

# WHAT TO DO WHEN YOU MEET A PERSON WITH A DISABILITY

**DO YOU?**  
Hide?



**HELLO!**

**OR...**  
H.I.D.E  
Say "Hello".  
Introduce yourself.  
Don't panic.  
End the awkward.



**ALWAYS**  
Be natural but be aware.

**BUT YOU CANT DO THAT...**

**DO YOU?**  
Make assumptions about ability or potential problems?

**OR...**  
Ask about their interests and goals.



**REMEMBER**  
The potential for people with disabilities is limitless!



**DO YOU?**  
React negatively?

**OR...**  
Make eye contact, smile, be welcoming and open.



But that's what I do for everyone...

**EXACTLY!**

*"Disabilities are just differences."*

## INCLUSIVE SPORTS AND RECREATION FOR PEOPLE WITH DISABILITIES MEANS...

- Increased opportunities to use the skills you were trained for.
- Learning and skills development for your whole team and facility.
- Achievement of personal goals, to make a genuine difference to someone's quality of life.
- Improved physical and mental health, and social connections for all.
- When community members are enabled to reach their potential...

**EVERYONE WINS!**

