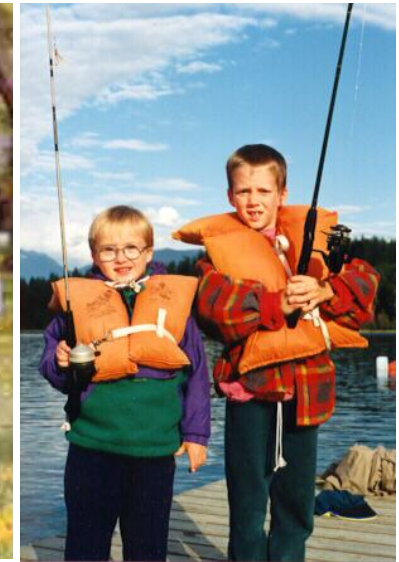
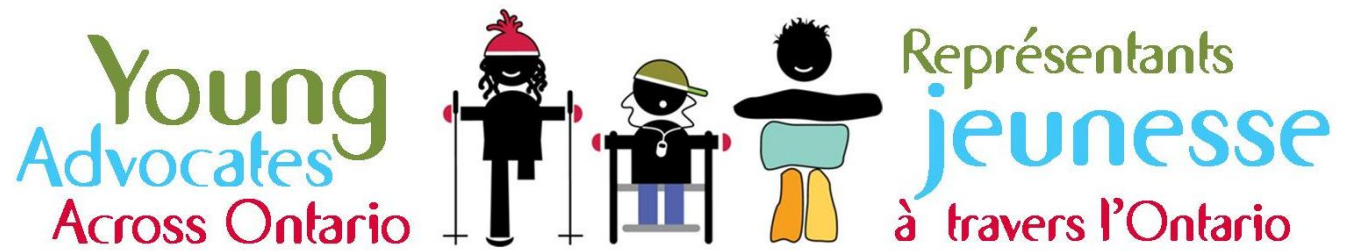




**Jason
Dunkerley**





Facilitating Change in Your Community

- Who is the Active Living Alliance for Canadians with a Disability?
- ALACD Programs
- What is the Young Advocates Across Ontario Speaker's Bureau?
- What is a disability?
- What is active living?
- Why is active living important?
- What Inclusion looks like
- Barriers to healthy eating for people with a disability
- Why should this matter to you?
- Program Modification Ideas
- Eight Steps to Inclusion
- Additional Resources
- ALACD Contact Information



After this presentation we hope you will:

- Feel motivated and better equipped to offer inclusive programs and services;
- Understand the value of active living and healthy eating in the lives of youth with a disability;
- Take away tangible tips on offering inclusive active living and physical activity opportunities to young people with a disability;
- Share your own knowledge and experiences with other audience members;
- Take advantage of the chance to ask questions and engage in discussion.





ALLIANCE DE VIE ACTIVE POUR
LES CANADIENS/CANADIENNES
AYANT UN HANDICAP

ACTIVE LIVING ALLIANCE
FOR CANADIANS WITH
A DISABILITY

**Committed to healthy active
living for Canadians with a
disability**

**Pour une vie saine et active chez
les Canadiens/Canadiennes ayant
un handicap**



The ALACD promotes, supports and enables Canadians with disabilities to lead active, healthy lives. We provide nationally coordinated leadership, support, encouragement, promotion and information that facilitates healthy, active living opportunities for Canadians of all abilities across all settings and environments.

OUR MISSION is to enable Canadians with disabilities to lead active, healthy lives.



HEART &
STROKE
FOUNDATION
OF ONTARIO

FONDATION
DES MALADIES
DU CŒUR
DE L'ONTARIO

**MOVING TO
INCLUSION**

**INTÉGRATION
EN MOUVEMENT**

**Helping leaders, coaches
and teachers to include
people of all abilities**

**Outiller les leaders, les
enseignants et les entraîneurs
pour favoriser l'inclusion de
tous, peu importe leur niveau
d'habileté**



 **Participation
sans
frontières**

**Just say yes
to community inclusion**

**Dites oui à l'inclusion sociale
des personnes ayant un
handicap**



 **Youth
Ambassadors
Across Canada** **Jeunes
ambassadeurs
à l'échelle du Canada**

**Youth with disabilities
promoting healthy, active living**

**Des jeunes ayant un handicap
engagés dans la promotion
d'une vie saine et active**



Program goals are:

- To build a community of Young Advocates with strong connections to community stakeholders;
- To engage young people with disabilities as leaders in advocating to decision makers and program providers;
- To educate community organizations about adapting programs and activities to be more appropriate for young people with a disability;
- To inspire young people with a disability to incorporate healthy eating practices and regular physical activity into their lives.



