



# Mapping on Access to Sport for People with Disabilities

*A report to the European  
Commission*

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# Mapping on access to sport for people with disabilities

*A report to the European Commission*

written by



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# Executive Summary

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The Directorate-General for Education, Youth, Sport and Culture (DG EAC) of the European Commission commissioned Ecorys in July 2018 to undertake a mapping review of data availability and programmes to address sport and physical activity participation for people with disabilities across the EU28.

## Background

There are an estimated 80m people with a disability in the EU, equivalent to approximately 15% of the EU population. Disabled people are less likely to participate in organised sport practised in sport clubs than non-disabled people. The EU is a signatory to the UN Convention on the Rights of Persons with Disabilities, which specifically requires enabling persons with disabilities to participate on an equal basis with others in recreational, leisure and sporting activities. The EU Disability Strategy 2010-2020 also aims to empower people with disabilities so that they can enjoy their rights and participate fully in society. The European Commission Communication to “Develop the European Dimension in Sport” (2011) emphasises the rights of persons with disabilities to participate on an equal basis (with non-disabled people) in sporting activities.<sup>1</sup>

## Aims and methodology

The key objective of this small-scale research study has been to develop insight on participation and barriers to participation in sport amongst people with disabilities. It also aims to develop knowledge of good practice approaches in addressing the particular barriers identified and provide information on the funding opportunities which are available to support such actions. The specific focus of the study has been participation in sporting activity. Volunteering in sport, coaching or spectating are not included within the study's scope. At the scoping stage of the study a rapid literature review was completed covering the subject of sport and disability participation. The review covered policy and official policy documents, papers and academic publications. The second element of the desk research was to undertake rapid and systematic reviews of available data and information and evidence on relevant programmes in specific Member States. Within the limits of the resources available for the study, it was possible to complete systematic desk reviews of available evidence and information on programmes for people with disabilities in 11 countries covering a range of geographies and large and small countries. Finally, a number of programmes were examined in more depth through more detailed desk research and telephone interviews with programme managers. This resulted in seven case studies which are presented in boxes in the findings chapter.

## Key findings and lessons

The rapid literature review highlighted three separate categories of benefits of sport participation for people with disabilities: personal health (mental and physical wellbeing), individual development (cognitive benefits, for example increased self-confidence, etc.), social/environmental (for example social integration).

Barriers to participation in physical activities are generally classified in terms of three distinct levels: individual, social and environment. Individual barriers relate to functional limitations of the disability or to psychological and physical aspects. Social barriers mainly refer to the lack of professional preparation among community sport and physical activity personnel in communicating and adapting physical activities to the needs of people with disabilities. Environmental barriers generally refer to the availability of facilities that are conveniently located and generally the opportunities available for people with disabilities to shift from mere physical activities to competitive sports.

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<sup>1</sup> European Commission (2011) Developing the European Dimension in Sport European Commission. Published January 18.

The review has also highlighted specific participation facilitators that can be used to overcome barriers to participation. These include: raising awareness and improving the communication on sport opportunities for people with disabilities; the role of elite sport development in encouraging wider participation in particular sports and the creation of accessible and adapted facilities that meet the specific needs of people with disabilities.

The country reviews revealed considerable variation in the scope of data availability relating to sport participation for people with disabilities which means that it is difficult to make consistent comparisons across countries in terms of the rate of participation. There is scope to develop more consistent approaches to data collection across the EU with reference to good practice approaches to data collection highlighted in this report where data is collected for different levels of active behaviour across different types of disability.

Reviews in the sample countries identified a range of different types of relevant programmes. Over 70 were identified. The majority of the programmes target people with disability in general, however the results suggest that increasingly general sport participation programmes are developing a strong disability component. The mapping review also highlighted numerous programmes that target specific types of disability.

The programmes cover a range of different types of interventions, for example service and information provision, support for dedicated roles, grants for facilities and infrastructural development and support to develop new partnerships and structures.

The complex range of sources and varying governance and management structures across the member states, have made it difficult within the limits of this small-scale research to identify overall funding levels dedicated to sport participation for people with disabilities. The country reviews however suggest that across the EU there is a strong variation in levels of funding allocated to sport participation programmes.

The mapping review of existing evidence and the detailed case study research have also highlighted a number of key lessons that should be relevant to the funding, design and implementation of programmes across the EU, as follows:

- The role of dedicated professionals: in order to engage people with disabilities in sporting activities it is highly important to focus on the expertise of different actors and in particular to support the roles of dedicated experts who can become 'champions' (leaders) in promoting the importance of sport opportunities for people with disabilities. Such professionals may work in local municipalities, partnerships or mainstream sport federations.
- The importance of consulting with people with disabilities, their carers and disability organisations in designing activities that meet the specific needs of different disability groups.
- The importance of inclusive activities that encourage the integration of people with and without disabilities.
- The role of 'advocates' (i.e. those who have taken part and benefitted from the activities) in promoting the programmes to harder to reach groups.
- The development of new support systems for disability sport through stimulating inter-sectoral collaboration and regional/local partnerships between all of the relevant actors involved in working with people with disabilities such as charities, health services and educational establishments.
- The importance of different government levels working effectively particularly by allowing scope for local partnerships to identify specific needs working with specialist disability organisations and to develop tailored provision that utilises the assets of their local areas.
- The benefits of national level agencies facilitating links between national federations, local partnerships and disability organisations to develop new activities for people with disabilities.





## 1.0 Introduction

### 1.1 Background to the study

There are an estimated 80m people with a disability in the EU, equivalent to approximately 15% of the EU population. Disabled people are less likely to participate in organised sport practised in sport clubs than non-disabled people. The EU is a signatory to the UN Convention on the Rights of Persons with Disabilities, which includes the obligation to take appropriate measures to make social inclusion in and through sports effective. The Convention specifically requires enabling persons with disabilities to participate on an equal basis with others in recreational, leisure and sporting activities.

The Communication "Developing the European Dimension in Sport", adopted by COM in 2011, emphasises that persons with disabilities have the right to participate on an equal basis with others in sporting activities. The EU Disability Strategy 2010-2020 aims to empower people with disabilities so that they can enjoy their rights and participate fully in society. The strategy aims to improve the accessibility of sport, leisure and recreational organisations, activities, events, venues, goods and service as well as promote participation in sport events and the organisation of disability-specific ones.

### 1.2 Aims and objectives

The key objective of this small-scale research study is to develop insight on participation and barriers to participation in sport amongst people with disabilities. It also aims to develop knowledge of good practice approaches in addressing the particular barriers identified and provide information on the funding opportunities which are available to support such actions. The specific focus of the study has been participation in sporting activity. Volunteering in sport, coaching or spectating are not included within the study's scope.

The main aims of the study are as follows:

- Identifying data collected at the Member State level on participation in sport amongst people with disabilities and for different types of disabilities. Particular indicators may include the proportion of people with disabilities in a given country who are active or not active.
- Identifying EU Member State level programmes that represent 'good practice' in encouraging participation in sport amongst people with disabilities.
- Identifying financial support (at the national and EU level) to support the development and implementation of projects focused on participation for people with disabilities.

### 1.3 Study method

At the scoping stage of the study a rapid literature review was completed covering the subject of sport and disability participation. The review covered policy and official policy documents, papers and academic publications. Around 30 relevant research articles were identified.

The second element of the desk research was to undertake systematic reviews of available data and information and evidence on relevant programmes in specific Member States. Within the limits of the resources available for the study, it was possible to complete systematic desk reviews of available evidence and information on programmes for people

with disabilities in 11 countries covering a range of geographies and large and small countries. The following countries were included in the sample:

- Belgium;
- France;
- Germany;
- Ireland;
- Italy;
- Latvia;
- Netherlands;
- Romania;
- Sweden;
- Spain;
- UK.

The reviews covered the following:

- National policies and strategies aimed at increasing the sport participation of people with disabilities.
- Data collected at the Member State level on participation in sport amongst people with disabilities and for different types of disabilities.
- Identifying EU Member State level programmes that represent 'good practice' in encouraging participation in sport amongst people with disabilities (addressing the specific barriers above), rather than evaluating their effectiveness.
- Identifying financial support to support the development and implementation of projects focused on participation for people with disabilities.

The review to identify relevant programmes focusing on participation incorporated a rapid review of relevant websites including national sport ministries, national sport agencies and relevant non-governmental organisations. Over 70 relevant programmes were identified – details of all mapped programmes are provided in Annex three.

The main parameters of the programme searches were as follows:

- National programmes that have a specific focus on improving the participation of people with disabilities in sport (in countries which adopt a devolved approach, the searches also covered a small sample of regional authorities).
- National sport programmes where there is some focus on disability participation (e.g. one strand of the programme is focused on disability).
- Identifying programmes that could potentially represent 'good practice' where there is evidence that the programmes have been effective in increasing participation.
- Good practices to cover recent programmes (i.e. ideally any ongoing or completed within the last 3 years).

Finally, a number of programmes were examined in more depth through more detailed desk research and telephone interviews with programme managers. This resulted in seven case studies which are presented in boxes in the findings chapter.

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## 1.4 Report structure

The report is structured as follows:

- Section two elaborates on the strategic and policy context to the mapping review;
- Section three presents the key findings of the theoretical literature review;
- Section four provides an overview of data collection approaches on sport and disability within Member States;
- Section five provides an analysis of the country-level findings and presents the case study findings.
- Section six brings the analysis together and highlights some key conclusions from the analysis.

## 2.0 Disability and sport participation: strategic and policy context

### 2.1 Introduction

This chapter outlines the policy and strategic background for the mapping review. It also briefly considers EU level data collection on sport participation and disability and then goes to highlight some key EU projects under the Erasmus+ programme. This section provides an introductory context to the research, but cannot do justice to the range of policies, programmes and academic discussions that have direct relevance to the topic.

### 2.2 Policy context

It is estimated that there are 80 million people within the EU with a disability, who are prevented from taking part fully in society and the economy due to environmental and additional barriers<sup>2</sup>. Based on Eurostat estimates, approximately 17% of the European Union population face mild or severe disabilities.<sup>3</sup> As the population is ageing and over a third of people over 75 years old have a disability<sup>4</sup>, this figure is set to rise rapidly over the next decade.

In 2010, the European Council concluded that sport should be used as a source of and a driver for active social inclusion.<sup>5</sup> The European Commission Communication to “Develop the European Dimension in Sport” (2011) emphasises the rights of persons with disabilities to participate on an equal basis (with non-disabled people) in sporting activities.<sup>6</sup> The EU is also a signatory of the UN Convention on the Rights of Persons with Disabilities which includes the obligation to enable persons with disabilities to participate on an equal basis with others in recreational, leisure and sporting activities. The importance of sport for people with disabilities is also recognised by the European Disability Strategy 2010-2020. The strategy has the aim of empowering people with disabilities so that they can enjoy their rights and fully participate in society. Those rights include the right to free movement, to choose where and how to live, and to have full access to cultural, recreational, and sports activities.

This study adopts the definition of disability outlined by the World Health Organisation (WHO), which includes not only the classification of types of impairments but also the influence of environmental factors. Through this emphasis on environmental factors, it is possible to refer to disability as a social condition including ‘impairments, activity limitations and participation restrictions’<sup>7</sup>. In particular, the impairments relate to problems in body functions or alterations in body structure (e.g. paralysis or blindness), the activity limitations refer to the difficulties in executing activities such as walking and eating and the participation restrictions refer to problems in any area of life, for instance when facing discrimination in employment or transportation.

In relation to sport and disability, a key policy reference is embedded in the UN Convention on the Rights of People with Disabilities (CRPD), that was adopted in 2006. Aim of the

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<sup>2</sup> World Health Organisation (2011) World Report on Disability.

<sup>3</sup> EUROSTAT (2012) Population by age, sex and disability status.

<sup>4</sup> EUROSTAT (2011) Labour Force Survey ad hoc module on employment of disabled people

<sup>5</sup> Council conclusion of 18 November 2010 on the role of sport as a source of and a driver for active social inclusion. 2010/C 326/04

<sup>6</sup> European Commission (2011) Developing the European Dimension in Sport European Commission. Published January 18.

<sup>7</sup> World Health Organisation (2011) World Report on Disability.

CRPD is “to promote, protect and ensure the full and equal enjoyment of all human rights and fundamental freedoms by all persons with disabilities, and to promote respect for their inherent dignity”<sup>8</sup>. The CRPD also prompts for immediate action against the different issues and problems relating to the protection of the human rights of people with disabilities. In particular, the article 30 focuses on the participation in cultural life, recreation, leisure and sport. In the context of sporting activities, the CRPD prompts the States to take action in order to encourage promotion and participation of people with disabilities in mainstream sporting activities at all levels, to provide organisational and training tools for ensuring the participation and access in disability-specific sporting and recreational activities.<sup>9</sup> This would also eventually provide equal opportunities for children with disabilities to take part in sporting activities organised at the school level.

