



# Changing Minds, Changing Lives

## - Rehabilitation Through Sport

Ontario Association of Children's Rehabilitation Services  
Annual Conference  
November 8, 2010


Gord Hope and Jeffrey Andrion  
Canadian Paralympic Committee

## Session Overview

- Introduction – What is CMCL?
- Important Physical Activity Facts
- Benefits of Active Play & Value of Sport
- Role of the Frontline Service Provider
- Strategies for Involvement

Ability, Excellence, Inspiration



## Introduction – What is CMCL?

- Changing Minds, Changing Lives (CMCL)

CMCL is a program provided through the Canadian Paralympic Committee (CPC) that seeks to increase awareness about the connection between sport for people with physical disabilities and rehabilitation

- Our goal

To **excite and support** people who are key influencers in the lives of people with disabilities in using physical activity/sport as a vehicle for rehabilitation and reintegration of persons with a physical disability into the community, and onto the playing field.

Ability, Excellence, Inspiration




Ability, Excellence, Inspiration




## Important Facts – Canadian Landscape

- Number of Canadians with a disability actively engaged in regular physical activity and sport : 3%
- Only 1% of membership in national sports organizations is made up of persons with a disability
- Children and youth with a disability are far less active than those without a disability



Ability, Excellence, Inspiration



## Important Facts – Physical Activity

- 40% youth with disabilities compared to 13% youth without watch TV for 4+ hours per day
- 60% of youth with disabilities seldom or never play games with friends in their free time.

\*From The Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth – 2009 (Active Healthy Kids Canada)

Ability, Excellence, Inspiration

• Why is “play” essential?

Well-being  
Emotional Strength  
Brain Development  
Life's Challenges  
Physical Activity

PLAY

Ability, Excellence, Inspiration

“You can't have a podium full of medalists, without a playground full of kids...”

...and you can't have a playground full of kids, if someone doesn't tell them that there's a playground for them to play at.”

Ability, Excellence, Inspiration

## Value of Sport

- Benefits of Sport Participation
  - Physical Fitness & Health
  - Fun, Recreation & Relaxation
  - Sense of achievement
  - Family activity
  - Skills development
  - New friends, new acquaintances, socialization
  - Preparation for competition

*\*From The National Household Survey on Participation in Sport – 2004  
(The Conference Board of Canada)*

Ability, Excellence, Inspiration

## Value of Sport

- Increased physical fitness and active living opportunities have positive effects on academic performance. Studies within Canada and from across the globe indicate that physical activity, sport and comprehensive school health approaches are related to enhanced learning and academic performance

Ability, Excellence, Inspiration

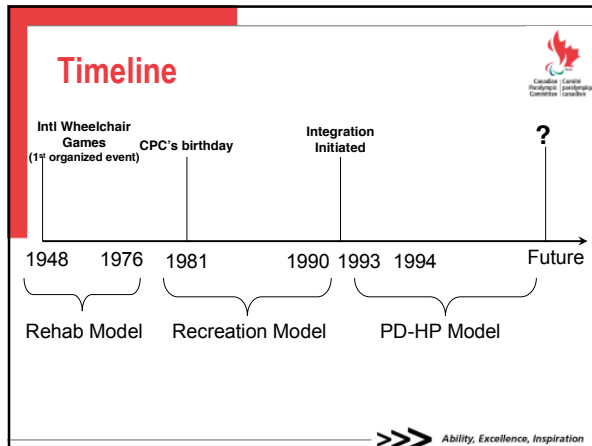
## The Value of Sport

- Sport has created an opportunity for people with disabilities to participate and be role models for others – and to be a more integral part of society.
- Sport is vital to people with a disability because they have the same need to achieve as people without disabilities.

Ability, Excellence, Inspiration

## History of the Paralympic Movement

Ability, Excellence, Inspiration



## Paralympic and Recreational Sport

Archery	Sailing	Badminton	Gymnastics
Athletics	Shooting	Bobsleigh	Synchronized
Basketball	Swimming	DanceSport	Swimming
Boccia	Table Tennis	Golf	Taekwondo
Cycling	Tennis	Snowboarding	Triathlon
Equestrian	Volleyball	CanoeKayak	Water ski &
Fencing	Alpine Skiing	Field Hockey	Wakeboarding
Football (Soccer)	Nordic Skiing	Flag Football	
Goalball	Biathlon		
Judo	Sledge Hockey		
Powerlifting	Curling		
Rowing			
Rugby			

[www.paralympic.ca/sport](http://www.paralympic.ca/sport)

Ability, Excellence, Inspiration

## Who Competes?

- Amputee
- Visual Impairment
- Cerebral Palsy
- Spinal Cord Injury
- Other

Ability, Excellence, Inspiration

## The Evolution of the Paralympics

- 2010 Paralympic Winter Games – Vancouver/Whistler, BC
- 2012 Paralympic Summer Games – London, England

Ability, Excellence, Inspiration

## Equipment

Ability, Excellence, Inspiration

## Role of the Frontline Service Provider

- People who see a doctor for regular care are 54% more likely to be physically active
- Counseling and referral for exercise occurs in 18% of patient visits
- 85% of physicians report asking patients about activity levels; only 26.2% physically assess those levels

•How to Make Exercise Counselling More Effective – 2008 (Prevention Research Centre and Department of Community Health)  
 •National Prevalence of Lifestyle Counselling or Referral – 2008 (Section of General Internal Medicine, Department of Medicine)  
 •Physical Activity Counselling and Prescription among Canadian Primary Care Physicians – 2007 (Canadian Centre for Activity)

Ability, Excellence, Inspiration

## Strategies for Involvement



- So...what's the connection between classification and 'Family Involvement' as a strategy?



Ability, Excellence, Inspiration

## SportFit and "Feel the Rush"



[www.feeltherush.ca](http://www.feeltherush.ca)

Ability, Excellence, Inspiration

## Canadian Paralympic Partnership



- CPC Website
  - [www.paralympic.ca](http://www.paralympic.ca)
  - "Get Involved"
  - Facebook/Twitter and Social Media outlets
- CPC Resources
  - A Guide for Parents of Children with Disabilities
  - Promotional book: WINNING
  - Athlete posters, Database of contacts, First Contact
  - Paralympics in the Schools program
- CPC Advisory Councils
  - Email [cmcl@paralympic.ca](mailto:cmcl@paralympic.ca) your questions

Ability, Excellence, Inspiration

## CMCL Support Network



[cmcl@paralympic.ca](mailto:cmcl@paralympic.ca)

Ability, Excellence, Inspiration

## Contacts



- Canadian Paralympic Committee
  - [www.paralympic.ca](http://www.paralympic.ca) / [www.paralympique.ca](http://www.paralympique.ca)
    - Members Portal available under "About Us"
    - Feel the Rush available through [www.feeltherush.ca](http://www.feeltherush.ca)
- Long Term Athlete Development Model
  - [www.ltad.ca](http://www.ltad.ca)
- CMCL Ontario Coordinator - Chris Bourne  
Email: [cmclontario@paralympic.ca](mailto:cmclontario@paralympic.ca)



Ability, Excellence, Inspiration