Funded through Heart and Stroke Foundation of Ontario

What is a Disability?

- Previously, understood as a progression of illness or injury causing impairment
- Today, seen as an activity limitation where environment impacts a person's level of impairment



What is Active Living ?



Active living is a way of life in which physical activity is valued as a regular part of a person's every day activities.

What is Inclusive Active Living?

- *Meaningful* participation in activities where participants are accepted



- Assistance offered as needed, participants encouraged to choose activities and take risks

Why is Inclusion Important?

- Increases overall health, reduces risks from inactivity, lowers health care costs, promotes social inclusion





Barriers to healthy eating for people with a disability

- What you eat affects how you feel, how you look and how you act
- Effects physical, mental and emotional well being
- Provides energy, reduces risk for future health problems, Helps maintain weight, healthy skin, and regularity
- Why is it sometimes harder for a person with a disability to maintain a healthy diet?

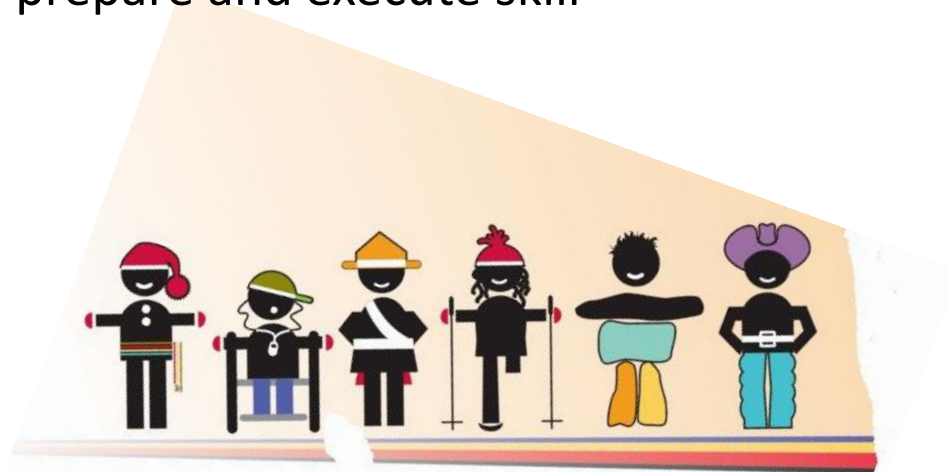


Why Should this Matter to You?

- One in two Canadian youth with disabilities would like to be more physically active;
- Children with disabilities are nearly twice as likely to be overweight or obese;
- Youth with disabilities are more likely to abuse alcohol, drugs and tobacco;
- 28.1% of children and youth with a disability have seen a psychologist or psychotherapist;
- One in two children with a disability report having no friends;
- Including youth with disabilities is smart marketing; opens doors to family and friends, and to the community as a whole;
- As a community leader, you have an opportunity to make a difference!!!!



- Participants in a game wear brightly coloured clothes to enable players who are visually impaired to identify teammates
- A start flag is used to signal to a runner who is Deaf that a race is beginning
- A person who uses crutches designated to take the throw-ins during soccer games
- A person in a wheelchair covers a specified area for basketball
- Using a lighter, softer, or larger ball slows the game and allows for more time to prepare and execute skill



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



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

- The Active Living Alliance for Canadians with a Disability and its network of 160 partners - www.ala.ca
- The Canadian Paralympic Committee - www.paralympic.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

**To learn more about our organization,
call or write to us.**

Active Living Alliance for Canadians with a Disability

720 Belfast Road, Suite 104

Ottawa, Ontario K1G 0Z5

Phone: 1-800-771-0663 or (613) 244-0052

TTY: 1-888-771-0663 or (613) 244-0008

Fax: (613) 244-4857

E-mail: info@ala.ca