



University
of Victoria

CARSA: Creating Opportunities for All

A swimmer is captured in a dynamic pose, splashing water in a pool. The swimmer's head and one arm are visible above the surface. A large, stylized graphic of a medal is superimposed on the water to the right of the swimmer. The background is a bright, sunlit pool with ripples and splashes. The overall scene is energetic and celebratory.

ATHENS: 1 GOLD. 6 SILVER. 2 BRONZE

Anyone have an experience working with someone with a disability?

- ▶ Tell your story...

Why You Should Care

14.3% of Canadians have a disability...

	Adults with a disability	Able-bodied adults
Poor health	25%	<5%
Moderate physical activity	3%*	48%
Organized sport	3%*	30%

*Age range is 5-54 years

(Advancing the Inclusion of Persons with Disabilities, 2004; Physical Activity Monitor, CFLRI 2008; Physical Activity and Limitation Survey, 2006)

Role of the Frontline Service Provider

Create a welcoming environment for all

Tips:

- ▶ acknowledgement
- ▶ eye contact
- ▶ ask if you can help before doing
- ▶ assist as you would any client
- ▶ anticipate what might be needed
- ▶ put yourself in the most relatable position- ie: lower counters to be on their level if in a chair

HE DOESN'T EXPECT
SPECIAL TREATMENT.
UNTIL HE GETS TO
THE PODIUM.



LONDON 2012 PARALYMPIC GAMES 2012

The Rules

1. Start with YES
2. An athlete is an athlete is an athlete
3. Start with the Athlete, Disability is Second
4. Accommodation may be necessary (but how is that different?)
5. Forget Politically Correct -let's get creative!

SOMETIMES YOU
HAVE TO LOOK DOWN
TO FIND SOMEONE
TO LOOK UP TO.

WHEELCHAIR HOCKEY #PARALYMPIC GAMES 03.12.10.




Canadian Paralympic Committee
Comité canadien des Jeux paralympiques
paralympic.ca

Creating Opportunities

- ▶ **Wheelchair Rugby**
- ▶ **Staff Re-training**
- ▶ **Program & rental opportunities**
- ▶ **Adaptive equipment**

LONDON PARALYMPIC GAMES, 2012.



**SHE DOESN'T WANT
YOUR SYMPATHY.
BUT HER
OPPONENTS MIGHT.**



Planning for Emergencies

- ▶ How will you get someone out with a different ability?
 - ▶ Wheelchair
 - ▶ What are the Areas of Refuge when elevators are out
 - ▶ Can you guide them out
 - ▶ Visual Impairment
 - ▶ What signals will the alarms give to indicate the issue - how will you make them aware
 - ▶ Assess the situation and be creative
 - ▶ Auditory Impairment
 - ▶ Assess the situation and do your best to explain
 - ▶ Other physical impairments
 - ▶ Cognitive impairment

Be the first one in...

No matter your size or shape, Your race or religion, Your ability, your age or your sport, Whether you pursue sport for yourself or your country, You are an athlete, our athlete.

Change the Perspective

- ▶ **Integrated Spin Class**
- ▶ **Change Wording for Program Write Ups to be Inclusive**
- ▶ **Add photos of different ages and abilities**