

Building a Community of Inclusion: A Toolkit for New Inclusive Programs

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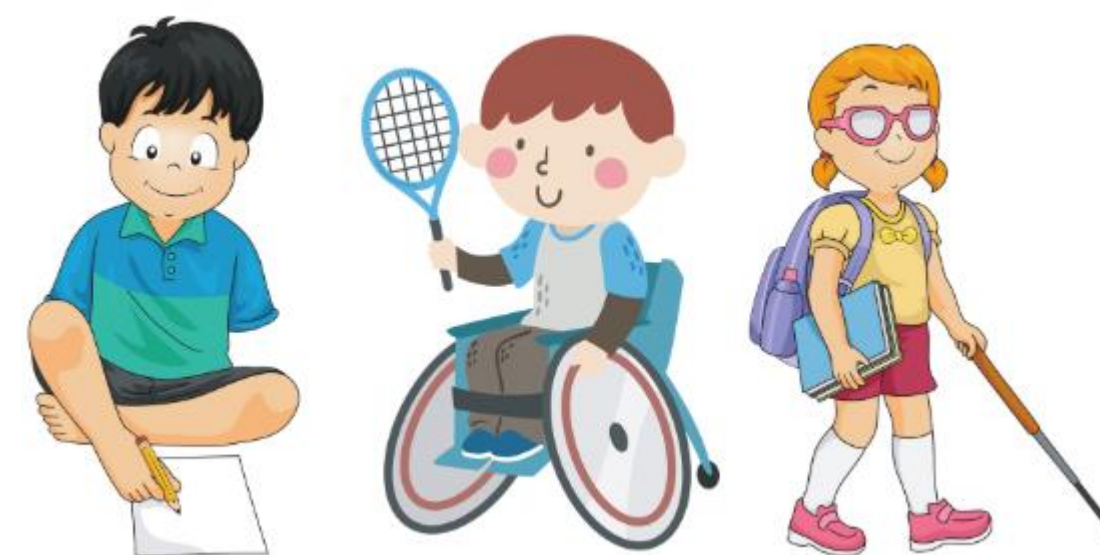
Introduction

- > Participation has been shown to be an indicator of overall health and well-being across the lifespan.¹
- > **19%** of **all** youth in King County meet the CDC Recommendation of 60 minutes of physical activity per day.²
- > Children with disabilities often have difficulty participating in general, and especially in community-based programs.¹
- > Reduced participation in physical activity is due in part to decreased availability of appropriate community-based services [for youth with disabilities].³
- > Youth who have disabilities are **4.5 times** less active and have obesity rates that are **38 percent** higher than other youth.²
- > Factors for successful participation include "having **fun**, feeling **successful**, doing things and being with **others**, doing things by **myself**."⁴
- > **Inclusion** is "the action or state of including or being included within a group or structure...inclusion involves an authentic and empowered **participation** and a true sense of **belonging**."⁵



Purpose and Goals

- > Provide community programs with a framework to begin incorporating inclusive practices into their regularly planned programming
- > Allow parents of children with disabilities to approach community programs with information to help accommodate their child in one of their existing programs
- > Create a resource to reduce barriers for community programs to serve youth with disabilities
- > Make the resource easy to understand at a length that is easily digestible

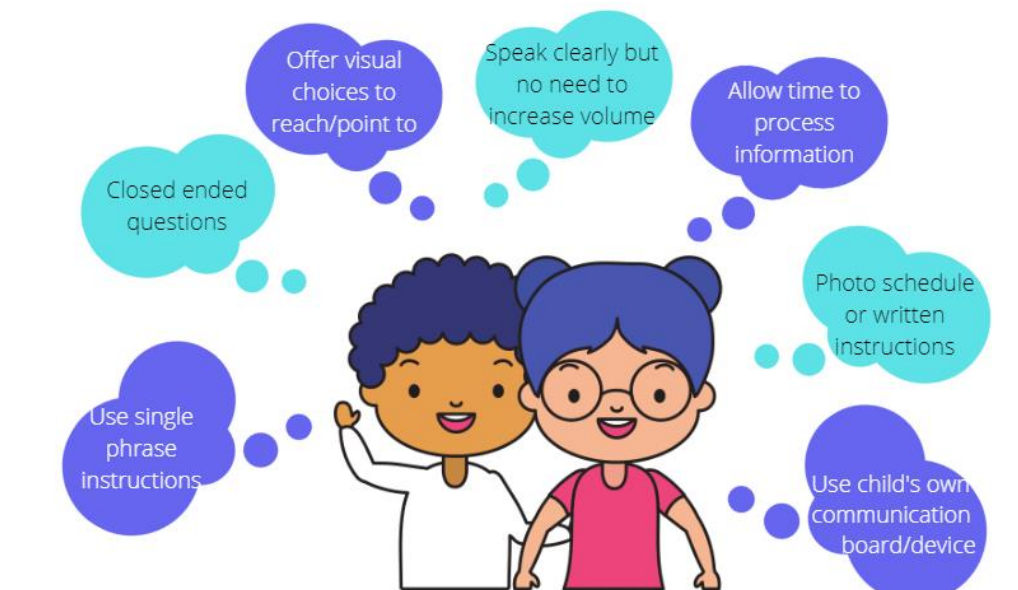


Methods

- > Interview community programs and families with children who have disabilities to better understand their challenges with community participation
- > Synthesize research and resources relating to participation
- > Create a succinct toolkit to allow organizations and families to quickly access important information about inclusive programming
- > Outline resources and connect community programs with other organizations for a more in-depth look at inclusion

The Toolkit

- > Helps community organizations understand the importance of participation for people with disabilities
- > Highlights resources about specific disabilities and local support organizations
- > Gives examples regarding types of adaptations and teaching techniques
- > Discusses differences in behavior, communication, and levels of assistance
- > Provides logistical information about funding for programming, facility accessibility, and volunteer staffing
- > Outlines possible questions for community organizations to include within intake documents



Lessons Learned

- > Families are tired of fighting with organizations for their child to participate
- > There are many great resources already published related to Inclusion Toolkits
- > Many organizations create their own toolkit and they are hard to access due to location online or length of the document

What's Next?

- > Continued communication with initial organizations for feedback on information
- > Work with a family to trial using this information for finding community involvement
- > Share toolkit information with local organizations to foster inclusive program development

References: 1. Bedell G, Coster W, Law M, et al. Community Participation, Supports, and Barriers of School-Age Children With and Without Disabilities. *Archives of Physical Medicine and Rehabilitation*. 2013;94(2):315-323. 2. State of Play Seattle-King County. The Aspen Institute. <https://www.aspeninstitute.org/publications/state-of-play-seattle-king-county/>. Published September 8, 2019. Accessed February 10, 2020. 3. McGuire M, Long J, Esbensen AJ, Bailes AF. Adapted Dance Improves Motor Abilities and Participation in Children With Down Syndrome. *Pediatric Physical Therapy*. 2019;31(1):76-82. 4. Heah T, Case T, McGuire B, Law M. Successful Participation: The Lived Experience among Children with Disabilities. *Canadian Journal of Occupational Therapy*. 2006;73(4_suppl):1-10. 5. Bullard E, Gallagher H, Protonentis A. Say "Yes!" To Kids With Disabilities Stories and Strategies for Including ALL Kids. Seattle Children's PlayGarden. <https://www.childrensplaygarden.org/inclusion-resources>. Accessed February 17, 2020.