

# Promoting Physical Activity for All Abilities

## Information Pack

June 2008



# Promoting Physical Activity for All Abilities

This Information Pack has been developed from the 'Go for your life' Promoting Physical Activity for All Abilities forum conducted by Kinect Australia in June 2008. It presents an overview of speakers' presentations at the forum, as well as related resources. It contains information to support the range of stakeholders currently working to create environments that promote physical activity across settings for all people.

## The Development of the Creating a Sporting Chance Program

Dr Jeff Walkley Kerrie Lante

Discipline of Exercise and Science RMIT

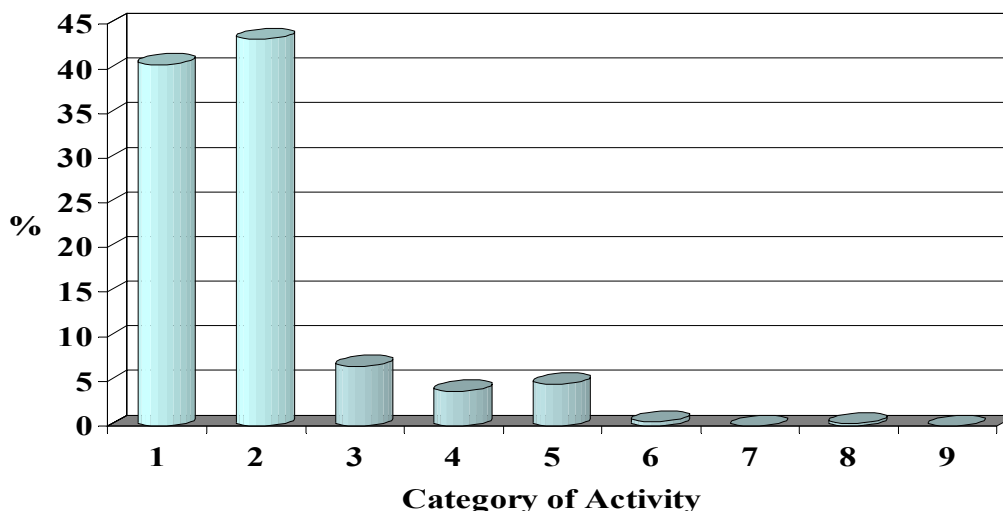
Merrilyn Gamble

Bundoora Netball and Sports Centre

Dr. Jeff Walkley opened the forum by sharing the latest research about including people with all abilities in physical activity. He emphasised the need to create opportunities, pathways and skills for people with an intellectual disability through developing partnerships with local government and other key organisations to assist in funding and support.

Research from RMIT undertaken by Jeff Wakley assessed how often 19 Males and 26 Females engaged in the recommended amount of physical activity. 6 males and 2 females achieved 30mins each day for 5 days. More males were out gardening and women were inside doing house work.

**Average % time per day spent in activity categories.**



### List of Activities

1- Lying down

2- Seated

3- Standing (light)

4 Dressed, stroll

5 Light manual work

6 Light sport/leisure

7- Moderate manual work

8 Moderate sport/leisure

9 Intense work/sport

Jeff stated the importance of universities understanding the need for education on all abilities and the need for including this into the curriculum as compulsory units of Physical Education and related courses.

He pointed to a model local program, Creating a Sporting Chance, held at the Bundoora Netball and Sports Centre, facilitated in conjunction with RMIT. It includes a series of sport and recreation activities for children, adolescents and adults with a disability. In addition, the program allows University students studying the disability discipline the opportunity for hands

on experience of working with people with a disability. Participants come from 12 special secondary colleges in the northern, western and southern suburbs of Melbourne. Approximately 270 people with an intellectual disability and 95 RMIT students are involved in the Sporting Chance Program which runs for 45 weeks of the year.

Merrilyn Gamble, of the Bundoora Netball and Sports Centre presented an overview of the program and presented data to support its value. Programs offered are like those that are available to the general community, including exercise to music, sport (netball, cricket, soccer, tennis), resistance training and individually designed activities. The program costs all participants \$3.50 for 1.5 hours of movement, which allows the programs to be sustainable. As research shows that people with an intellectual disability have three friends or less, the programs are seen as a good way for people to make friends other than family members and carers. The Sporting Chance program had 9,980 visitations in 2007 and 8,538 visitations to May 2008. Importantly, the program has a strong income to cost ratio. 2008 to date statistics:

- Income Direct       \$22,739       Income Indirect (café, etc.) \$2,000 (approx)
- Expenses       \$14,800

Programs offered through the Sporting Chance Program.