The European Disability Strategy (2010-2020) is based on the CRPD<sup>10</sup> and is part of the Europe 2020 strategy. This specific strategy is aimed at fostering social inclusion of people with disabilities, as well as improving their wellbeing and enabling them to fully exercise their rights. The strategy focuses on eliminating the environmental and social barriers faced by the people with disabilities. In relation to sport barriers, the strategy aims to “improve the accessibility of sport, leisure and recreational organisations, activities, events, venues, goods and services, [...]; promote participation in sport events and the organisation of disability-specific ones”.<sup>11</sup>

### 2.3 EU level data on disability participation

While the opportunities for people with disabilities to take part in sport have improved significantly across Europe in the last 20 years, disability remains a key barrier to participation. At EU level, however, there is no specific regular data collection on the participation of people with disabilities in sport. Data collected through the European Commission’s (2018) Special Barometer on Sport and Physical Activity however provides an indication of the importance of disability as a barrier to participation. According to the Special Barometer, having a disability or illness is the third most mentioned reason (14% of respondents) for not practising sport more regularly behind ‘lack of time’ and ‘lack of motivation or interest’. The countries with the highest percentages citing disability or illness as a barrier were Estonia (24%), Latvia, Finland (both 21%) and Sweden (20%). Within Member States a variety of regular statistics on indicators on sport and disability are collected such as sport participation rates, numbers of people with disabilities who are registered with sports clubs and levels of interest in sport. Section four examines the quality of data collected within Member States and consider the scope for making consistent comparisons across countries.

### 2.4 EU level programmes and initiatives

The 2017 Progress Report on the implementation of the European Disability Strategy (2010-2020) has highlighted that the main achievement in terms of sport accessibility and participation is related to the inclusion of people with disabilities via the Erasmus+ programme<sup>12</sup>. Since 2014, the programme has provided financial support to disability-

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<sup>8</sup> Art. 1 of the UN Convention on the Rights of People with Disabilities (2006).

<sup>9</sup> Art. 30, par.5 of the UN Convention on the Rights of People with Disabilities (2006).

<sup>10</sup> The EU has signed the UN Convention on the Rights of People with Disabilities on 26 November 2009, and subsequently ratified on 22 January 2011.

<sup>11</sup> European Disability Strategy 2010-2020. A renewed commitment to a Barrier-Free Europe.

<sup>12</sup> European Commission Staff Working Document (2017) Progress Report on the Implementation of the European Disability Strategy (2010-2020).

specific sport events and contributed to disseminate and exchange good practices on accessibility standards and social inclusion measures.

Since 2014 51 Erasmus+ projects have focused on the participation of people with disabilities in sports. Of these, 33 projects have directly engaged people with disabilities in sport activities. Other projects have focused on building a network among sport organisations, publishing toolkits of good practices or creating inclusive sport events where disabled people can participate together with non-disabled people. Most of the projects were completed finished during the years 2017 and 2018 and 12 projects are still ongoing.

Among the projects specifically focused on active engagement of disabled people, a wide range of types of sports and activities are supported. Six projects have targeted people with intellectual disabilities and mental disorders. Another 14 projects have involved people with disabilities in specific sports such as basketball, parachute, athletics, water sports, snowboarding or kickboxing. Out of these projects, two are focused on Boccia – a specific sport for disabled people requiring the use of a wheelchair. There are also projects involving a specific age group of participants, such as young people with disabilities, old people with disabilities and people who acquire their disability throughout the life.

Some notable Erasmus+ projects from recent years are highlighted in the table below. These include sports that have not been traditionally accessible for people with disabilities.

**Table 2.1 Notable Erasmus+ projects focusing on sport participation**

Name	Period	Description	Disability types	Member state	E+ websites (including results)
Adaptive Surfing Camps for people with an impairment	January 2017 – December 2017	The aim of this project was to increase a number of people with different impairments to get involved in adaptive surfing in Europe. The implementation of daily programmes supported visually impaired people in Italy and physical impaired people in Portugal.	Physical disabilities	Spain Portugal Italy	<a href="https://ec.europa.eu/programme_plus/projects/epius-project-details/#project/579841-EPP-1-2016-1-ES-SPO-SSCP">https://ec.europa.eu/programme_plus/projects/epius-project-details/#project/579841-EPP-1-2016-1-ES-SPO-SSCP</a>  <a href="http://playandtrain.org/erasmus-2017/">http://playandtrain.org/erasmus-2017/</a>
European competition for autistic people	November 2016 – October 2017	The project has performed the following activities: - Run for Autism, an open competition including autistic and neurotypical athletes; - Swimming cup for autistic athletes - ECAP opening ceremony introducing the event following the model of the Olympic Games - Autism Multisport day training athletes for swimming, running and sailing sports competitions	Autism spectrum disorder	Italy	<a href="https://ec.europa.eu/programme_plus/projects/epius-project-details/#project/579690-EPP-1-2016-2-IT-SPO-SNCESE">https://ec.europa.eu/programme_plus/projects/epius-project-details/#project/579690-EPP-1-2016-2-IT-SPO-SNCESE</a>  <a href="https://ecapfilippide.eu">https://ecapfilippide.eu</a>

Name	Period	Description	Disability types	Member state	E+ websites (including results)
		<ul style="list-style-type: none"> <li>- Sport training activities targeted at the needs of autistic athletes</li> <li>- Seminars related to the disability sport sector</li> </ul>			
NEIGE POUR TOUS AVEC B.A.S.S. ET TROTTI-SKI	January 2018 – June 2019	Borney Adapted Snowboard System (BASS) is an aid for people with mental and physical disabilities including severe disabilities, to snowboard and ski. It opens a new opportunity for people with disabilities to take part in the winter sport. It also has a therapeutic value. The project aims to spread the new opportunities in Trotti skiing and snowboarding for people with disabilities across the Europe.	Mental and physical disabilities	Italy Bulgaria France Spain	<a href="https://ec.europa.eu/programmes/erasmus-plus/projects/epl-us-project-details/#project/590703-EPP-1-2017-1-IT-SPO-SSCP">https://ec.europa.eu/programmes/erasmus-plus/projects/epl-us-project-details/#project/590703-EPP-1-2017-1-IT-SPO-SSCP</a>
Integrating Diversities through Water sports	January 2017 – December 2018	The project focuses on water sports and physical activities taking place in the water, such as Swimming; The discipline of diving; Synchronized swimming; and Psychomotricity in water. Water enables people with physical disabilities to relax and express themselves fully. The project aims to create a training course for disabled people; a manual for teaching disabled people water sports; and to collect of the best practices of integration of people with disabilities in water sports.	Physical disabilities	Italy Portugal Croatia	<a href="https://ec.europa.eu/programmes/erasmus-plus/projects/epl-us-project-details/#project/579858-EPP-1-2016-1-IT-SPO-SSCP">https://ec.europa.eu/programmes/erasmus-plus/projects/epl-us-project-details/#project/579858-EPP-1-2016-1-IT-SPO-SSCP</a>

## 3.0 Theoretical findings from the literature review

Based on a rapid review of relevant literature, this section sets out the key aspects of the academic debate on the main benefits of sport participation for people with disabilities, the barriers to participation and the methods and facilitators that can be used to increase participation. The full bibliography is included in Annex One.

### 3.1 Benefits of sport participation for people with disabilities

There is a wide acceptance in the academic literature that sport and physical activity generates wider positive benefits for individuals beyond basic enjoyment. In general, these benefits mainly refer to the development of characters, work discipline, teamwork, fair play and social interactions (WHO, 2011<sup>13</sup>; EFDS, 2014<sup>14</sup>). More recently, academic research has highlighted the role of sport in promoting social inclusion for people with disabilities. The literature review has highlighted that sport participation for people with disabilities mainly provides benefits at three different levels: personal health (mental and physical wellbeing), individual development (cognitive benefits, e.g. increased self-confidence, etc.), social/environmental (e.g. social integration).

#### *Health and wellbeing*

Various research studies have shown that access to sport activities for people with disabilities is primarily important for their health and wellbeing. These types of benefit are emphasised in studies conducted by Martin<sup>15</sup> (2013) and other researchers (Jaarsma, 2014<sup>16</sup>; Saunders, Greig, Young and Mead, 2007<sup>17</sup>; Tenenbaum and Eklund, 2007<sup>18</sup>; Maher, Kinne and Patrick, 1999<sup>19</sup>).

Martin (2013) notes that many therapeutic programmes associated with specific types of disabilities already include physical activities, helping to reduce pain, stress or depression.<sup>20</sup> However, as pointed out by Parnes and Hashemi (2007), the benefits of sport and leisure activities for people with disabilities are not only limited to rehabilitation and therapeutic programmes as sporting activities can help to reduce the risk for chronic illness and secondary conditions for people with disabilities<sup>21</sup>.

Historically, studies have demonstrated the benefits of sport and physical activity participation for the health and wellbeing of people with specific types of disabilities. Research conducted by Saunders, Greig, Young and Mead (2007) emphasises the

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<sup>13</sup> World Health Organisation (2011) Promoting sport and enhancing health in European Union countries: a policy content analysis to support action.

<sup>14</sup> English Federation of Disability Sport. (2014) Motivate me: understanding what motivates and appeals to disabled people to take part in sport and physical activity.

<sup>15</sup> Martin, J. J. (2013) Benefits and barriers to physical activity for individuals with disabilities: a social-relational model of disability perspective. *Disability and rehabilitation*, 35(24), 2030-2037.

<sup>16</sup> Jaarsma, E. (2014) Sports participation and physical disabilities. *Scandinavian Journal of Medicine and Science in Sports*, 24, 54-73.

<sup>17</sup> D.H. Saunders, C.A. Greig, A. Young & G.E. Mead (2007) Physical Fitness Training for Stroke Patients (Review), *The Cochrane Collaboration*

<sup>18</sup> Tenenbaum, G., & Eklund, R. C. (2007) Exercise adherence. *Handbook of sport psychology. Third ed. Hoboken, New Jersey: John Wiley & Sons, Inc*, 516-8.

<sup>19</sup> J. Maher, E., Kinne, S., & Patrick, D. L. (1999) 'Finding a good thing': the use of quantitative and qualitative methods to evaluate an exercise class and promote exercise for adults with mobility impairments. *Disability and Rehabilitation*, 21(9), 438-447.

<sup>20</sup> Martin, J. J. (2013) Benefits and barriers to physical activity for individuals with disabilities: a social-relational model of disability perspective. *Disability and rehabilitation*, 35(24), 2030-2037.

<sup>21</sup> Parnes, P., & Hashemi, G. (2007) Sport as a means to foster inclusion, health and well-being of people with disabilities. *Literature Reviews on Sport for Development and Peace*, 124.



importance of physical fitness training for stroke patients. Moreover, a randomised control study conducted by Petajan et al. (1996<sup>22</sup>) showed that people with multiple sclerosis who engaged in physical activity above certain thresholds experienced improvements to their fitness and general wellbeing. Research conducted by Dodd, Taylor and Graham (2003) noted that children and adolescents with cerebral palsy experienced improvements in strength and ability to walk, run or climb stairs after participating in a strength training program<sup>23</sup>.

Different studies have also highlighted the benefits of sport for the improvement of mental and psychological wellbeing. In this context, the literature review conducted by Parnes and Hashemi (2007) provides an overview of empirical research and studies on various psychiatric disorders. In particular, 15 studies highlighted that aerobic exercise might improve the general mood, as well as reducing depressive and anxiety disorders in psychiatric patients.

### *Individual development*

There is also evidence that sport can support the individual development of people with disabilities, as it enhances their self-confidence and self-esteem. In particular, according to Parnes and Hashemi (2007), "participation in sport has the potential to be a mechanism for empowerment, for individuals with a disability, by contributing to positive identity formation and group identity, increasing self-esteem through achievements, and providing a learning arena for goal-directed work"<sup>24</sup>. In this sense, Lakowski and Long (2011) argue that "individuals with disabilities who participate in sports have higher self-esteem, better body-image and higher rates of academic success"<sup>25</sup>, thus, also suggesting that these individuals are more likely to graduate from high schools.

As highlighted by Martin, when physical activity is obtained via sport, "youth athletes also get the opportunity to travel with their team and experience feelings of independence, enjoyment and wonderment".<sup>26</sup> The opportunity to participate in sport activities might thus provide substantial psychological benefits, relating to the enhanced physical confidence and self-efficacy. In addition to this, a research conducted among adults with spinal cord injury has highlighted that physical activities increased positive affect and decreased negative affect, as individuals developed not only common cognitive self-perception feelings but also emotional and mood benefits. The emotional and mood benefits of sport activities are also particularly connected to other types of benefits, which however, mainly relate to the social dimension of sport activities, as highlighted below.

### *Social benefits*

Based on research completed by the English Federation of Disability Sport (EFDS), it is important to make a distinction between 'sport' and 'physical activities'<sup>27</sup> in the context of participation for people with disabilities, as 'sport' implies a social dimension. The opportunity to take part in physical activities with other people is considered significantly

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<sup>22</sup> Petajan, J. H., Gappmaier, E., White, A. T., Spencer, M. K., Mino, L., & Hicks, R. W. (1996) Impact of aerobic training on fitness and quality of life in multiple sclerosis. *Annals of neurology*, 39(4), 432-441.

<sup>23</sup> Dodd, K. J., Taylor, N. F., & Graham, H. K. (2003) A randomized clinical trial of strength training in young people with cerebral palsy. *Developmental medicine and child neurology*, 45(10), 652-657.

