



Canada

Creating an Inclusive Environment



**ACTIVE
LIVING
ALLIANCE**

FOR CANADIANS
WITH A DISABILITY

**ALLIANCE
DE VIE
ACTIVE**

POUR LES CANADIENS/
CANADIENNES AYANT
UN HANDICAP

**Promoting a new perspective on disability
Voir au-delà du handicap**



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Overview

- What an inclusive atmosphere is.
- What some of the barriers are to an inclusive atmosphere.
- Some facts & misperceptions.
- How to create an inclusive atmosphere.
- What inclusion will give people.

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Many people with a disability, who are not members of a community, experience, on a daily basis, characteristics such as:

- A sense of separateness from the world
- Constant boredom.
- An overriding sense of dependency on others
- A sense of failure.
- A sense of being controlled in regards to many aspects of their daily life.
- Loneliness and a “poverty of relationships”.
- Little if no opportunities for personal growth & development through new challenges.
- “Total isolation” on a daily basis, as a consequence of their support arrangements.

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What is an inclusive atmosphere?



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Inclusion

An **inclusive atmosphere** is open and non-discriminatory, and provides opportunities for people with and without disabilities to experience recreation together.



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An Inclusive Atmosphere is CONSUMER DIRECTED!



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What are some of the barriers to an inclusive atmosphere?

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ATTITUDE!

Service providers, parents, and the general public often believe that inclusion of people with limited abilities is impossible or more trouble than it is worth.

IN CASE OF FIRE



USE
STAIRS

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IN FACT:

Inclusion can be achieved through simple changes to regular programs.

Examples:

Aerobic instructor being more descriptive in explanations lowering nets when playing basketball



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MISPERCEPTION

People with disabilities have no interest in belonging to recreational organizations to which “able bodied” people belong

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IN FACT:

The benefits of recreation are essential to everyone's well-being.

The desire to access recreational facilities & belong to the community is important to anyone's healthy lifestyle.

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MISINFORMATION

Only professionals with specialized training & specialized equipment can help people with disabilities to participate.

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IN FACT:

Aiding someone with a disability can be as simple as moving the seat on a machine so that someone in a wheelchair can access it.

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How can you create an inclusive atmosphere?



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How to Create Inclusion

An inclusive atmosphere is created when staff are **aware** of people with different abilities and are willing to aid and demonstrate techniques that accommodate recreation for everyone.

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How to Create Inclusion

Sufficient roaming staff with disability awareness training to answer questions, help out if needed and ensure the safety of all is beneficial to everyone participating in programs or using the fitness facilities

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Inclusion will Create...

Inclusion will give people with a disability...

- A sense of belonging to and being part of their community
- A sense of adventure & challenge
- A sense of being
- A sense of freedom
- Control & power over their lives
- Companionship, increased social networks, new & stronger friendships

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Thank You

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