



Creating an Ireland where people
with disabilities have equal
opportunities to be active.



Introduction



About Us



- Many people will remember us as CARA Sport Inclusion Ireland. We've been through some changes recently and have rebranded as Active Disability Ireland.
- Our name may have changed, but we still strive to be the same, trusted, credible pan-disability organisation that works collaboratively across Ireland to enhance active and healthy lifestyles for people with disabilities.



New Name – New Strategy

Creating Opportunities & Choice

- Continue to support the delivery of the National Sports in collaboration with Sport Ireland, Local Sports Partnerships, Federation of Irish Sport & National Governing Bodies to enhance opportunity & choice for people with disabilities

Increasing Profile & Visibility

- Engaging with people with disabilities to embed their living experiences at the heart of the organisation and ensure it helps raise the understanding and profile of the benefits, impacts and opportunities in physical activity amongst people with disabilities.



New Name – New Strategy

Influencing & Challenging

- Policies, strategies and approaches must adequately reflect the needs, experiences and challenges of people with disabilities. To advocate and promote continued investment in physical activity participation for people with disabilities.

Leading by Example

- Operate as a progressive, ethical, trusted and respected organisation, underpinned by good governance and valued by people with disabilities and those working in the sector





Our Vision

To create an Ireland where people with disabilities have equal opportunities to be active

Our Purpose

- To listen, support, challenge and build capacity so that people with disabilities have equal opportunity and choice to be physically active



Our Values

Value Living
Experience

Making a
Difference

Stronger
Together

Adventurous
& Bold

Lead &
Challenge

Down to
Earth



Key Areas Of Success So Far



Supporting the programme for government offering guidance in the design and implementation of national policies such as the National Sports Policy, National Physical Activity Plan, Outdoor Recreation Strategy and National Swimming Strategy

Coordinating the National Inclusive Training Programme delivering **261 workshops** to

8450 Participants

through a dedicated team of 35 tutors



Key areas of success so far

Working in partnership with Sport Ireland, supporting the network of Local Sports Partnerships and National Governing Bodies of Sport



1772
Organisations

signed up to the
sport inclusion disability

charter

Xcessible

Successful roll out of the Xcessible Programme for Local Sports Partnerships, National Governing Bodies and Clubs



Launch of Active Healthy Me across the network of Adult Day Service Locations delivering a Health and Wellbeing Education programme for people with disabilities



Key areas of success so far



171 Volunteers

took part in our National Inclusive Volunteer training programme



32 I'm In Too Stories

Captured and shared where people with disabilities share their own stories or their experiences participating in sport and physical activity

Launch of Ireland's first Active Disability Services Awards

... ACTIVE ...
DISABILITY SERVICES

AWARDS



Achieved compliance to the Governance Code for Sport, with a continued commitment to operating with transparency through effective leadership and governance.



500 Leisure Centres and Gyms

all over Ireland have taken part in

fit for all

147 Outdoor Activity Providers

took part in Ireland's first ever inclusive outdoors week



We have Hosted
4 National Inclusion Seminars & Live Casts

with over **2231** delegates in attendance and with a reach of 23 countries.



Who we work for

- The reality is that people with a disability in Ireland are far less likely to be active than those without a disability with a difference of 27% vs 49% taking part (ISM, 2022).
- This difference is also apparent within younger demographics with the CSPPA (2018) study showing a substantial difference for children and youths with a disability.
- We understand the transformative power that physical activity can have on a person's life and we want to reduce this gradient so that people with disabilities have equal opportunities to experience the benefits that physical activity can bring.



We Asked People
With Disabilities ...



Is Physical Activity
A **Priority** For You?



We Asked People
With Disabilities ...



Do You Experience
Barriers To
Participation?