<sup>24</sup> Parnes, P., & Hashemi, G. (2007) Sport as a means to foster inclusion, health and well-being of people with disabilities. *Literature Reviews on Sport for Development and Peace*, 124.

<sup>25</sup> Lakowski, T. & Long, T. (2011) Proceedings: Physical Activity and Sport for People with Disabilities. *Washington, DC: Georgetown University Center for Child and Human Development*

<sup>26</sup> Martin, J. J. (2013) Benefits and barriers to physical activity for individuals with disabilities: a social-relational model of disability perspective. *Disability and rehabilitation*, 35(24), 2030-2037.

<sup>27</sup> The English Federation of Disability Sport (2012) Understanding the barriers to participation in sport. April 2012

beneficial not only for the personal empowerment of people with disabilities, but also for their social inclusion. As pointed out in the United Nations booklet on Sport and disability, “sport programmes serve as effective tools for social mobilisation, social cohesion, supporting health activities as HIV/AIDS education and immunisation campaigns”<sup>28</sup>. This benefit has also been widely investigated through academic and more empirical researches and studies. Notably, as part of a study for the Special Olympics<sup>29</sup> feedback was collected from the parents of participants with disabilities in Special Olympics competitions. The results show that 90% of the family members and 95% of the coaches consulted reported improvements in both social skills and social relationships after participation in the event. The report also commented on the potential for such outcomes to improve employability potential of people with disabilities.

Research conducted by Barfield and Malone (2013) among wheelchair soccer players highlighted that the main benefits of doing exercises for this group are related to environmental and personal features.<sup>30</sup> In particular, the cohort considered for this study identified as a key benefit the opportunity to have social interactions and the impact of exercises on their self-confidence. There was also some evidence that competition might also be regarded as a beneficial feature of sporting activities for this group. In fact, the research conducted by Jaarsma (2014) highlighted that the competition is commonly seen as a fundamental aspect in continuing and maintaining the sport practices<sup>31</sup>, thus representing an important factor for the further participation and inclusion of people with disabilities in sport activities when they reach the adult age. Nevertheless, in relation to the access and participation in sport activities, competition shall not be regarded as a priority, as it mostly play a role once the participation in sport activities has been secured.

### 3.2 Barriers to participation

Programmes and interventions aimed at increasing sport participation amongst people with disabilities are generally designed to address complex and multifaceted barriers to participation. The academic literature addresses the issue of barriers to participation in sport for people with disabilities from a number of different perspectives and with various types and categories of barriers identified.

It could be argued that there are different factors influencing the decision to participate in sporting activities for people with disabilities. In particular, a study published by the English Department for Culture, Media and Sport identifies three main types of barriers:<sup>32</sup>

- intra-personal: attitudes, beliefs, knowledge and skills that every individual builds from their environment, culture and past experiences pre-dispose people to participate or to avoid participation;
- inter-personal: motivation for engaging in sports is also influenced by people’s social environment (approval from community, family, friends or social pressure);
- external: nature of the physical environment, quality of service provision, ease of access to reliable up-to-date information about services and the existence of *stimuli* (role models or adverts).

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<sup>28</sup> Secretariat, I. D. I. S. W. G. (2007) Sport in the United Nations Convention on the rights of persons with disabilities.

<sup>29</sup> Special Olympics (2009) Serving athletes, families, and the community: The universal impact of Special Olympics: Challenging the barriers for people with intellectual disability.

<sup>30</sup> Barfield, J. and Malone, L. (2013) Perceived exercise benefits and barriers among power wheelchair soccer players. *Journal of rehabilitation research and development*, 50(2), 231.

<sup>31</sup> Jaarsma, E. (2014) Sports participation and physical disabilities. *Scandinavian Journal of Medicine and Science in Sports*, 24, 54-73.

<sup>32</sup> Charlton, A., Potter, M., McGinjal, S., Romanou, E., Slade, Z. and Hewitson, B. (2010) Barriers to participation: analysis to inform the development of the 2010/2011 Taking Part Survey. *Department for Culture, Media and Sport, UK*.

Reflecting the typology above, Martin (2013)'s analysis suggests that the barriers to participation in physical activities may refer to three distinct levels: individual, social and environment.<sup>33</sup> Within the individual-level might be included several types of barriers directly related to the functional limitations of the disability or to psychological and physical aspects. Martin argues that severe types of disability play an important role in preventing these individuals to participate in physical activities, as witnessed by a study on physical activities among blind and low vision children<sup>34</sup>. The study highlighted that blind children are less likely to do physical activities if compared with children with low vision. On the other hand, the psychological and physical barriers mostly relate to the fear of failing, to the perception that undertaking physical activities would take a disproportionate amount of time and finally because of the pain and/or lack of energy. However, it is important to highlight here that the pain as barrier to physical activity does not simply refer to the biological or medical consequence of the impairment, but it shall also be seen as the effect of the cultural and psychological considerations deriving from the impairment (Smith and Sparkes, 2008<sup>35</sup>; Ebert and Kerns, 2010<sup>36</sup>; Martin, 2013).

A stronger emphasis on psychological barriers has been instead highlighted in the research conducted by Shields and Synnott (2016)<sup>37</sup>. Their study on children with different types of disability and the related focus groups with their parents has highlighted that one of the main barrier to participation is the "sense of frustration and loss of confidence when they compared their skills with those of their pairs" (Shields and Synnott, 2016).

The second level of barriers identified by Martin relates to the social dimension of disability. This mainly refers to the lack of professional preparation among community sport and physical activity personnel in communicating and adapting physical activities to the needs of people with disabilities (DePauw and Gavron, 2005<sup>38</sup>; Hutzler and Sherrill, 2007<sup>39</sup>; Parnes and Hashemi, 2007; Martin, 2013). In particular, Martin points out that, according to the parents of disabled children, this lack of professional preparation could be seen among physical education teachers but also among doctors. The first group is not always provided with the necessary training and equipment to overcome the individual level barriers, while the doctors are implicated as "they sometimes provide unnecessary blanket medical excuses allowing students to skip physical education" (Martin, 2013). This outcome is also supported by the results of a survey on involvement in inclusive physical education, for the THENAPA project<sup>40</sup>. In particular, the survey results have that, where physical education lessons were obligatory, people with disabilities have been systematically exempted, because of excuses justified on the basis of their exceptional situation, by their physicians, parents or special education advisory centres<sup>41</sup>.

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<sup>33</sup> Martin, J. J. (2013) Benefits and barriers to physical activity for individuals with disabilities: a social-relational model of disability perspective. *Disability and rehabilitation*, 35(24), 2030-2037.

<sup>34</sup> Lieberman, L., & MacVicar, J. (2003) Play and recreational habits of youths who are deaf-blind. *Journal of Visual Impairment & Blindness (JVIB)*, 97(12).

<sup>35</sup> Smith, B., & Sparkes, A. C. (2008) Changing bodies, changing narratives and the consequences of tellability: A case study of becoming disabled through sport. *Sociology of health & illness*, 30(2), 217-236.

<sup>36</sup> Ebert, M. H., & Kerns, R. D. (Eds.) (2010) Behavioural and psychopharmacologic pain management. *Cambridge University Press*.

<sup>37</sup> Shields, N., & Synnot, A. (2016) Perceived barriers and facilitators to participation in physical activity for children with disability: a qualitative study. *BMC pediatrics*, 16(1), 9.

<sup>38</sup> DePauw, K. P., & Gavron, S. J. (2005) Disability sport. *Human Kinetics*.

<sup>39</sup> Hutzler, Y., & Sherrill, C. (2007) Defining adapted physical activity: International perspectives. *Adapted Physical Activity Quarterly*, 24(1), 1-20.

<sup>40</sup> As part of this EU funded project, questionnaires were distributed in 23 EU countries between 1999 and 2001.

<sup>41</sup> Sherrill, C. (2004) Young people with disability in physical education/physical activity/sport in and out of schools: technical report for the world health organization. Geneva: *The World Health Organization*.

Moreover, other types of barrier included in this level refer to the lack of friends to play with, to financial restrictions and sometimes to parents' fear for their children's physical and emotional safety. However, one of the most important barrier identified by Martin for this level, is related to the lack of sporting opportunities or facilities directly targeted at people with disabilities. This is mainly due to the lack of allocated resources but also to the lack of information about the benefits provided by physical activities within the rehabilitation programs or within the schools (DePauw and Gavron, 2005; Martin, 2013; Misener and Darcy, 2014<sup>42</sup>).

Finally, the last level of barriers identified by Martin is related to the sport activities' environment. In particular, he argues that there are different built environment barriers such as the fact that facilities are inconveniently located, or that there are not enough opportunities to shift from mere physical activities to competitive sports, thus reducing the attractiveness of doing sport for adults with disabilities.

Differently from the approach adopted by Martin, Lakowski and Long argue that the main barriers to the sport participation are strongly related to social and political factors<sup>43</sup>. In fact, they argue that the lack of comprehensive policies, strategies or persistent advocacy and outreach to policymakers and administrators shall be considered as key barriers to participation. The absence of responses at the political level plays a crucial role, as it results in a lack of resources and training to administrators and program providers, but also in a general lack of awareness by parents and youth with disabilities of their rights to access and participate in physical activity and sport programs.

According to Nixon, there might also occur barriers relating to the setting and management of a specific sport from its athletes and authority bodies<sup>44</sup>. Nixon suggests that these barriers are mainly occurring when disabled athletes try to compete with the other athletes, as they "are unwilling to accept new or different conceptions of athleticism in their sport" (Nixon, 2007). Moreover, Nixon noted that such problems of access occur not only in the field of mainstream sports, but also within elite ones and within specific type of events. In this sense, he suggests the importance of the ongoing debate within the same 'Paralympic movement', mainly focusing on "who is eligible to compete, against whom, and in what sports and how can and should inclusion be achieved" (Nixon, 2007).

In this sense, the social inclusion of people with disabilities once their participation in sport activities has been secured might represent another type of barrier that directly refers to the organisation and media depiction of the elite events for people with disabilities. It is possible to argue that the image of disability promoted by mainstream media when covering elite-types of event, such as the Paralympic Games, might actually increase the impact of psychological barriers.<sup>45</sup> In fact, this image of disability often "implies that people with disabilities are only worthy of respect in society if they overcome seemingly insurmountable odds to 'conquer' their disability".<sup>46</sup> In addition to this, the organisational aspects of these types of events might also be deemed as significantly influential in relation to the inclusion in sport practices for people with disabilities already engaged in sport activities. The challenge here mainly relates to the disability classification system, aimed at evaluating the eligibility of athletes within the specific competition. Van Dijk et al. (2017) have argued that the system set up for these events is very complicated for the uninitiated and it particularly disadvantages specific categories, such as people affected

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<sup>42</sup> Misener, L., & Darcy, S. (2014) Managing disability sport: From athletes with disabilities to inclusive organisational perspectives.

<sup>43</sup> Lakowski, T. & Long, T. (2011) Proceedings: Physical Activity and Sport for People with Disabilities. Washington, DC: Georgetown University Center for Child and Human Development

<sup>44</sup> Nixon, H. L. (2007) Constructing diverse sports opportunities for people with disabilities. *Journal of sport and social issues*, 31(4), 417-433.

<sup>45</sup> *Ibid.*

<sup>46</sup> *Ibid.*

by intellectual disability<sup>47</sup> and women<sup>48</sup>. For what concerns the participation of women with disabilities in elite competition, Olenik et al. points out that despite the accomplishments of the Paralympic Movement, “serious inequities continues to exist for women”. These inequities mainly refer to barriers such as a classification system which is particularly insensitive to women, scarce women involvement in the power structures of the disability sports movement and the under-representation of women athletes in wheelchair sports.

### 3.3 Overcoming the barriers: participation facilitators

The consideration of types of barriers provides a framework for addressing good practice methods and approaches used to facilitate participation in sporting activities for people with disabilities. In particular, in this section we will highlight three different approaches to overcome the different individual, social and environmental barriers. The review shows that raising awareness and improving the communication on sport opportunities for people with disabilities might facilitate sport participation by overcoming specific environmental and individual barriers. Subsequently, by introducing the double-pyramid theory we will identify how the policy context and ad-hoc measures might act as facilitator of sport participation.

#### *Awareness-raising and communication campaigns*

The English Federation of Sport Disability (EFSD) (2012) study suggested that, in order to overcome psychological/personal barriers to participation it is necessary to improve awareness of sport opportunities.<sup>49</sup> A particular focus has been the need to engage people with disabilities as early as possible at school age. In this sense, the research conducted by Shields and Synnot (2016) outlined the importance of developing ‘inclusive pathways’. This concept is based on the idea that the motor and social skills, that “are learnt through practice and early opportunities to develop them, encourage participation by children” especially within the school context<sup>50</sup>. It could be also argued that the development of inclusion pathways would also facilitate the passage from the school-based activities to the community-based ones and the connections with relevant stakeholders in order to further develop the sporting skills learnt along the pathway.