Netball – Thursday mornings - 60 Participants – 20 RMIT Students

GYM 4 – Thursday mornings – 40 Participants – 40 RMIT Students

Netball – 8 Week Program – 180 Participants – 10 RMIT Students

Cricket – 6 Week Program – 180 Participants – 10 RMIT Students

Access the full presentation by Jeff Walkley:

<http://www.vicfit.com.au/fitness/DocLib/Pub/DocLibDetail.asp?IngDocLibID=402>

Access the full presentation by Merrilyn Gamble:

<http://www.vicfit.com.au/fitness/DocLib/Pub/DocLibDetail.asp?IngDocLibID=403>

Read a news article about the successful program.

<http://131.170.40.30/browse;ID=wu287azcv6si1>

## **Level Playing Fields**

**Chantal Price and Laura Waters**

**Grampians Pyrenees Primary Care Partnership**

The Grampians Pyrenees Primary Care Partnership partnered with a Disability Day Program and received funding from DHS between June 06 and December 08. Thirty member agencies worked together to provide physical activity opportunities throughout the community. The purpose is to engage people with disabilities in day programs to increase their physical activity and recreation at community level. Staff noticed high type 2 diabetes with people with a disability and wanted to ensure they had opportunities to be physically active and to link with the community. Coordinators consider the interest of the person with a disability by assisting them to participate in a local community group such as a band, cricket team or craft group.

A cross sector approach ensured lots of opportunities for people with disabilities, by engaging all levels of support both 'grass roots' workers and senior management. The community members need to ensure they did not rely on the involvement in the program as a carer. They emphasised the importance of utilising local networks and working with decision makers who influence groups.

An important outcome from the program revealed not to spend too much time anticipating barriers that may not exist. Natural friendships occurred throughout the program and therefore no paid worker was required.

### **Contact**

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Chantal Price, Health Promotion Coordinator  
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Access the full presentation:

<http://www.vicfit.com.au/fitness/DocLib/Pub/DocLibDetail.asp?IngDocLibID=404>

## **Kickstart Swimming Program**

**Julie Landy**  
**Sunbury Community Health Centre**

Julie Landy, from the Pediatric Health Promotion Team at the Sunbury Community Health Centre shared information about the Kickstart swimming program for children with an intellectual disability and sensory needs. Parents stated the need for a swimming program, which would meet the needs of their children. Research showed the barriers to current swimming programs were that swimming instructors did not meet the need of the children and that parents wanted more interaction with the instructor.

A pilot study was conducted to eliminate these barriers. Innovations included parental participation, and the use of picture cues to the children. Sessions were conducted in a quiet area to minimise distractions. Between each swimming class 15 minutes was allocated for parents to communicate with the swimming instructor.

A swimming instructor training program has been accredited to ensure the program is sustainable and can increase its reach. The KickStart Training Program for swimming instructors is Austswim accredited.

Julie Landy, Pediatric Health Promotion Team  
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Access the full presentation:

<http://www.vicfit.com.au/fitness/DocLib/Pub/DocLibDetail.asp?IngDocLibID=406>

**Autism Victoria- Events**

[http://www.autismvictoria.org.au/events/victoria\\_events.php](http://www.autismvictoria.org.au/events/victoria_events.php)

## Beyond Physical Access

Emma Highwood, VICNORD



Emma Highwood, Inclusive Leisure Project Manager, is managing in a 4 year program based on an English Initiative, Inclusive Fitness. The program received funding through VicHealth to improve leisure centre access for people with a disability in Victoria. 25 leisure centres, 12 pilot sites and a diverse range of partners are engaged in the program. Initial findings from the centre visits found that staff wanted to take ownership of the program, requiring more training on how to manage people with a disability. Staff are under-trained in this discipline and therefore not selling opportunities for people with disabilities.