**We Asked People
With Disabilities ...**



**What Makes It Difficult
For You To Get Involved
In Physical Activity?**

Lack of Accessibility

**Lack of Disability
Awareness and Education**

Negative Attitudes

Lack of Access to Information



**We Asked People
With Disabilities ...**



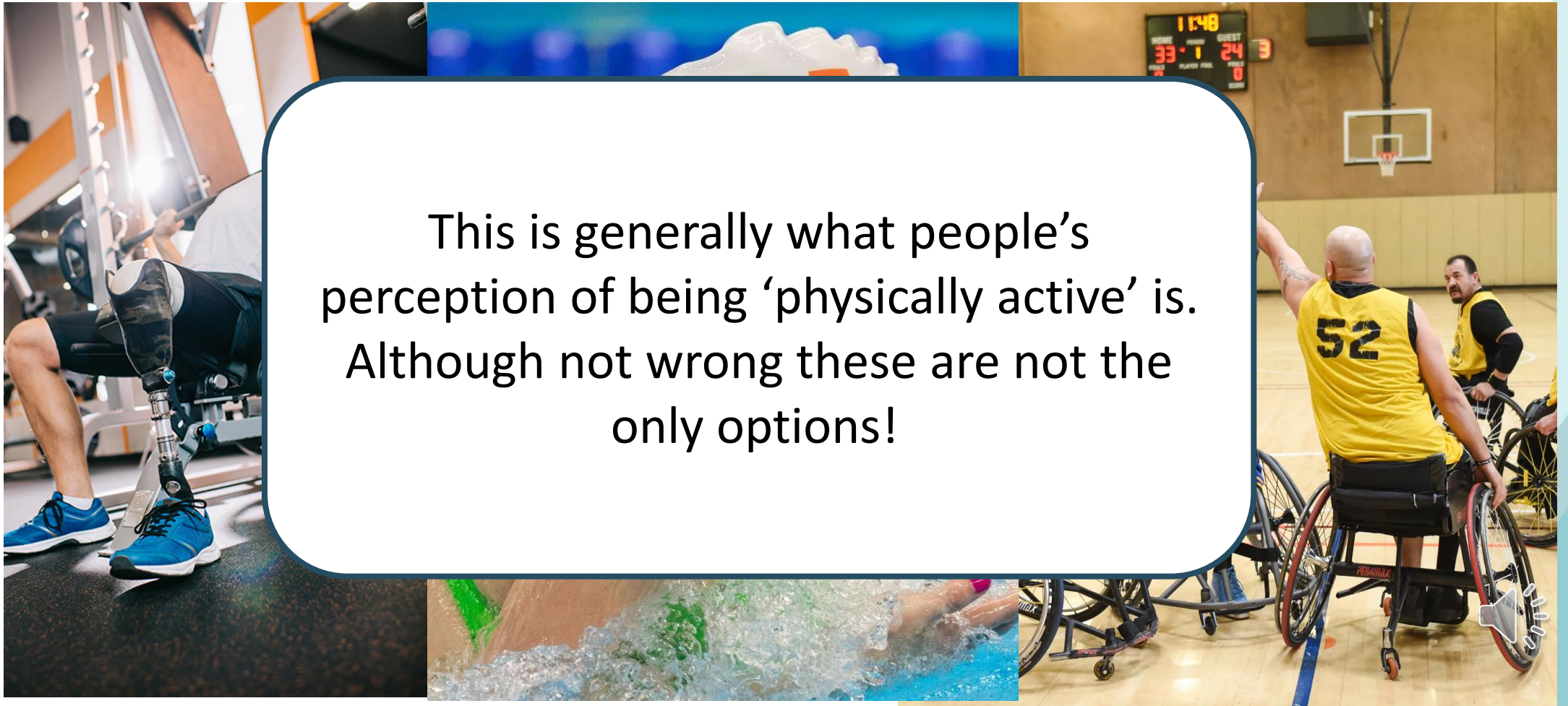
Do You Have **Enough Support**
From Organisations To Be Active?