In terms of communication, EFSD reported the importance of setting up centres and information points where information can be shared<sup>51</sup>, while Nixon highlighted the significant influence of mass media images in promoting sporting opportunities for people with disabilities. In fact, Nixon notes that even when talented athletes with disabilities succeed at elite level of mainstream sports, “contradictory ideas about sport, ability and disability conveyed by the mass media may lead to invidious or dismissive conceptions of their athletic accomplishments”<sup>52</sup>. Thus, it could be argued that mass media might play a decisive role in the integration and inclusion of people with disabilities, by increasing their visibility and leading to more respect and further opportunities, or also to the development of societal role models.

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<sup>47</sup> van Dijk, A., Dađová, K., & Martínková, I. (2017) Intellectual disability sport and Paralympic classification. *Sborník*, 43.

<sup>48</sup> Olenik, L. M., Matthews, J. M., & Steadward, R. D. (1995) Women, disability and sport: Unheard voices. *Canadian woman studies*, 15(4).

<sup>49</sup> English Federation of Sport Disability. (2012) Understanding the barriers to participation in sport.

<sup>50</sup> Shields, N., & Synnot, A. (2016) Perceived barriers and facilitators to participation in physical activity for children with disability: a qualitative study. *BMC pediatrics*, 16(1), 9.

<sup>51</sup> English Federation of Sport Disability. (2012) Understanding the barriers to participation in sport.

<sup>52</sup> Nixon, H. L. (2007) Constructing diverse sports opportunities for people with disabilities. *Journal of sport and social issues*, 31(4), 417-433.

Together with the communications-related aspects it shall also be highlighted here the important role of parents and families as facilitators for sport participation. According to Nixon (2007), the positive influence of parents as facilitators might be enhanced by developing inclusive types of sport activity, thus for instance mixing disabled and able-bodied participants. In this way, parents would be empowered and would be provided with “a chance to control the outcomes of social experiences for their children and how and how much they are integrated”.<sup>53</sup>

### *The role of elite sport*

The double pyramid theory focuses on the relationship between elite-sport policy and sport-for-all policy, highlighting two distinct but interrelated influences on participation rates. In explaining this theory, Van Bottenburg argues that thousands of people practising sport at the base lead to a few Olympic champions while, at the same time the existence of champion role models encourages thousands of people to take up some form of sport.<sup>54</sup> It is important to mention here a comparative study between Canada and the Netherlands.<sup>55</sup> The study found that both countries “invest in high performance disability sports not only to achieve high rankings in world championships, but also to inspire participation in recreational sports among people with disabilities”. The researchers argue that this confirms the double pyramid approach as successes in high performance sports led to increased sports participation on recreational level and vice versa.<sup>56</sup>

However, as pointed out by von Bottenburg, the relationship between sport for all and elite-sport shall not be considered as automatic or directly spontaneous, as policy-makers, sport organisations and facilities need to play a central role in facilitating a positive relationship between the two. In fact, sport for all might not necessarily supply elite athletes, while elite-sport does not automatically and directly encourage sports participation. For example the development of targeted policy measures might can facilitate this direct relationship between elite-sport and sport-for-all approaches, for instance by using revenues from elite-sport events to fund youth sport plans or the improvement and development of sport facilities.

### *Sport activities organisation and management*

The review has highlighted a range of ideal-typical models of sport activities designed for people with disabilities. Nixon (2007) suggests that sporting activities need to be considered as part of an *inclusion spectrum*.<sup>57</sup> Misener and Darcy (2015) argue that the aim of the inclusion spectrum is to “provide people with disability choice to participate in sport in the way they want to, with whom they want to participate, and in the way they wish to participate”. However, they also argue that the inclusion spectrum demonstrates that there are varying and different degrees of accommodation and inclusion to ensure participation in sporting activities.<sup>58</sup> In fact, the inclusion spectrum, as originally presented by Black and Williamson (2011), is characterized by different type of activities<sup>59</sup>:

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<sup>53</sup> *Ibid.*

<sup>54</sup> van Bottenburg, M. (2002) Sport for all and elite sport: do they benefit one another?.

<sup>55</sup> Hoekstra, F., Roberts, L., van Lindert, C., Martin Ginis, K. A., van der Woude, L. H., & McColl, M. A. (2018). National approaches to promote sports and physical activity in adults with disabilities: examples from the Netherlands and Canada. *Disability and rehabilitation*, 1-10.

<sup>56</sup> Hoekstra, F., Roberts, L., van Lindert, C., Martin Ginis, K. A., van der Woude, L. H., & McColl, M. A. (2018) National approaches to promote sports and physical activity in adults with disabilities: examples from the Netherlands and Canada. *Disability and rehabilitation*, 1-10.

<sup>57</sup> Kiuppis, F. (2018) Inclusion in sport: Disability and participation.

<sup>58</sup> Misener, L., & Darcy, S. (2014) Managing disability sport: From athletes with disabilities to inclusive organisational perspectives.

<sup>59</sup> Black, K., and Williamson, D. (2011) Designing inclusive physical activities and games. *Design for sport*, 195-223.

- Separate (or segregated) activity: special activities thought for and proposed for people with disabilities;
- Parallel activity: disabled athletes might need to train separately with disabled peers to prepare for a competition;
- Disability sport activity (reverse integration): non-disabled children and adults are included in disability sports together with people with disabilities;
- Open (inclusive) activity: cooperative or unstructured movement games, or warm-up and cool-down exercises;
- Modified activities designed for all, with adaptation to space, tasks, equipment and people's teaching;

As emerged in the previous section, there are also barriers relating more in general to environmental and social aspects. In this case, the accessibility and suitability of the sporting facilities, the professionalism of trainers and coaches and the economic affordability of the sport activity might play an important role in order to increase the participation of people with disabilities. In this sense, the STEP model might represent a useful tool to overcome these types of structural/environment barriers. The model – cited by Kiuppis (2018) - is part of the resources materials provided within the context of the youth events in order to assist teachers, coaches and community sport deliverers.

The STEP acronym stands for Space, Task, Equipment and People<sup>60</sup>. Space refers to the potential need of increasing or decreasing the size of the playing areas in order to suit the different abilities or mobility levels. The second level of the model refers to the task, which shall ensure that everyone has equal opportunities to participate, for instance by breaking down different complex skills into smaller component parts. In this way, it might be possible to ensure that everyone has the opportunity to practice skills or components individually or with a partner before being included in a small-sided team game. The equipment mostly refers to the opportunity to provide everyone with equipment that suits the ability or age of participants. Finally, the people category relates to the balance between number of players and related skills, suggesting that sometimes it might be preferable to play with teams of unequal numbers to facilitate inclusion of some team members and maximise the participation of others.

In conclusion, Parnes and Hashemi suggest that, in order to increase participation in sport and physical activities for people with disabilities it would be important to assess and understand the impact of the barriers by implementing monitoring and evaluation systems to track progress and outcomes of programmes at the local, national and international levels<sup>61</sup>. They also argue that stronger efforts should be aimed at making the existing technologies more affordable, thus also increasing the accessibility of sport facilities. In fact, even if through an inclusive coaching everyone might be able to actively participate in sport, some categories of disability might require adaptive equipment. Moreover, as technology and assistive devices continue to advance, the number of people that can afford these types of equipment reduces, thus widening the gap between participation and performance, as the large majority of people with disabilities will thus be less facilitated in their transaction from physical to sport activity.

### 3.4 Summary

This section has presented the results of a rapid review of literature sources covering the subject of sport and disability participation. The review covered policy and official policy

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<sup>60</sup> Kiuppis, F. (2018) Inclusion in sport: Disability and participation.

<sup>61</sup> Parnes, P., & Hashemi, G. (2007) Sport as a means to foster inclusion, health and well-being of people with disabilities. *Literature Reviews on Sport for Development and Peace*, 124.

documents, papers and academic publications – around 30 articles in total were reviewed. The key themes to emerge can be summarised as follows:

- The literature review has highlighted that sport participation for people with disabilities mainly provides benefits at broadly three different levels: personal health (mental and physical wellbeing), individual development (cognitive benefits, e.g. increased self-confidence, etc.) and social/environmental (e.g. social integration).
- The issue of barriers to participation in sport for people with disabilities is addressed from a number of different perspectives and with various types and categories of barriers identified. Barriers to participation in physical activities are generally classified in terms of three distinct levels: individual, social and environment. Individual barriers relate to functional limitations of the disability or to psychological and physical aspects. Social barriers mainly refer to the lack of professional preparation among community sport and physical activity personnel in communicating and adapting physical activities to the needs of people with disabilities. Environmental barriers generally refer to the availability of facilities that are conveniently located and generally the opportunities available for people with disabilities to shift from mere physical activities to competitive sports.
- The review has also highlighted specific facilitators that can be used to overcome barriers to participation. These include: raising awareness and improving the communication on sport opportunities for people with disabilities; the role of elite sport development in encouraging wider participation in particular sports and the creation of accessible and adapted facilities that meet the specific needs of people with disabilities.



## 4.0 Disability sport participation data across the EU

### 4.1 Introduction

This section provides an overview of the availability of data on participation for people with disabilities and show how disability participation is measured in the sample countries.

### 4.2 Overview of data collection in sample countries

The country reviews have revealed a strong variation in the range of data relating to sport participation for people with disabilities. Country level data on disability participation in sport ranges from detailed data available on different levels of activity (e.g. from inactive to fairly active and active) for different disability groups to broader measures of participation in sport (e.g. numbers of people doing a sport) for all disabilities. Other measures include numbers of clubs offering disability sport and numbers of club members. In some cases, data is not collected on a regular basis at the national level. In part, this may relate to the devolved structures for developing policies in those countries. A summary of the data collection methods and approaches adopted in the sample countries are shown in the Table 4.1.

**Table 4.1 Country-level data collection processes**

Member state	Information on regular data collection on disability sport participation at national level	Source
Belgium	<ul style="list-style-type: none"> <li>No regular data collection at national level</li> </ul>	-
France	<ul style="list-style-type: none"> <li>Numbers of members of disabled sports clubs</li> <li>Number of disabled sport clubs</li> </ul>	MEOS, statistic department attached to the Ministry of National Education
Germany	<ul style="list-style-type: none"> <li>Data on participation is collected at federal state level</li> </ul>	-
Ireland	<ul style="list-style-type: none"> <li>Proportion of those with an illness/disability participating in sport</li> </ul>	Sport Ireland
Italy	<ul style="list-style-type: none"> <li>No regular data collection at national level</li> </ul>	-
Latvia	<ul style="list-style-type: none"> <li>No regular data collection at national level</li> </ul>	
Netherlands	<ul style="list-style-type: none"> <li>Proportion participating in sport for different types of disability (regularity of data collection not clear)</li> </ul>	National Institute of Public Health
Romania	<ul style="list-style-type: none"> <li>No regular data collection at national level</li> </ul>	-
Sweden	<ul style="list-style-type: none"> <li>Activity and inactivity by type of disability (e.g. proportion of people with disabilities who have exercised in the last week)</li> </ul>	The National Public Health Survey, Health on Equal Opportunities.
Spain	<ul style="list-style-type: none"> <li>Membership of Sport federations dedicated to disabled sports</li> </ul>	Annual report of the Spanish Ministry for Education Culture and Sports (MECD)
UK	<ul style="list-style-type: none"> <li>Levels of physical activity (active, fairly active, inactive<sup>62</sup>) by disability status</li> </ul>	Active Lives Survey, Sport England

<sup>62</sup> Active = at least 150 minutes of exercise per week; fairly active = between 30 and 149 minutes per week; inactive = less than 30 minutes per week.

### 4.3 Analysis of trends in specific countries

This section highlights some specific examples of data analysis of disability participation in sport at the national level.

In France, the Ministry of National Education, collects data on sport participation and conducts regular surveys of sport federation memberships. Data regarding participation for people with disabilities is limited to numbers of clubs dedicated to disability and membership. As Table 4.2 shows, 2,481 clubs are available to disabled people either for disabled sports or for adapted sports with an overall total of 92,000 registered members. The table suggests that there has been a substantial increase in opportunities for people with disabilities to practice sport in clubs in recent years.

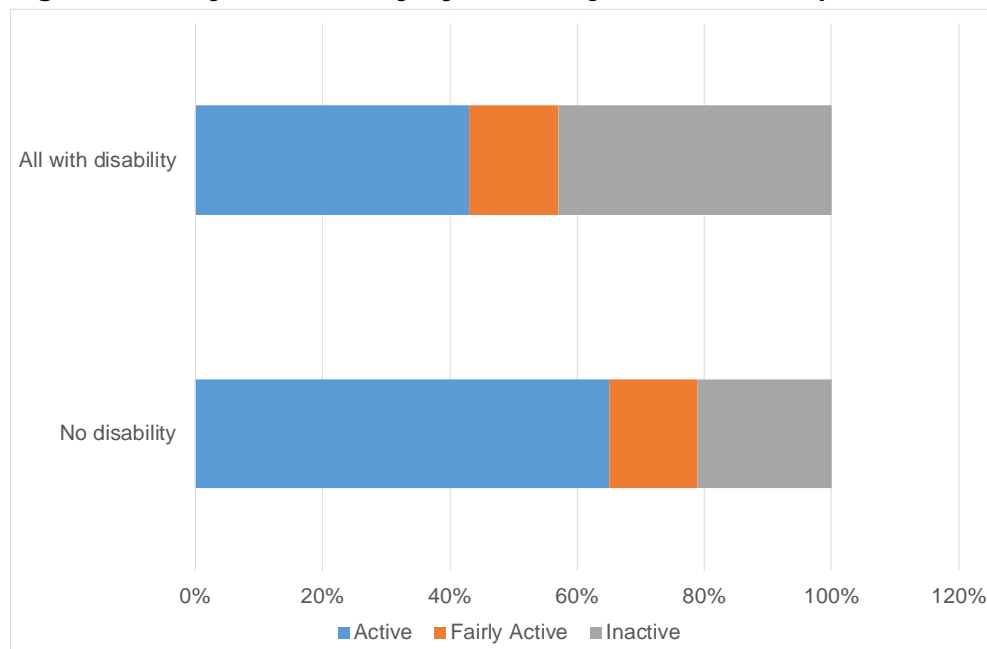
**Table 4.2 Membership/ number of sports clubs for people with disabilities (France)**

	2012	2015
Numbers of members	73,204	91,781
Numbers of clubs	2,086	2,481

Source: MEOS, 2015 / INSEE, 2017<sup>63</sup>

In the UK, the Government's national sport participation agency Sport England collects detailed data on participation rates of people with disabilities through the national Active Lives Survey which is administered annually. As shown in Figure 4.1, the latest data identifies that 43% of people with a disability exercised for over 150 minutes per week (as of May 2017), which is over 20% less than that those without a disability.