Contact : Hanna Phillips

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Emma Highwood: Inclusive Leisure Project Manager

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Access the full presentation:

<http://www.vicfit.com.au/fitness/DocLib/Pub/DocLibDetail.asp?IngDocLibID=410>

For more information on England's Inclusive Fitness Project

<http://www.inclusivefitness.org/>



### An Inclusive Model for Leisure

**Chris Stewart**

**Disability Planner, Greater City of Dandenong**

**Sue Brown**

**Manager, Leisure Link Up**

Chris and Sue shared information about the successful Inclusive Model for Leisure. This project was an initiative developed in 2004 by the City of Greater Dandenong and Leisure Link Up which focused on supporting people with disabilities from culturally and linguistically diverse (CALD) backgrounds to access leisure activities of their own choice.

The project identified that participation levels in leisure by people with disabilities from CALD backgrounds were low in Greater Dandenong. It also determined that sport and leisure service providers experienced difficulty in engaging people from the target group into leisure.

This project provides research on the leisure opportunities of people with disabilities from culturally and linguistically diverse (CALD) backgrounds, who live within the City of Greater Dandenong. It recognises the importance of providing equity of access and increased participation by people with a disability from a CALD background and increased community involvement will provide improved quality of life for the individual, as well as enrichment and strengthening of the overall community.

Have a look at the link below for the Inclusive Model for Leisure full report:

<http://www.greaterdandenong.com/documents.asp?ID=1259&Title=Inclusive+Model+for+Leisure+%2D+%22Journeys%22>

Use this link for information on the Access and Inclusion Strategy:

<http://www.greaterdandenong.com/Documents.asp?ID=1221&Title=Disability+Planning>

## Changing Cultures

**Keith Wise  
VICSRAPID**

Keith Wise the CEO of VICSRAPID shared information about engaging people with disabilities in sport and recreation. VICSRAPID was established in 1986, providing a particular focus on athletes with an intellectual disability and participation in competitive sports at national and international levels, through facilitating pathways. VICSRAPID focuses on the value of sport and recreation for everyone, inclusion of all abilities.

The need to work together at all levels 'grass roots' and peak organizations to address the barriers and therefore trying to increase participation of all abilities. The responsibility lies in the mainstream of State and Federal Sporting organizations. The large realisation of health benefits through increasing any form of movement is more prominent in today's society especially the need to increase physical activity for people with disabilities. The need to focus on children and a long term step by step approach, 10 years ahead where will the development of programs lie, creating a workable model with all sectors.

**Access the full presentation on the link below**

<http://www.vicfit.com.au/fitness/DocLib/Pub/DocLibDetail.asp?IngDocLibID=409>

**VICSRAPID**

<http://www.vicsrapid.org.au/>

## Access for All Abilities (AAA) Program

**Jenny Vizec  
Sport and Recreation Victoria**

Jenny Vizec, Group Manager Community Programs, Sport and Recreation Victoria shared information about Access for All Abilities (AAA) Programs and the focus on promoting, supporting, planning and development work with sports clubs at grass roots to ensure facilities are accessible for all abilities. AAA works across the sport, recreation and community sector to ensure programs are accessible, inclusive (livability) and diverse. AAA Programs support 26 local government authorities and community based organisations.

### **Key objectives of the Access for All Abilities Program 2007-09 include:**

- promoting awareness of the benefits of active participation;
- providing support for inclusive sport and recreation environments;
- influencing the planning and development of accessible and inclusive sport and recreation environments; and
- fostering and developing partnerships to enhance access and inclusion in the sport and recreation sector

The most popular games facilitated by AAA between July and December 2007, was lawn bowls, cricket, tennis, basketball, football (AFL) and walking.

AAA states the importance of working with Peak Body organizations at state level in developing strong partnerships to gain better acceptance. New sports were established to ensure a wider variety of people could be involved in activities. From 2006-07, a 35% increase in the type of diversity the AAA providers were supporting. AAA providers are the starting point, to share expertise and resources.

These organisations are known as Access for All Abilities (AAA) Regional Providers. Generally, AAA Regional Providers work in partnership with sport and recreation organisations

in their area as well as local government and community organisations such as neighbourhood houses and community health centres. AAA Regional Providers are located throughout the State and are a useful starting point for your organisation to seek advice about and assistance with including people with disabilities in your organisation and its activities.

**Access the full presentation on the link below**

<http://www.vicfit.com.au/fitness/DocLib/Pub/DocLibDetail.asp?lngDocLibID=408>

**AAA**

<http://www.sport.vic.gov.au/web9/dvcsrv.nsf/headingpagesdisplay/active+communitiesaccess+for+all>

**Sports CONNECT**

**Connie Raso**  
**Sport Education Victoria**

Connie Raso, Sport Education Victoria is involved in Sports CONNECT a National Program which started in 2002 a joint venture between the Australian Sports Commission and the Australian Paralympic Committee. Project CONNECT stands for Creating Opportunities Nationally through Networks in Education, Classification and Training. Project CONNECT aims to provide national sporting organisations with assistance in meeting the needs of people with a disability within their sport.

