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'Joining the dots': connecting practice from grassroots to performance

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A recent study in the UK suggested that when disabled people are consulted about their physical activity and sport needs their demands are quite specific. These include that opportunities are as local as possible, that activities are promoted based on their activity needs and not upon their impairments and the reassurance that they will 'fit in'.

At the other end of the spectrum, another study has indicated that participation rates amongst disabled people have not been boosted by the 2012 Olympics and Paralympics; rather they have declined.

Over many years and in many nations, this practitioner has noted a consistent pattern shown by the dissonance between grassroots inclusive physical activity and competitive disability sports opportunities.

This short presentation will share some strategies used by practitioners in a number of countries in order to balance the participation and sport equation and create clear pathways and choices for disabled people.