**Figure 4.1 Physical activity by disability status and impairments**



Source: Sport England Active Lives Survey

An annual report of the Spanish Ministry for Education Culture and Sports (MECD)<sup>64</sup> provides time-series data on the membership of federations dedicated to disabled sport.

<sup>63</sup> INSEE (2017) Tableau de l'économie française.

<sup>64</sup> MECD, Anuario de Estadísticas Deportivas, 2017: p. 25.

Table 4.3 shows a decline in general membership numbers yet there has been a steady increase in the membership of federations focused on sports for intellectual disabilities and deaf people.

**Table 4.3 Membership of Sport Federations dedicated to disabled sports by year (latest available data)**

	2012	2013	2014	2015	2016
Members – Sports for physical disability	2,231	2,206	1,183	2,156	1,632
Members – Sports for intellectual disabilities	4,619	3,209	5,869	5,995	5,951
Members – Sport for blind people	2,009	2,026	1,801	1,770	1,767
Members – Sports for deaf people	733	615	325	1,043	1,079
Members – Sports for paralysed people	1,557	1,238	1,272	1,362	1,324

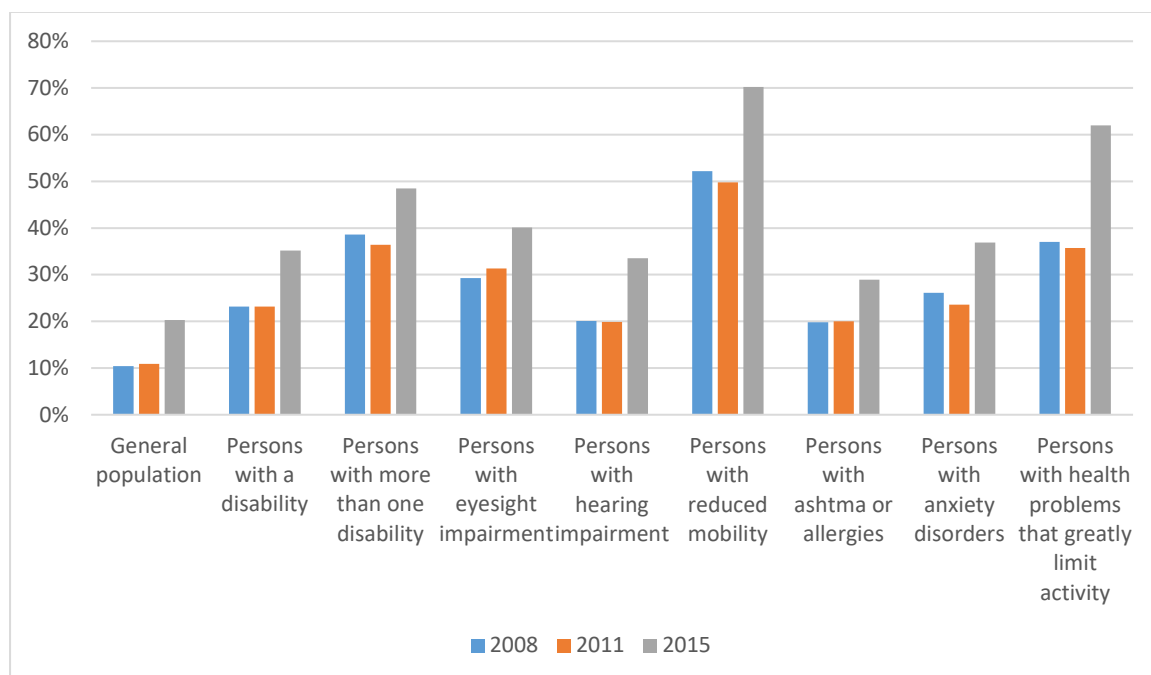
Source: *Ministerio de Educacion, de Cultura y Deporte*<sup>65</sup>

In Sweden, the National Public Health Survey, Health on Equal Opportunities, which addresses health, living habits and living conditions collects data on activity and inactivity for persons with disabilities. The latest wave of the survey that includes data disaggregated by disability was in 2015. This data is in turn, disaggregated by type of disability. It includes the general population, persons with disabilities, persons with more than one disability, persons with reduced eyesight, persons with reduced mobility, persons a high degree of reduced mobility, persons with asthma or allergies, persons with anxiety disorders and persons with health problems that greatly limit activity.

Figures 4.2 and 4.3 compare rates of inactivity and activity in Sweden between the general population and those with certain types of disability and shows that people with disabilities are considerably less active than the general population, particularly those with reduced mobility and those with health problems that greatly limit activity.

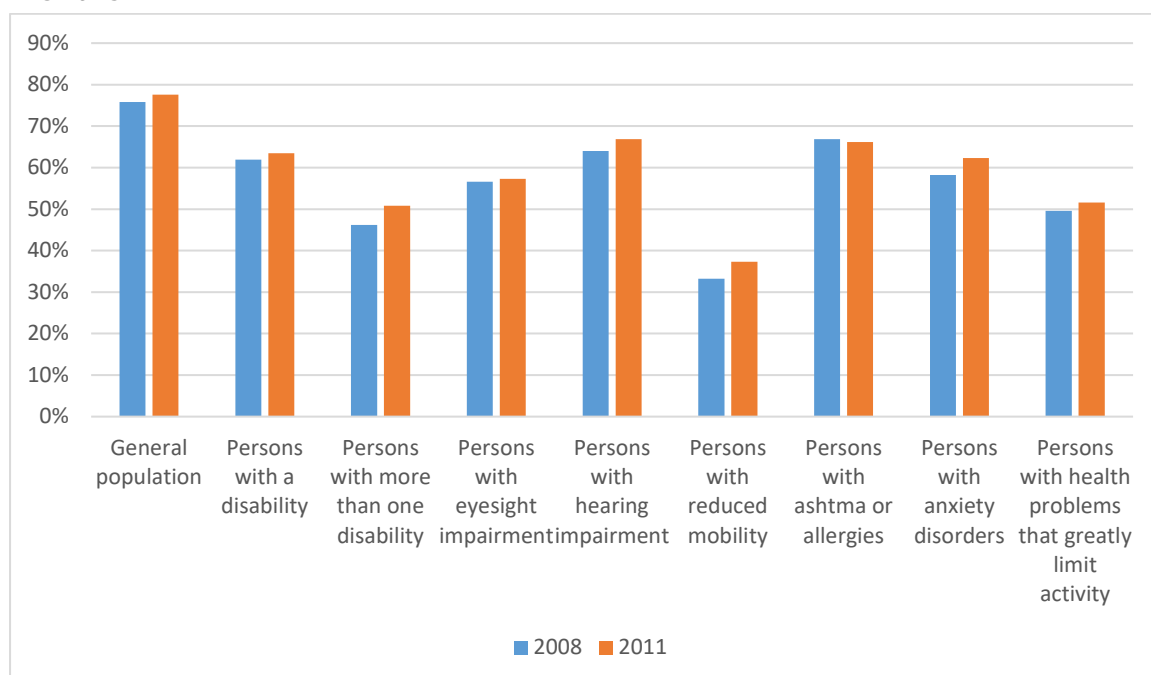
<sup>65</sup> Ibid. p.104

**Figure 4.2 People aged over 16 who have not at all moved/exercised outdoors in the last 12 months**



Source: National Public Health Survey, Health on Equal Opportunities

**Figure 4.3 People aged over 16 who have exercised once a week in the last 12 months**



#### 4.4 Summary

The country reviews have revealed a strong variation in the range of data relating to sport participation for people with disabilities. The key findings are as follows:

- Country level data on disability participation in sport ranges from detailed data available on different levels of activity for different disability groups to broader

measures of participation in sport (e.g. numbers of people doing a sport) for all disabilities or numbers of federation or club members. In some cases, data is not collected on a regular basis at the national level.

- The review suggests that it difficult to make consistent comparisons across countries as countries use different indicators for measuring disabled participation.
- Examples of good practice include Sweden and the UK where time-series data is collected at the national level for different levels of active behaviour across different types of disability.

## 5.0 Good practice programmes across the EU

### 5.1 Introduction

This chapter summarises and synthesises the findings from the reviews of programmes aimed at supporting people with disabilities to take part in sport in the sample countries, which has been the main focus of the research. The review provides evidence on specific good practice ways in which Member States fund and support participation initiatives for people with disabilities. Specific participation themes are examined with reference to the mapping review and a selection of case study programmes that were examined in more detail.

It should be noted that the main focus of the review has been funded programmes initiated at the Member State government level. However the searches have also revealed good practice programmes initiated by disability sport federations and Paralympic bodies using public funding. These are referred to as examples of specific interventions to the extent that lessons may apply in the design of government interventions; however non-government interventions, for example those supported by charities and private sector organisations, have not been the main focus of the research.

### 5.2 National policies addressing sport participation and disability

Through the country reviews, it has been possible to identify country level policies and strategies designed to tackle the issue of participation in sport activities for people with disabilities. In particular, several countries adopt a centralised approach through specific national strategies and national funding initiatives (Netherlands, France, Ireland, UK etc.). Other countries adopt a decentralised approach, with strategies mainly developed and implemented at the regional/local level (e.g. Italy, Spain, Belgium). The details on national policies, summarised in the table below, show that all of the sample countries have an explicit reference to the need to support people with disabilities to participate in sport.

**Table 5.1 Summary of national policies**

Country	Summary
Italy	The Law n. 124/15 of the 7th of August 2015 has formalised the status of the Italian Paralympic Committee (CIP) as a public authority responsible for promoting, regulating and managing any professional and non-professional sport activity involving people with disability at the national level. One of its objectives is to promote the participation in professional and non-professional sporting activity of people with any typology of disability and of any age.
United Kingdom	The UK Government sport strategy "Sporting Future" (2015) identifies people with disabilities as a key target group for tackling inactivity and increasing sport participation.
Ireland	Sport Ireland is responsible for the National Sporting Strategy in Ireland. It includes the objective to facilitate opportunities for people with disabilities to participate on an equal basis in recreational, leisure and sporting activities.
Romania	The National Strategy "A society without barriers for people with disabilities 2016-2020" was adopted in 2016. The strategy aims at "ensuring access and participation of people with disabilities in non-formal educational programmes and contexts, as well as cultural, leisure and sport activities that are adequate for their interests and adapted to their condition".

Country	Summary
Belgium	Participation in sports for persons with disabilities falls under the jurisdiction of the regional authorities.
France	One of the four objectives of the current government for the Ministry for Sports is called La France qui bouge (France in Movement) and aims at "increasing the number of disabled people having a regular physical or sport activity " from all ages. The Minister of State for Disabled People attached to the Prime Minister and the Minister for Solidarity and Health also have a supporting role in enforcing this objective.
Germany	Participation in sports for persons with disabilities falls under the responsibilities of the federal states.
Latvia	The national strategy for involvement of people with disabilities in sport is provided by 'Sport Policy Guidelines 2014-2020'. The Guidelines, among other things, foresee support for projects that provide equal opportunities for children and youth with disability to take part in sport events, support for the preparation and participation of Paralympic and Deaf playing athletes and national teams in the World and European Championships.
Netherlands	The Ministry of Health, Welfare and Sport (HWS) is the responsible body for the development of programmes and measures aimed at enhancing the participation in sport activities of people with disabilities. The statute Law of Societal Support (2014) has as one of its aims the inclusion of people with disabilities in sport activities.
Spain	On the national level, the Law 3/2013 (Ley del Deporte) regulates the main aspects of sport activities and programmes. The article 4 in particular, describes the central role of the Spanish government in supporting the inclusion of people with physical or intellectual disabilities. The Spanish government recognises the roles of sport federations for people with disabilities and of the Paralympic Committee, and guarantees the accessibility of the public sport facilities to people with disabilities.
Sweden	The National Strategy on Disability focuses on improving the access of people with disabilities to participate in cultural and sports activities. Additionally, the strategy integrates the perspectives of people with disabilities into the regular contribution in the field of culture and sport.