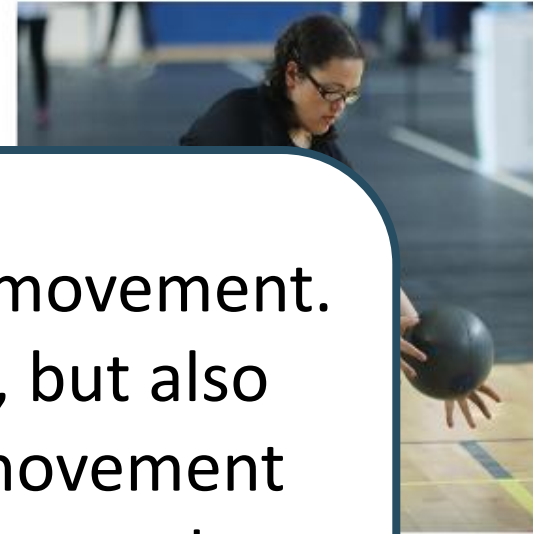
Benefits of Physical Activity



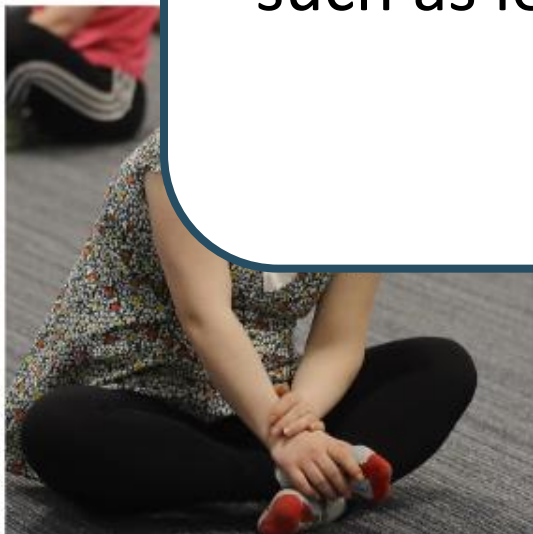
What does Physical Activity look like?



What does Physical Activity look like?



Physical Activity is any bodily movement. It includes not only exercise, but also activities that involve movement such as leisure time, transport, work or cleaning



What's Recommended?

WHAT'S RECOMMENDED?



30 Mins x 5 Days a Week

Remember, it doesn't have to be all in one go!!



10 Mins 10 Mins 10 Mins

3 x 10 = 30 mins

Every Move Counts

Being active regularly has significant health benefits for your heart, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.



Any
is better
than none

LIMIT
Sedentary time



REPLACE ↑
with some physical activity



At least 3 hours per day
Babies & Children aged 1-4

At least 1 hour per day
Children & Adolescents

At least 2 hrs 30 min per week
Adults & Older Adults

On at least 3 days per week
muscle strengthening activities
Children & Adolescents

On at least 2 days per week
muscle strengthening activities
Adults

On at least 3 days per week
multicomponent activities for balance and strength
Older Adults

Everyone who can
More than 5 hours per week

Including those living with disability

Every Move Counts



Who we work with

Sport Ireland

Local Sports Partnerships

National Governing Bodies of Sport

HSE-Health & Wellbeing & Disability Services

Education-colleges/schools

Fitness Centres

Outdoor Organisations

Local Authorities

Government Departments



Sport Inclusion Disability Charter

What people with disabilities are
asking of your organisation

Openness

Be open to and understanding of all people with disabilities

People

Access training for our staff/volunteers to facilitate the inclusion of people with disabilities