Twenty Five National Bodies funded in Australia. A Sporting organization develops a Disability Action Plan, over a 5 year period to ensure long term change occurs, and the program is sustainable.

**The different phases of in the Disability Action Plan**

- Disability Education – The delivery of sport specific disability education and training modules at the local level.
- Accreditation – The training of accredited sport specific coaches and officials.
- Classification – The establishment of a sport specific classification recognition program.
- Athlete support – The provision of administrative and technical support for athletes.

All Abilities Home Page including Sports CONNECT

[http://www.vis.org.au/sported\\_pc.asp](http://www.vis.org.au/sported_pc.asp)

**Softball Australia**  
**Shannon Ryan**

Shannon Ryan shared his experiences of Softball Australia engaging with Sports CONNECT Program. Softball Australia developed two National Inclusive workshops. The workshops improved staff development, links were formed, resources and an incentive package were given to all attendees. An Inclusive coaching Module was created and a full time club development and membership growth coordinator was appointed.

The Action Plan ensures inclusion is represented by including all groups, such as ethnic, older adults, and indigenous. Lessons learned include: establish objectives and have a vision, engage affiliates and establish a Disability Action Plan (DAP) and create awareness and educational program throughout sport. Issues and challenges included: understanding the system, education and awareness, communicate affectively with affiliates and sustainability.

**Access the full presentation on the link below**

<http://www.vicfit.com.au/fitness/DocLib/Pub/DocLibDetail.asp?lngDocLibID=407>

## Related Resources

### **The National Centre on Physical Activity and Disability (NCPAD)**

'Being physical active is good for everyone' is the message NCPAD implements. A large wide range of videos, programs, resources, presentations and research can be found on the site below.

<http://www.ncpad.org/>

### **Commonwealth Disability Strategy Better Information and Communication Practices- Information Needs of Disability Groups**

When considering how you can best disseminate information to people with a range of disabilities, it may be necessary to present your message in a number of different formats. The quick reference table at the end of this section lists a number of formats that may be useful for the needs of various audiences. The next section of this booklet explains each format, the disability group for which it is commonly used and the ways in which you can advertise the availability of these formats.

<http://www.facs.gov.au/disability/cds/bicp/p1.htm>

This booklet is designed to assist you to provide information to, and effectively communicate with, people with disability. It covers issues such as accessible formats for major disability groups and provides contact details for organisations that can advise you on the communication needs of particular disability groups.

<http://www.facs.gov.au/disability/cds/bicp/>

### **Exercise and disability: Physical activity is within your reach**

Mayo Foundation for Medical Education and Research (MFMER).

The article focuses on numerous different activities all abilities are capable of participating in, also providing other related articles on exercise programs and DVDS.

<http://www.mayoclinic.com/health/exercise/SM00042>

### **Mobility, Disability and Attitudes Toward Exercise, Arthritis Foundation**

Research conducted in Boston on the effectiveness of older adults engaging in physical activity. Findings suggest that those with a disability were less likely to engage in therapeutic activities due to lack of self confidence.

<http://www.arthritis.org/mobility-exercise-attitude.php>

### **'Go for your life' Health Professionals Section on Disability**

Includes a wide variety of resources, tools and guidelines.

[http://www.goforyourlife.vic.gov.au/hav/site.nsf/PresentPracArticles?open&s=all\\_disability+all](http://www.goforyourlife.vic.gov.au/hav/site.nsf/PresentPracArticles?open&s=all_disability+all)

### **A Strategic Inclusive Model for Leisure for People with Disabilities from Culturally and Linguistically Diverse Backgrounds:**

[http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pracpages/Strategic\\_Inclusive\\_Model\\_for\\_Leisure\\_for\\_People\\_with\\_Disabilities\\_from\\_Culturally\\_and\\_Linguistically\\_Diverse\\_Backgrounds?OpenDocument](http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pracpages/Strategic_Inclusive_Model_for_Leisure_for_People_with_Disabilities_from_Culturally_and_Linguistically_Diverse_Backgrounds?OpenDocument)