### 5.3 National funded programmes focusing on sport and disability

The country reviews suggest that across the EU there is a strong variation in levels of funding allocated to sport participation programmes for people with disabilities. The complex range of sources and varying governance and management structures, has made it difficult within the limits of this small-scale review to identify overall funding levels dedicated to sport for people with disabilities. The country reviews have highlighted the differences in approaches to management and funding: in some countries programme funding tends to be allocated via NGOs, or Paralympic committees and associations, while in other countries key programmes are delivered directly by national sport agencies or ministries for sport, health or education. This section provides an overview of government approaches to the provision of support for disability participation in the sample countries.

In Belgium, programmes in Wallonia-Brussels are organised through the Administration of Physical Education and Sports (Administration de l'Education Physique et des Sports – ADEPS). ADEPS provide funding for disability sport through the following mechanisms.

- Funding for equipment for disabled and adapted sports. Sports clubs and public administration can request subsidies to buy new equipment for the practice of disabled or adapted sports up to 90% of the price per piece of equipment.

- Funding by ADEPS of sport camps for people with disabilities. Sport camps of more than three days dedicated to disabled people are entitled to subsidies depending on the number of specialised staff and the number of disabled attendees. ADEPS is also organising a series of sport camps for disabled people in partnership with the Francophone Disabled Sport League.
- Funding by ADEPS of sports club for disabled people. €130K of funding is allocated annually to sports clubs for disabled people.

In Ireland, the mapping review identified a number of dedicated participation programmes for people with disabilities. The key programmes are largely funded by Sport Ireland, the Government's sport participation agency, with funding channelled through specialist sport and disability organisations. For example Sport Ireland has recently allocated a grant of €249,000 to the Irish Wheelchair Association to deliver specific initiatives to encourage sport participation.

In France the key programmes focusing on sport participation for people with disabilities are administered by the National Centre for Development of Sports, the independent public body attached to the Ministry for Sports in charge of allocating government subsidies for sport participation. The key programmes were identified as follows:

- Inheritance and Society – Sports and Disabilities (Plan Heritage et Societe, Volet Innovation sociale et RSE par le sport, Activites physiques et sportives et Handicap)<sup>66</sup> – This programme aims at developing the future legacy of the 2024 Olympic and Paralympic Games. Objectives include the development of sport offers to people with disabilities notably by encouraging an equal access to sport and adapted sports (see case study 1 below).
- Audio-visual support – The CNDS also provide funding to develop audio-visual capabilities of sport associations and gave €130,000 to finance disabled sport audio-visual productions (representing 21% of its audio-visual fund).
- Emplois Sportifs Qualifies – This programme, which is managed directly by the Ministry for Sports, funds the employment of specialist of disabilities and sports in sports federations. Since 2013, 150 people are employed in the French Disabled Sports Federation, the Federation for Adapted Sport and the French Paralympic Sport Committee on contracts with the French Government.

### Case study 1 – Paris 2024 Olympic and Paralympic Legacy

<b>Name of programme</b>	Heritage and Society – Sports and Disabilities (Plan Heritage et Societe, Volet Innovation sociale et RSE par le sport, Activites physiques et sportives et Handicap)
<b>Lead organisation</b>	National Centre for Development of Sports (CNDS)
<b>Key focus/objectives</b>	The development of sport offers to people with disabilities notably by encouraging equal access to sport and adapted sports. The call for projects of the CNDS has been designed to finance research, scientific innovation and development of equipment required to practice disabled sports. The project is twofold: first, ensuring that disabled people have access to the equipment they need, and second, ensure that this equipment is financially accessible by sports clubs.
<b>Member State(s)</b>	France
<b>Period</b>	2018 – 2024
<b>Programme funding</b>	Up to €10.5m (2018)

<sup>66</sup>CNDS (2018) Annexe 1 a l'appel a projet Plan Heritage et Societe



## Aims and approach

Since its creation in 2006, the National Centre for the Development of Sports in France has contributed to the development of sporting activities for people with disabilities. In 2018, it initiated the 'Heritage and society' programme which has a specific focus on people living with a disability as part of the legacy of the Paris 2024 Olympic and Paralympic Games.

With regards to sport and disabilities, the programme intends to increase the diversity in sport for it to include all people, in all places, and throughout all stages of life. programme intends to increase the development of sport practices to people with disabilities by encouraging an equal access to sport and adapted sports<sup>67</sup>.

The 'Heritage and Society' programme has a total budget of €20 million in 2018. €10.5 million of the budget is used to support projects for social innovation and social and environmental responsibility through sport, thereby promoting research, scientific innovation and the development of materials necessary for the practice and performance of people with disabilities<sup>68</sup>. Furthermore, €5 million is used to construct open access to sports equipment. Finally, €4.5 million are addressed for local action purposes whereby €3 million is mobilised for the Sports Day announced by the Minister Laura Flessel, and €1.5 million is addressed for the campaign "I learn to swim".

This case study focuses on 'Comme les autres',<sup>69</sup> which is partially funded by CNDS. CLA's annual budget is €0.8m. CLA is also supported by funding from a series of private sector partners such as *Fondation EDS*, *Le Groupe Accord*, *La Fondation Française des Jeux*, etc. The Paris 2024 Heritage and Society programme will build on the principles and lessons underpinning the CLA project and similar projects.

In order for it to achieve the above aims, CLA offers support on different themes through three main activities. Firstly, CLA organises an 'Adventure Stay' for people with disabilities involving more extreme sports (such as bungee jumping and scuba diving). The objective of this activity is to demonstrate to the beneficiaries that they are still able to participate in more challenging sports, in order to build their self-esteem and their sense of autonomy. CLA also organises sporting activities in the local communities of the beneficiaries. Finally, the organisation proposes personalised support to the beneficiaries that need it, this support is realised by social assistant workers and provides psychological support.

## Outcomes and learning points

CLA's outcomes with regard to people with disabilities have been identified in the Comme Les Autres Impact Evaluation undertaken by Improve.<sup>70</sup> Since the creation of the association in 2011, more than 400 disabled and non-disabled people have gone on adventure-trips with Comme les Autres and about 40 beneficiaries have been or continue to be part of the 'personalised support' activity. However, CLA has also faced challenges. Axelle Modrin explains that the biggest challenge the organisation faces is the difficulty in identifying and finding the target audience.

The Impact Evaluation has identified the successes of CLA, these include:

<sup>67</sup> CNDS (2018) SPORT POUR TOUS, INNOVATION SOCIALE GRÂCE AU SPORT: le Centre national pour le développement du sport (CNDS) vous accompagne en 2018 dans vos projets. *Ministère des Sports*.

<sup>68</sup> CNDS (2018) Présentation et orientations des subventions du Plan Héritage & Société.

<sup>69</sup> Comme les autres. (2017) Mission.

<sup>70</sup> Bryan Hocq & Gabriel Bevierre (2017) *Rapport d'Evaluation d'Impact*. Improve: Paris.

- **Further access to sporting activities:** 34% of beneficiaries did not engage in any physical activity prior to engaging in the association. 71% of the 34% of the beneficiaries said that they have started engaging in regular physical activity. The biggest obstacle to starting sporting activities is the inaccessibility of structures or the lack of information about them.
- **Better health of the beneficiaries:** CLA beneficiaries are, on average, healthier than the average disabled population in France. In fact, 56% of disabled beneficiaries said that they are in a good or very good state of health, compared to 35% in the national average. Furthermore, only 9% said that they are in bad or very bad health, compared to 39% in the national average. In addition, 39% of beneficiaries said that their health has improved since they started participating in the programme.
- **Better mental wellbeing of beneficiaries:** the self-confidence of the 62% of beneficiaries, the daily energy of 58% of beneficiaries, and the feeling of living less in a situation of isolation for 65% of beneficiaries has improved.
- **Increased support for beneficiaries:** 57% of beneficiaries are fully supported for what concerns their health issues (mental and physical).
- **Further autonomy:** 44% of beneficiaries consider themselves to have become more autonomous as a result of their participation in CLA activities.
- **Moving forward:** thanks to the help and support of CLA, 35% of beneficiaries wanted to develop new professional or personal projects.

In the UK the English national sport participation agency Sport England delivers a number of national sport participation programmes with a strong disability component. The 'Core Markets' programme promotes activities to support those people who already play or have played sport regularly in the past to maintain or renew their interest and motivation to participate. This programme channels significant levels of funding through a number of disability sport national governing bodies. The national governing bodies British Wheelchair Basketball and British Wheelchair Rugby, for example, were both awarded funding in the region of £1.5m for the 2017-21 period in order to help the organisations support people who play wheelchair sports more regularly, either in structured competitions and leagues or more informally as part of a local club.<sup>71</sup> The national Tackling Inactivity programme which focuses on engaging inactive groups in sport and physical activity has a strong focus on disability groups (precise funding data is not available). According to the Sport England website, over a third of the projects funded through Sport England's £10m Helping the Active Stay Active When Life Changes fund are focused on activities for people with disabilities.

Sport England also provides funding support to the Activity Alliance which is one of the key organisations in the UK promoting sport opportunities for people with disabilities. Case study 2, below, focuses on the Activity Alliance's Get Out Get Active programme.

### Case study 2 –Get Out get Active

<b>Name of programme</b>	Get Out Get Active (GOGA)
<b>Lead organisation</b>	Activity Alliance
<b>Key focus/objectives</b>	Increase the number of people with disabilities who are able to access and enjoy local opportunities to take part in sport.
<b>Member State(s)</b>	UK (18 localities)
<b>Period</b>	2016 - 2019
<b>Programme funding</b>	£4.5 million

<sup>71</sup> Sport England press release

## Aims and approach

The English Federation of Disability Sport, now renamed Activity Alliance, is a national charity funded by Sport England, the English national agency for promoting sport participation. The main objective of the charity is to facilitate people with disabilities to lead active lives thanks to the support of a number of dedicated sport and disability organisations. Activity Alliance is the lead partner in the Get Out Get Active programme (GOGA) consortium.<sup>72</sup> The programme is being implemented within 18 localities across England, Scotland, Wales and Northern Ireland.

GOGA aims to support the very least active people in society (with or without disabilities) to get active for life. Specifically, the programme intends to:

- Reach 16,500 individual participants, at least 40% of whom will remain active;
- Deliver over 30,000 sessions through 550 different activities;
- Recruit, train and involve over 2,000 volunteers;
- Improve confidence and competence through 500 training sessions.

A 2014 report by Activity Alliance, “Talk to me”, outlines the ten key principles for improving accessibility for people with disabilities<sup>73</sup> which provide the guiding principles for the delivery of the programme, as follows:

- “Driving awareness - use the channels I already trust”: forming relationships with organisations in the disability sector
- “Driving awareness – stay local to me”: support activities in local areas
- “Engage the audience– don’t lead with my impairment or health condition”: use adequate marketing and communications
- “Engage the audience – talk to as many of my values as possible”: the research identifies six categories that the values of people with a disability can fall into, such as friendship and health etc.
- “Engage the audience – continue to fulfil my values in new ways”: change and adapt to the new values of disabled people
- “Offer support and reassurance- make me feel I can do it”: it is important to reassure the beneficiaries and tell them that sport and physical activity are in their capabilities
- “Offer support and reassurance- reassure me I’m going to fit in”: it is important to reassure the beneficiaries that they will not be discriminated against
- “Offer support and reassurance- make it easy for me to tell you my needs”: it is important to reassure the beneficiaries so that they understand that if they have a problem they can talk to staff about it
- “Offer support and reassurance- ensure my first experience is good”: ensure that staff is welcoming and helpful
- “Offer support and reassurance- encourage me via your existing advocates”: people that already take part in the programme are the best advocates to get more people on board, ensure that they participate

GOGA is funded by Spirit of 2012. Spirit of 2012 funds a wide range of projects across the UK which aim to render less active people active for life. Since its creation, the charity has funded £29.5 million to projects across the UK, trained and supported 36,000 volunteers, and has reached 2.9 million people. Spirit of 2012 has given £4.5 million award which funds the consortium led by the Activity Alliance and which delivers GOGA.<sup>74</sup> Spirit of 2012 “was set up to recreate the pride and positivity that defined the

<sup>72</sup> The other consortium members are: Disability Sport Wales, Scottish Disability Sport, Disability Sport N.I and Volunteering Matters.

<sup>73</sup> Activity Alliance (2014) Talk to me.

<sup>74</sup> <https://www.spiritof2012.org.uk/>

2012 London Olympic and Paralympic Games”.<sup>75</sup> Thus, Spirit of 2012 is a direct consequence of the legacy of the Olympic and Paralympic Games held in London in 2012 and its role was therefore crucial in helping to bring GOGA forward.

GOGA has a series of partners and stakeholders,<sup>76</sup> these partners exist at both the local and national delivery levels. According to the GOGA Programme Manager, the rationale for the partnership approach is that “one approach does not work with all programmes”. Local partners are able to engage with the local community, are able to identify low income areas to invest in and areas that perhaps do not have any other programmes such as GOGA. Whereas national partners have the expertise in engaging in particular target audiences. It was suggested in the interview that “all the partners have a series of expertise that they bring to the table to allow the programme to work locally and nationally and to land the best possible outcomes.”

