

# Including people with disability in sport and recreation



## Sport and recreation enables greater connections to community

Everyone has the right to be a part of an inclusive and welcoming community where their contribution is recognised and valued. People with disability should have equal opportunity to participate in a mainstream community club.

Participation in community sport or recreation provides an opportunity to develop physical skills and social connectedness. This can be a life-changing experience especially for those with limited social networks. For clubs, opening their doors to all people in the community helps break down stereotypes and build a stronger club culture. By welcoming everyone to participate clubs are likely to experience an increase in club membership and thus revenue, more volunteers and increased funding opportunities.

## The inclusion spectrum

There are a variety of ways to participate in sport and recreation. The Inclusion Spectrum outlines five alternative modes and can be a useful tool to encourage clubs to focus on modifying activities to support inclusion. When modifying activities to support inclusion, clubs must be mindful to balance maximising individual potential and maintaining activity integrity.

## Handy tips when working with people with disability

- Don't make assumptions about a person's abilities. If you're not sure what someone can do just ask!
- Speak and/or partner with service providers who work with people with disability.

- Think about putting in place an inclusion policy so inequity/discrimination can be addressed quickly.
- Provide safe, friendly and accessible environments.
- Mix physical and social activities.
- Allow participants to help plan programs.
- Build confidence by including non-competitive activities.
- Relax! People with disability are just people.
- Speak to adults with disability as adults.
- Ask before you help and respect a person's right to refuse your help.
- Always speak directly to the person with disability. If the person is with a carer or interpreter do not direct your conversation to them.



## Inclusive sport and recreation opportunities

The organisations below can provide more information about the inclusive sport and recreation opportunities in your community.

Organisation	Contact details
Visability	61 Kitchener Avenue, Victoria Park WA 6100 Phone: 9311 8202 <a href="http://www.visability.com.au">www.visability.com.au</a>
WA Deaf Society	5 Aberdeen Street, East Perth WA 6004 Phone: 9441 2677 Email: <a href="mailto:wadeaf@wadeaf.org.au">wadeaf@wadeaf.org.au</a> <a href="http://www.wadeaf.org.au">www.wadeaf.org.au</a>
Autism Association of WA	215 Stubbs Terrace, Shenton Park WA 6008 Phone: 9489 8900 Email: <a href="mailto:autismwa@autism.org.au">autismwa@autism.org.au</a> <a href="http://www.autism.org.au">www.autism.org.au</a>
Centre for Cerebral Palsy	106 Bradford Street, Coolbinia WA 6050 Phone: 9443 0211 Email: <a href="mailto:info@tccp.com.au">info@tccp.com.au</a> <a href="http://www.tccp.com.au">www.tccp.com.au</a>
Therapy Focus	1140 Albany Highway, Bentley WA 6102 Phone: 94789500 <a href="http://www.therapyfocus.org.au">www.therapyfocus.org.au</a>
WA Disabled Sports Association	Corner Kent and Gloucester Street, East Victoria Park WA 6101 Phone: 94701442 <a href="http://www.wadsa.org.au">www.wadsa.org.au</a>
Rebound WA	38 Ashbury Crescent, Mirrabooka WA 6061 Phone: 6143 5800 Email: <a href="mailto:admin@reboundwa.com">admin@reboundwa.com</a> <a href="http://www.reboundwa.com">www.reboundwa.com</a>
Inclusion WA (WA branch of Ausrapid)	61 Walters Drive, Osborne Park WA 6017 Phone: 9201 8900 Email: <a href="mailto:info@inclusionwa.org.au">info@inclusionwa.org.au</a> <a href="http://Inclusionwa.org.au">Inclusionwa.org.au</a>
State Sporting Associations	Many State Sporting Associations will be able to provide information about opportunities for people with disability to get involved in their respective sports. Contact the State Sporting Association directly.
Local Government	Contact your Local Government and ask to speak with their Community Development Officer about opportunities for people with disability in your local area.

## Further information

### Department of Local Government, Sport and Cultural Industries

246 Vincent Street, Leederville WA 6007  
Po Box 329, Leederville WA 6903  
Phone: 9492 9700  
Email: [info@dlgsc.wa.gov.au](mailto:info@dlgsc.wa.gov.au)  
[www.dsr.wa.gov.au](http://www.dsr.wa.gov.au)

### Disability Services Commission

146-160 Colin Street  
West Perth WA 6005  
08 9426 9200 / [dsc@dsc.wa.gov.au](mailto:dsc@dsc.wa.gov.au)  
[www.dsc.wa.gov.au](http://www.dsc.wa.gov.au)