Activities

Develop and deliver inclusive activities

Facilities

Review our facility/venues/equipment to make our organisation more accessible

Promotion

Promote the inclusive nature of our activities, in a variety of formats



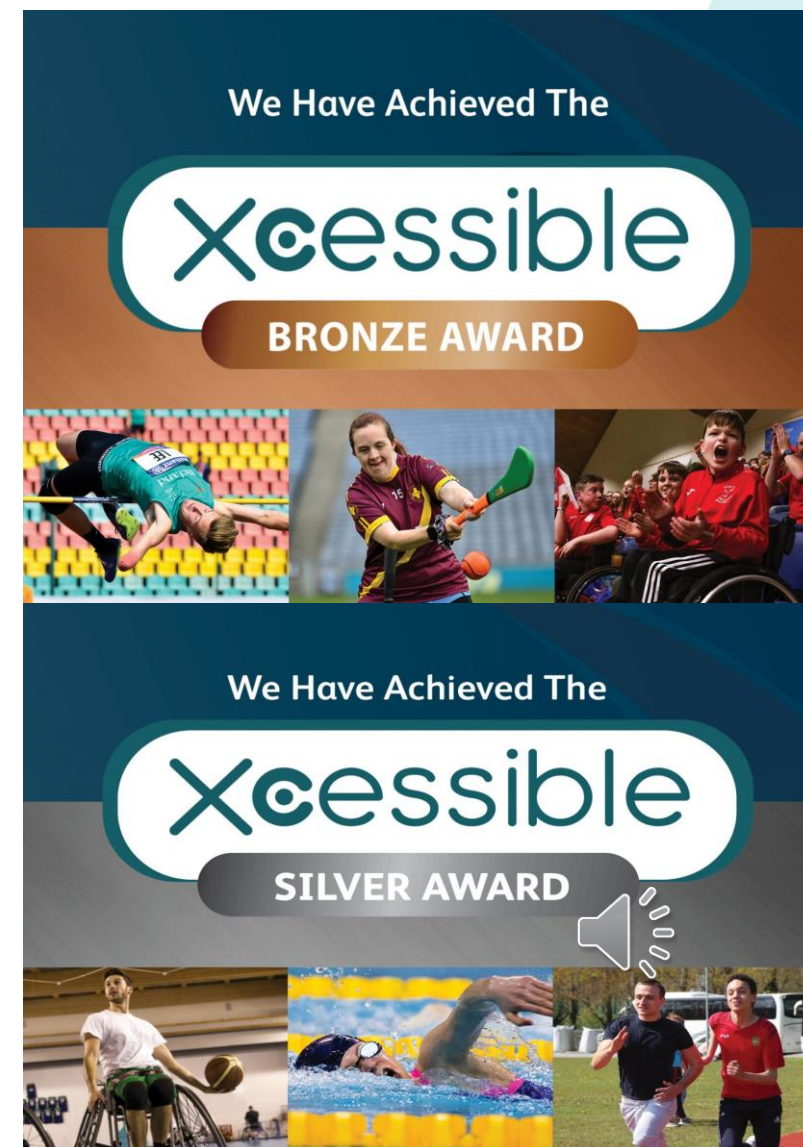
Training & Education

- Active Disability Ireland coordinates, develops and delivers inclusive training and education workshops across the Sport, Fitness, Adventure and Education sectors.
- All our workshops are designed to equip participants with the knowledge, competence and skills necessary to include people with disabilities in sport and physical activity, and increase quality provision.



Xcessible

- The Xcessible programme is an inclusive programme designed for National Governing Bodies of Sport (NGBs) and Local Sports Partnerships (LSPs) to positively and meaningfully provide opportunities for people with disabilities to take part in sport and physical activity.
- Xcessible is a three staged resourced pathway designed to ease an NGB or LSP into the area of inclusion and will support them through the process of developing and increasing their capacity to support people with disabilities to be active in their sport in terms of participation, coaching, volunteering, officiating and employment. Xcessible has been developed using the [Sport Inclusion Disability Charter](#) as a guiding tool.



Xcessible Club Toolkit

- The Xcessible Club Toolkit is a guided resource that will empower clubs to positively and meaningfully provide opportunities for people with disabilities to take part in sport and physical activity at a local level.
- The toolkit aims to support sports clubs to overcome the challenges experienced by people with disabilities who want to engage in sport and to develop and sustain inclusive practice within their club to ensure that people with disabilities in Ireland can access and enjoy regular participation in sport & physical activity at club level.



Active Healthy Me

- Active Healthy Me is a health and wellbeing programme delivered directly to people with disabilities in adult day service locations to build awareness and understanding of the health benefits of physical activity.
- The aim of the programme is to increase the knowledge on the importance and benefits of being physically active, living a healthy lifestyle and the opportunities that are available to participate within their local community.
- The programme also aims to enhance the engagement between service locations and service users and their local sports partnership connecting them to the local participation opportunities and supports that are available.



A health and wellbeing programme delivered directly to people with disabilities in adult day service locations to build awareness and understanding of the health benefits of physical activity.



Active Disability Services Awards



- The Active Disability Services Awards have been developed to recognise and reward Disability Services throughout Ireland who have shown leadership and commitment to helping people with disabilities stay active and healthy.
- The awards aims to champion the innovative physical activity, health promotion and community inclusion initiatives that have arisen as a result of the service engaging with our 'Active Healthy Me' programme.



I'm in Too

- The **I'm In Too** movement aims to truly capture the voices of people with disabilities, to fully understand and appreciate the impact sport and physical activity has on their lives.

“I'm In Too”





Where to find us

- **Head Office:** Sports Academy Building, Munster Technological University, North Campus, Tralee, Co. Kerry.
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- **Dublin Office:** Irish Sport HQ, National Sports Campus, Snugborough Road, Blanchardstown, Dublin 15.
- **Website:** www.activedisability.ie
- **Email:** info@activedisability.ie
- **Social Media:**
 - Instagram: **activedisabilityireland**
 - Facebook: **Active Disability Ireland**
 - Twitter (X): **AD_Ireland**
 - LinkedIn: **Active Disability Ireland**