### Outcomes and learning points

In order for GOGA to reach inactive people with long-term health conditions and disabilities, a key enabler for the programme is taking a very inclusive approach; in fact, the programme welcomes all types of inactive people, with and without disabilities. The Talk To Me principles summarise the key enablers in engaging people with disabilities. However, GOGA also faces challenges. One of its biggest challenges is the ability to reach the individuals who are least active and who are more isolated in the community. The GOGA Project Manager explains that the main challenge is identifying where these people are.

As mentioned above, GOGA activities are successful because they are inclusive and because they are implemented at the local level. In the city of Bradford, for example, activities are organised in three localities across the Bradford District, in Manningham, Holme Wood and Keighley. The activities consist of: “Women and Children’s Cycling”, “Family Fun Swim and Mixed Ability Swimming”, and “Friday Night Family Fitness”.<sup>77</sup> Most of the activities place the focus on “engaging people from BAME communities as well as women and girls”.<sup>78</sup> Similarly, in Stoke-On-Trent activities are also inclusive to all beneficiaries. In fact, examples of activities include: “Positive Move”, an activity which increases the number of chair based exercises within the local community, “Lead by Example”, a programme which encourages parents to be active in order to inspire their children to be active as well, and “Move the Myth”, a media campaign which aims to encourage clubs in the local community to be inclusive of people.<sup>79</sup> Thus, all the activities mentioned above (both in Bradford and in Stoke-On-Trent) include both people with disabilities and people without disabilities.

GOGA has captured a series of successful outcomes which are tracked in its annual report. The GOGA Programme Manager provided Ecorys with figures regarding the success of GOGA.<sup>80</sup> The programme has involved over 13,000 participants in 2,394

<sup>75</sup><https://www.spiritof2012.org.uk/theory-change>

<sup>76</sup> The GOGA Consortium partners are: Activity Alliance (formally EFDS) Disability Sport Wales, Scottish Disability Sport, Disability Sport N.I and Volunteering Matters. The National Delivery Partners are: Sporting Equals, Disability Rights UK, Women in Sport, StreetGames, Parkrun, England Athletics, Youth Sport Trust, Amateur Swimming Association, Age UK, and Play England. Finally, the English local partners are: Bradford Disability Sport and Leisure, City of Stoke on Trent, Greater Sport, Kent County Council, Kent Sport, Lincolnshire Sport, London Sport and Nottingham City Council

<sup>77</sup> GOGA. (2018) Bradford Disability Sport and Leisure. <http://www.getoutgetactive.co.uk/about-us/partners/9-bradford-disability-sport-and-leisure>

<sup>78</sup> [http://www.getoutgetactive.co.uk/assets/000/000/085/GOGA\\_Project\\_Brief\\_original.pdf](http://www.getoutgetactive.co.uk/assets/000/000/085/GOGA_Project_Brief_original.pdf)

<sup>79</sup> <http://www.getoutgetactive.co.uk/about-us/partners/14-stokeontrent-city-council>

<sup>80</sup> The GOGA yearly report has yet to be published for 2018. The data is sourced from the preliminary report and the interview.

activities. Furthermore, 60% of beneficiaries have become more active as a result of participating in GOGA and over two thirds of participants re-interviewed by GOGA said that they were still involved in in the programme six to nine months later. In addition, the programme has also successfully trained 1,300 people through 128 training activities and counts nearly 1,000 volunteers. The annual report also assesses the wellbeing measures with regards to life satisfaction and whether the participants believe their life to be worthwhile. The 2018 annual report finds that there has been a statistically significant increase in the wellbeing of the beneficiaries. Finally, GOGA also finds that, thanks to the programme, there is a statistically significant improvement in how people with disabilities are perceived within the local community. The information mentioned above is based on data from the following sources: surveys with participants, volunteers and peer mentors, stakeholder and partner interviews, monitoring and registration data, quarterly project reports, and Spirit of 2012 data.

GOGA brings different partners together and cultivates many opportunities to share good practice; for instance, every three weeks GOGA partners update each other through an international network. Thus, this partnership allows for an exchange of ideas which would not have been possible if there were to be a single sole partner leading on the initiative.

The Dutch government funds specific programmes directly targeting people with disabilities in order to increase their participation in sport and physical activities. The Dutch Active without Boundaries programme (2015-2018), implemented at the national level aims to create better sport facilities and making the sport offer available and accessible for all people with disabilities. Active without Boundaries is supported by €6.6m from the Dutch Ministry of Health, Welfare and Sports over the three-year period (see case study 7 below). Moreover, the Sports Transports Regulation (2010-2018) provides financial reimbursement for transport expenses to people affected by severe physical disabilities participating in team sports affiliated with one of the nationally recognised federations. Finally, the Research Programme Sport (2013-2016) and the Sport Innovation Program (2015-2020) are aimed at strengthening the scientific research in the field of disability sports and to improve the transfer from science to sport practice and educational programs.

In Germany general sport participation programmes with a strong disability component are taken forward at the regional level. It has not been possible to cover all German regions in the mapping review however consideration of a small selection of regions indicates that substantial funding is available for disability projects regionally. While precise amounts are not available, the Lower Saxony Sports Promotion programme which has an overall annual budget of €31.5m, for example, includes a specific action plan focused on promoting sport participation for people with disabilities.

Case study 3, below, shows how sport opportunities are being addressed through the Action Plan to ensure that implementation of the UN Convention on the rights of persons with disabilities (CRPD) in Germany.

### Case study 3 – Sport Measures of the National Action Plan to Implement the UN Convention on the Rights of Persons with Disabilities

<b>Name of project</b>	National Action Plan to Implement the UN Convention on the Rights of Persons with Disabilities
<b>Lead organisation</b>	Federal ministry of Labour and Social Affairs (a Focal Point); the responsibilities are divided among various federal ministries. Federal government Commissioner for persons with disabilities has a

	coordination role with a civil society and public relations.
<b>Key focus/objectives</b>	The Action Plan includes a set of measures to support a development of equal participation in political, social, economic and cultural life for persons with disabilities. The Action Plan includes 5-8 sport related measures focusing on a barrier-free sport facilities, increased access and participation in both professional and recreational sports.
<b>Member State(s)</b>	Germany
<b>Period</b>	2011 – 2021 (2011 – 2015 NAP 1.0) (2016 – 2021 NAP 2.0)
<b>Programme funding</b>	
<b>Aims and approach</b>	
<p>Germany was one of the first countries to sign and ratify the UN Convention on the rights of persons with disabilities (CRPD)<sup>81</sup> in 2009. In 2011 the Federal Government of Germany drafted an Action Plan to ensure that implementation of UN Convention<sup>82</sup>. Since 2016 a second version of the national Action Plan has been adopted based on the recommendations and independent evaluation conducted.</p> <p>A national Action Plan is based on the cross-ministerial involvement where 40% of measures fall under the Labour and Social Affairs Ministry.<sup>83</sup> Federal government Commissioner for persons with disabilities is responsible for the coordination with a civil society and public relations. Since 2017 the regional action plans have been in force in all 16 Federal states. The German Institute for Human Rights has been mandated to monitor the progress of the implementation.</p> <p>The UN Convention on the Rights of Persons with Disabilities (CRPD) promotes inclusive sport and equal access in sport for persons with disabilities. The first Action Plan included five sport related measures for persons with disabilities:</p> <ul style="list-style-type: none"> <li>• Support to Federal Youth Games for pupils with disabilities. The ‘Federal Youth Games’ was expanded to include a programme for school children with disabilities. Since 2009/2010, all pupils in general education in Germany have been able to participate in the national youth games.</li> <li>• Promotion of the participation of disabled people in rehabilitation and recreational sport activities;</li> <li>• Continue the support to sport associations for persons with disabilities, emphasising training of the personnel, improving the sport facilities and access to both professional and recreational sport activities;</li> <li>• Support the German athletes in national and international sport events such as Paralympics.</li> </ul> <p>A current action plan (2016-2021) includes three more sport related measures: increasing the network structures in inclusive sport; developing more sport options for people with disabilities and introducing a role of an inclusion manager in recreational sports.<sup>84</sup> The latter aims to increase the long term participation of professional athletes in non-for-profit sport clubs where in 2 years they can develop inclusive sport programmes.</p>	

<sup>81</sup> United Nations (2006) United Nations Convention on the Rights of Persons with Disabilities.

<sup>82</sup> Bundesministerium für Arbeit und Soziales (n.d.) National Action Plan 2.0. As of 19 October 2018.

<sup>83</sup> Bundesministerium für Arbeit und Soziales (2016) Unser Weg in eine inklusive Gesellschaft. Nationaler Aktionsplan 2.0 der Bundesregierung zur UN-Behindertenrechtskonvention (UN-BRK)

<sup>84</sup> Bundesministerium für Arbeit und Soziales (n.d.) Handlungsfeld Kultur, Sport und Freizeit.

The funding allocations of the National Action Plan are ensured by the respective ministries that are assigned to specific measures. Federal Ministry of the Interior, Building and Community is responsible for the implementation of sport related measures in the National Action Plan.<sup>85</sup>

### Outcomes and learning points

In recent years the sport recommendations of the National Monitoring Mechanism for the UN Convention on the Rights of Persons with Disabilities are the following:

- Sport clubs should offer inclusive sport options. The available funding should be used to increase the use of sport facilities by persons with disabilities. They should also be included in the development of the inclusive sport options;
- Sport facilities should be made barrier-free, consulting persons with disabilities. Funding can be acquired from federal programmes and EU financial support;
- Public authorities should invest in awareness-raising campaigns to reduce fear of contact between people with and without disabilities. Athletes with disabilities should be encouraged to join sport clubs for all and not only sport activities for persons with disabilities.
- The next status report on the implementation of CRPD in Germany should explore more on the topic of inclusive sport activities by grassroots organisations.
- Data collection mechanisms need to be improved. There is a lack of participatory data and reasoning of people with and without disabilities. The participation survey commissioned by the Federal Ministry of Labour and Social Affairs could improve the data available to help developing the inclusive sport policy.<sup>86</sup>

Moreover, an independent evaluation has been completed in 2014<sup>87</sup> that reflected on the progress of the implementation of the National Action plan and provided the recommendations for the improvement. In the area of culture, sport and leisure it was concluded that more than 70% of agreed measures have been available to persons with disabilities with the focus on participation in sports among others. The conclusion of the evaluation were taken into consideration in the second version of the Action Plan which was adopted in 2016.

One of the measures of the Action Plan is a continuous support to sport associations for persons with disabilities. Since 2007 National Paralympic Committee Germany (DBS), German Deaf Sport Federation (DGS), the German Blind chess federation (DBSB) and Special Olympics Germany have continuously received financial support from the German government.<sup>88</sup>

Based on the interim report of the implementation of the National Action plan there is a positive progress while implementing sport-related measures. It was reported that people with disabilities have more opportunities to participate in federal and international level events such as 'Federal games for youth' or 'Paralympics'. In 2009, the German Disabled Sports Association (DBS) and the German Disabled Sports Youth (DBSJ) have developed a programme in close cooperation with the Committee of the Federal Youth Games and the KMK Sport Commission to ensure the inclusion of pupils with disabilities in the Federal Youth Games for general education schools. The

<sup>85</sup> Bundesministerium für Arbeit und Soziales (n.d.) National Action Plan 2.0.

<sup>86</sup> National CRPD Monitoring Mechanism (2017) Inklusion durch Sport. As of: 22 October 2018.

<sup>87</sup> Prognos (2014) Evaluation des Nationalen Aktionsplans der Bundesregierung zur Umsetzung der UN-Behindertenrechtskonvention.

<sup>88</sup> Bundesministerium des Innern, für Bau und Heimat (2017). Zuwendungen des Bundes aus Kapitel 0601 Titel 684 21 und Titel 684 23 zur Förderung des Leistungssports der Menschen mit Behinderungen 2007 – 2017.

programme is based on the manual of the Federal Youth Games that helps to integrate pupils with disabilities.<sup>89</sup>

According to the interim report the importance of a better dissemination of information and social inclusion was ensured. The latter has been addressed through the creation of the 'Inclusion map' ('Inklusionslandkarte'). The 'Inclusion map' is an interactive online platform where various key stakeholders such as institutions, disability organisations, associations and professionals can register. A number of inclusive projects and sport activities can be listed that can be evaluated based on their inclusion level. The platform is particularly useful for media representatives and experts to share and find information about various projects and inclusion experts.

In Italy, our review found that the main programmes targeting sport and disability are implemented at the regional and local levels. Many of these programmes are funded by the Ministry of Sport and by private foundations or NGOs, which also provide organisational support to the different regional branches of the Italian Paralympic Committee (CIP). Since 2017, the Ministry of sport allocates €20 million per year to the CIP. For example the Emilia Romagna CIP in collaboration with Montecatone Hospital helps patients with rehabilitation, integration and relational activities. Patients are weekly engaged in nine disciplines, and twice per year the hospital organises trips to practice sport outdoors. The CIP runs an information office inside the hospital, with the aim of informing patients about how and where to continue the selected discipline at a professional and non-professional level once discharged from the hospital.

