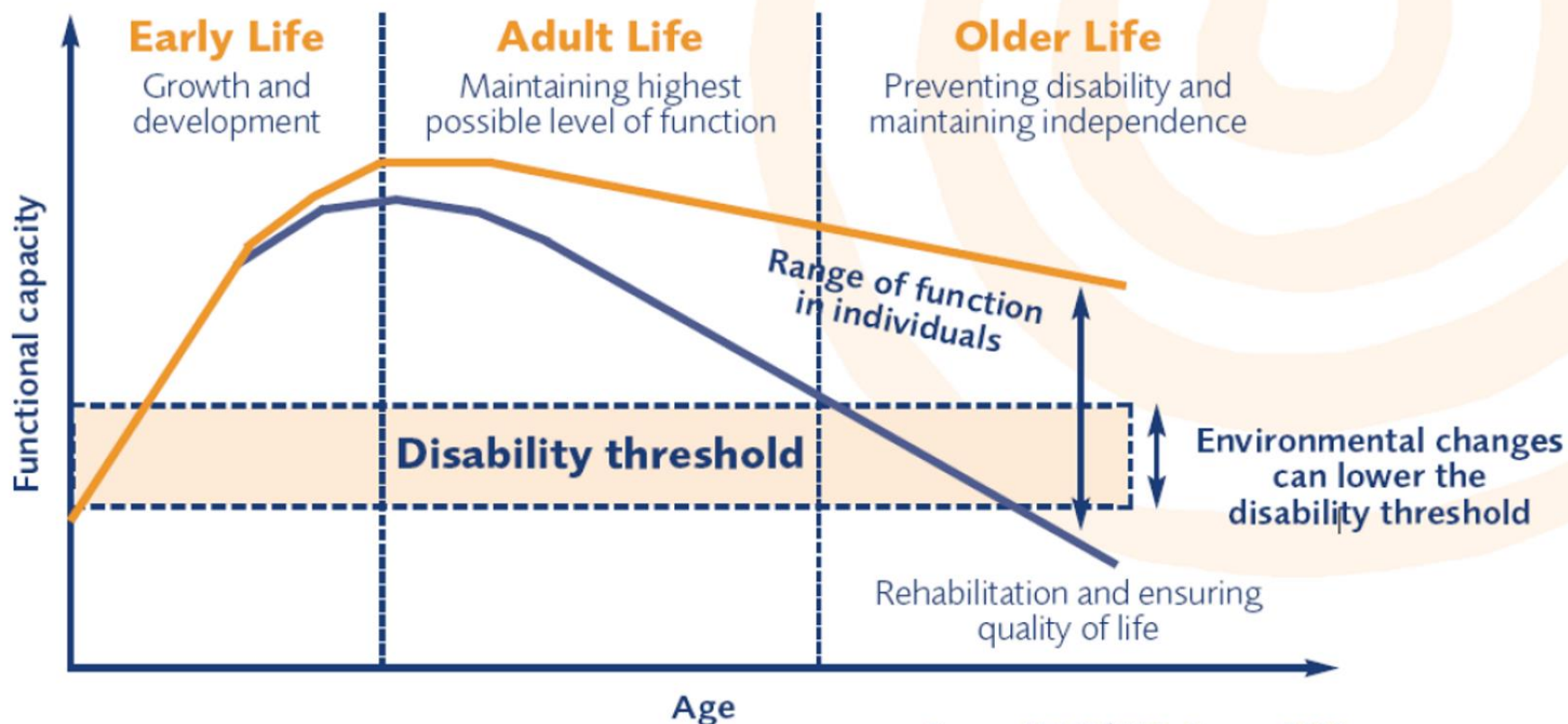


# Thank you!

[andrea@sportforlife.ca](mailto:andrea@sportforlife.ca)

[www.physicalliteracy.ca/inclusion](http://www.physicalliteracy.ca/inclusion)

## A life course perspective for maintenance of the highest possible level of functional capacity



Source: WHO/HPS, Geneva 2000