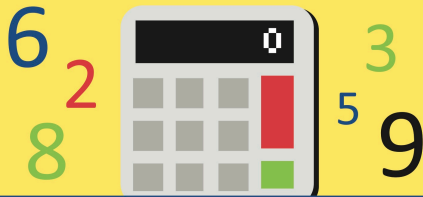


WHY DOES INCLUSION MATTER?

Who Benefits and How?



BY THE NUMBERS

- 16%-18% of the population in Victoria have a disability, a quarter of these are classified as severe.
- The numbers rise to 33% among seniors.
- 1 in 2 individuals will suffer from a mental health illness at some point in their lives.
- 1 in 68 children have Autism, a 100% rise in the last 10 years.
- 53% of youths with a disability encounter barriers to taking part in leisure activities.
- 94% of people with disabilities feel that they do not have meaningful community participation.
- Only 3% of adults with disabilities are engaged in organized sports.
- Only 3% of adults with disabilities take part in moderate physical activity.



BENEFITS

- Sport can open a new world for people with disabilities, they become stronger, healthier, more confident, more self-sufficient, with a greater sense of belonging.
- Rehabilitation is enhanced, leading to greater independence.
- Less depression, less anxiety, increased confidence.
- Inclusive sport changes community perceptions of people with disabilities, focusing attention on their achievements and abilities.
- The benefits are huge for families: if a recreation centre is inclusive families feel more welcome and supported, reversing isolation and the cascading effective of negative attitudes.

THE METHOD

- Talk about inclusion, arm people with the questions to start a conversation.
- Start somewhere, presence creates awareness, one encounter can create a ripple effect.
- Networks are powerful: Families, siblings, volunteers, students all take the message out into the community.
- Listen even if you think you already know.
- You don't have to be an expert but you do need to have frank dialogue to determine where people are and what they need.
- We are all still learning: inclusion means the ability to adapt, be flexible, non threatening.
- WALL: Watch, Ask, Listen, Learn.



"You gain so much learning from other people who are not like you, you learn and enrich your life."