

# INCLUSION AND ACCESS IN SPORT AND RECREATION

## PERSONS WITH INTELLECTUAL AND PHYSICAL DISABILITIES

This is a Community Partnership in the Fundy Region, NS:

  
**NOVASCOTIA**  
Communities, Culture and Heritage

Sport Nova Scotia (Para-sport)  
Special Olympics

IWK  
Nova Scotia Health Authority  
CCRSB  
Town of Truro  
County of Cumberland  
Active Pictou County



The UN Convention on the Rights of the Child, the Canadian Charter of Rights and Freedoms, and the recently tabled NS Accessibility Act are examples of legislative frameworks guaranteeing the of civil, social, economic, political and cultural rights for all Canadians.



Stats Canada, 2016

### OVERVIEW/WHY

Approximately 1 in 5 Nova Scotians have a sensory, intellectual or physical disability, and some of these persons may have more than one disability, that's above the national average.

Approximately 14% of Canadians have a sensory, intellectual or physical disability, and some of these persons may have more than one disability. - Sport For Life



People of all ages and abilities can experience positive emotions, engagement, relationships, meaning and accomplishment from involvement in personally meaningful and enjoyable physical activity, recreation, leisure, sport or play. Physical Activity, Recreation, Leisure, and Sport. - Essential Pieces of the Mental Health and Well-being Puzzle, Susan L. Hutchinson, 2011



# ONLY 3% OF YOUTH

with a disability participate in organized sport, compared to 31% of able body youth.  
- Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth, 2009

### A PERSON WITH A DISABILITY

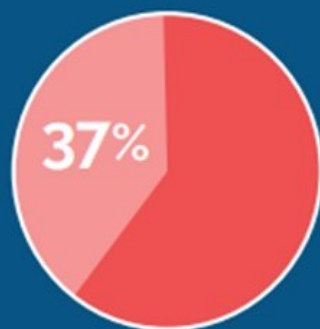
is, generally speaking, much less likely to participate in sport & recreation, less likely to be physically active enough for health benefits, and by extension, will not reap the associated social, psychological, physical and spiritual benefits.



For a person with a disability, an active lifestyle can

# OPEN DOORS

to improved health, social inclusion and self-empowerment.



## 37% OF CHILDREN AND YOUTH

with disabilities never take part in organized physical activities compared to 10% amongst those without disabilities. 24% never take part in unstructured physical activities in the community in comparison to 2% of their peers. - Levelling the Playing Field, Standing Senate Committee on Human Rights, 2012