In Latvia sport participation activities for people with disabilities are organised by several municipalities rather than through nationally funded programmes. For example, in Jurmala city that hosts a rehabilitation centre<sup>90</sup> that cooperates with a local school, and the Social Integration State Agency. The rehabilitation centre has the sport fields adapted for sitting volleyball and wheelchair basketball. School organises competitions for children from the Jurmala and other cities. The rehabilitation centre is organising riding sports competitions for children from all over Latvia. The Social Integration State Agency organises a sport festival for people with special needs in wheelchairs that includes sports games and competitions. The Latvian Red Cross and Jurmala municipality offer training to people with disabilities. The municipality supports participation of people with disabilities in Paralympic games. The association "I see" in cooperation with Lithuanian Federation and Latvian partners organise events for youth with visual impairments 'Other Baltic'. This is a project that aims to promote active lifestyle among people with disabilities (this includes riding for youth with visual impairment).

In Romania the government works in partnership with private organisations at the regional level to support the organisations of sports competitions and other sport-related activities for children, young people and adults with disabilities.

In Spain, the decentralisation of government structures means that 'Autonomous Communities' develop specific policies and interventions with regard to sport and disability. For example in the case of the Community of Madrid, the Project "Sport and young people with disabilities" (Deporte y jóvenes con discapacidad) was launched in the municipality of Torreldones and ran for academic year 2016/17. It aimed at developing sport activities and forms of physical activities for disabled people in schools. The Judex-Judes programme (Juegos Extremenos del deporte especial – Extramadura games for special sports) was developed by the community of Extramadura and consisted in sport games for disabled people. The games run in various cities of the community (different cities for different

<sup>89</sup> Bundes Jugend Spiele (n.d.) Programm für Schüler/innen mit Behinderung.

<sup>90</sup> The rehabilitation centre is under the Ministry of Health in Latvia and does not receive the donations from the Ministry of Education and Science



sports) thus allowing to raise awareness on sports and disabilities in the whole territory of the Autonomy.

In Sweden government grants to support participation are administered by the Swedish Sports Confederation. The SSC channels funding for disability sport via the Swedish Sports Organisation for the Disabled (Parasport Federation). Parasport Sweden, is one of the 71 special spots organisations members of the Riksidrottsförbundet (Swedish Sports Confederation). The Swedish Parasport Association working together with the Swedish Paralympic Committee organises sport participation programmes for people with disabilities, visual impairment and mental retardation within 16 different sports. The association also leads the work of the Special Olympics. The Swedish Sports Confederation is responsible for the Lift for Sport programme. The programme is a funding mechanism for sports projects that are aimed towards young people. As a component of the programme, there are special grants aimed at reaching people with disabilities to promote their inclusion in sports activities (case study 4).

#### Case study 4 – Lift for Sport (Sweden)

<b>Name of project</b>	“Lift for Sport” [Idrottslyftet],
<b>Lead organisation</b>	Swedish Sports Confederation (Riksidrottsförbundet)
<b>Key focus/objectives</b>	The funding programme aims to get children to try out sports activities, as well as encouraging older youngsters to continue with sports. The goal for the period 2016-2019 is to develop sports associations so that children and young people between 7 and 25 years of age can choose to take part in activities and be stimulated into lifelong activity in the sports movement.
<b>Member State(s)</b>	Sweden
<b>Period</b>	2007 - ongoing
<b>Programme funding</b>	€1m (2018)

#### Aims and approach

Lift for Sport initially started as a four-year venture in 2007 to develop sports and youth activities in Sweden based on the parliament's decision to use the surplus from the *Svenska Spel*, a state-owned company operating in the regulated gambling market in Sweden. Since 2016, €58m are budgeted to the ‘Lift for Sport’ every year.<sup>91</sup> The umbrella organisation for disability sports in Sweden the ‘Swedish Parasports federation’ has received around €600,000 funding for different projects through the “Lift for sport” programme in 2018. Moreover, the Swedish sports confederation has a separate budget of €500,000 in 2018 where all kind of different sport clubs can apply to get better sport equipment for people with disabilities.

According to Sweden’s initial report on *the Convention on the Rights of Persons with Disabilities* ‘all child and youth sporting activities that receive state subsidies should be compatible with the UN Convention on the Rights of the Child’.<sup>92</sup> Despite there being no specific reference to children/youth with disabilities in the 2016-19 strategy, because of the strong inclusion component of the programme, Lift for Sport has nonetheless supported many regional sports associations to prioritise the inclusion of children with disabilities. For example, the equestrian society specifically report using the funds to provide children/youth with disabilities opportunities to ride, and the golf

<sup>91</sup> Riksidrottsförbundet (2018) Idrottslyftet.

<sup>92</sup> Ministry of Health and Social Affairs (2011). Sweden’s Initial Report under the Convention on the Rights of Persons with Disabilities. Bilaga 1 till protokoll 2011-01-31 § 19.

clubs also report prioritising the inclusion of children with disabilities at large.<sup>93</sup> A total of five districts in Sweden have introduced golf for people with disabilities and there are about ten courts for wheelchair users to play. Partially funded by Lift for Sport, a sixth golf course with six holes has been installed in Dalsjö Golf Club. Players can call and reserve in advance, even without a green card, and the court offers a supervisor to support players with disabilities around the court.<sup>94</sup>

### Outcomes and learning points

Within the Swedish Riding Club Association Clubs, Lift for Sport has also supported comprehensive activities for riders and coaches with disabilities. About 4,000 riders with disabilities currently take part in Swedish equestrian activities. The majority have a cognitive disability and often one or more additional handicaps. Equestrian sports also give about 1,500 people with disabilities, over 100 hearing impaired and many blind and visually impaired riders the opportunity for active leisure. Thousands of riders are offered riding training adapted based on their own conditions under the guidance of trained instructors. In Sweden, the equestrian activities for people with disabilities have two broad strands. One where you compete on your own horse and one with the opportunity to borrow a horse from the organizer. The competitions are divided into four degrees, depending on how much disability affects riding. The individual riding programmes are specially designed to suit different degrees of disability.<sup>95</sup> At local level, specific projects are also being developed prioritising disability. For example, Solna Klätterklubb, a local climbing club through the Lift for Sport programme, has been able to offer special activities for children and youth with disabilities. The project has reported great success in helping to boost children's self-confidence, social and leadership skills.

Another example is the Falu canoe club, who in cooperation with the Dalarnas Handicap Sports Association started a collaboration in 2013 to see how the Falu canoe club can offer kayaking and regular training for children, adolescents and adults with disabilities in Hosjöholmen. Hosjöholmen is a region with access to the water. The Sports Association of Dalarna, through the 'Lift for Sport' programme, supported the cooperation. Together, the working group mapped out what Falu canoe club could do to adapt its activities to ensure that the canoeing was compatible with a variety of disabilities.

The idea behind the project was to ensure that children, young people and adults with disabilities could be as independent as possible when they want to canoe in Hosjöholmen. With specially adapted kayaks and docks, the paddling has been made possible. Special handles for those who have difficulty grabbing the handle have been installed in the kayaks. For disabilities that cause trouble with balance and core strength, the club has installed special seats that will help. All staff has also undergone training so that everyone is equipped to help teach the youth with disabilities<sup>96</sup>. The club has since proceeded to offer regular training activities. One of the project's long-term goals is for people with disabilities who want to compete to have the opportunity to train regularly at the site, as flatwater racing is currently represented in the Paralympics.

The annual reports also highlights that it has been difficult to get the sports associations at regional and local level to report on their inclusion efforts of underrepresented groups in their Lift for Sport funded activities. The reports highlight that this does not necessarily mean that they are infrequent/non-existent, but that the inclusion aspect is

<sup>93</sup> Ett år med Idrottslyftet – Rapport om år 1, p.10

<sup>94</sup> Nu Kan Handikappade Golfa. <https://www.noscasi.se/Leader>

<sup>95</sup> Funktionsnedsättning: Ridning för dig med funktionsnedsättning, 2018.

<sup>96</sup> Paddling med funktionshinder - inga problem, 2017.

often overshadowed by the general activities in the reports by the associations.<sup>97</sup> As such, it appears difficult to attain an overview of how many programmes have been implemented for children/youth with disability overall and how successful the efforts have been in this regard.

## 5.4 Addressing barriers to participation: programme approaches

### *Information and advice services*

The mapping review revealed a number of examples of Member State governments funding contact points for support services relating to sport participation for people with disabilities. Such contacts are able to offer advice and guidance to organisations that are seeking to organise sports events and activities for disability sports.

- In the Belgium Flanders region, for example, each province has a designated contact point on all matters related to sports for people with a disability. They are the main contact point for organisations as well as individuals seeking information.
- The Tuscany Italian Paralympic Committee (CIP), with the financial support of the Tuscany Regional Authority, has opened information offices in centres frequented by people with disabilities, to inform them about opportunities to participate in sport activity at the local level.
- The Sport Ireland Sport Inclusion Disability programme has established a network of Sports Inclusion Disability Officers strategically positioned throughout Ireland who encourage people with disabilities to participate in sport and physical activities. Through the Local Sports Partnerships, and the Sports Inclusion Disability Officers, the project aims to encourage people with a disability to participate in sport and physical activity, within their community (see case study 5).

### Case study 5 – Sport Inclusion Disability Programme (Ireland)

<b>Name of project</b>	Sport Inclusion Disability Programme
<b>Lead organisation</b>	Sport Ireland
<b>Key focus/objectives</b>	Increase participation of people with disabilities in sport and physical activities
<b>Member State(s)</b>	Ireland
<b>Period</b>	2007-ongoing
<b>Programme funding</b>	€1m (2018-19 only)

#### **Aims and approach**

The Sports Inclusion Disability Programme (SIDP) was developed in 2007 by Sport Ireland, the authority tasked with the development of sport within Ireland. SIDP has four main objectives:

- providing participation opportunities for people with disability;
- establishing partnerships at the local level (community groups, schools, clubs, etc.);
- capacity building (training, advocacy and networking);
- increasing awareness on sport-disability related benefits and issues.

<sup>97</sup> Idrottslyftet, rapport ar 2: <http://www.svenskidrott.se/globalassets/svenskidrott/dokument/undersidor/barn--och-ungdomsidrott/idrottslyftet/rapporter/idrottslyftet-rapport-ar-2.pdf>

In order to achieve these objectives, implementation at the local level is facilitated by the establishment of a network of 19 Sports Inclusion Disability Officers (SIDOs) deployed in twenty-one of the twenty-nine Local Sports Partnerships (LSPs). The LSPs collaborate with Sport Ireland for the promotion of strategic partnerships with local and external stakeholders. The role of the SIDOs is to increase the sport participation by establishing new and sustainable opportunities, linking with local clubs/disability organisations, communicating with disability sports organisations, creating working partnerships with sport bodies to encourage the greater involvement of people with disabilities.

In the initial phase of the SIDP, the SIDOs were involved in designing and running the activities aimed at increasing sport participation of people with disability. After the initial programme implementation phase, SIDOs are now mainly involved in advocacy and networking activities, as the programme has successfully empowered community groups and local clubs in managing and running disability-specific activities and in overcoming initial organisational and capacity barriers.

Moreover, for the implementation of the SIDP, Sport Ireland also engages with Cara, a national organisation, to provide a coordination platform across the Local Sports Partnership network to increase sport and physical activity opportunities for people with disabilities. In particular, CARA, by directly liaising with the Local Sports Partnerships, “encourages a national vision while supporting local provision, and builds capacity through education and training programmes”<sup>98</sup>. In fact, due to its centralised expertise, CARA actively supports Sport Ireland in the planning, monitoring and reporting of the SIDP. In addition to this, CARA also offers networking events and training programmes.

In order to increase the participation of people with disabilities in sport and recreational activities, the SIDP also aims to facilitate the capacity building of disability sports organisations by providing training and education programmes and workshops (i.e. Disability Inclusion Training) and by raising awareness on Adapted Physical Activity opportunities. Among the different physical activities’ opportunities made available by the programme, the most successful participation rates have been registered in activities such as fitness, cycling, soccer, rugby, boccia, walking, yoga/Pilates and swimming. Moreover, the activities have generally a pan-disability approach, but activities targeting specific categories of disability have also been implemented (i.e. 39% of programmes target people with intellectual disability and 24% of programmes target people with physical disability).

The 2019-2020 budget for this programme is to be increased by €1 million, and it is mainly directed at increasing the number of SIDOs, in order to have at least an officer serving each Local Sports Partnership. This goal is part of the National Sports Policy 2018-2027<sup>99</sup>, which provides a meaningful and coherent policy context aimed at further developing the Sport Inclusion Disability Programme. The policy context is also supported by the Sport Ireland Policy on Participation in Sport by People with Disabilities<sup>100</sup>.

### Outcomes and learning points

The Sport Inclusion Disability Programme (SIDP) has proved to be highly effective in engaging people with disabilities. Programme monitoring data for 2016 shows that the programme supported 259 clubs and community groups, which are now offering sport and physical activity opportunities to people with disabilities. This allowed more than 10,000 people with disabilities to be engaged in sport activities in 2016 through the

<sup>98</sup> Sport Ireland (2017) Policy on participation in sport by people with disabilities.

<sup>99</sup> National Sports Policy 2018-2027

<sup>100</sup> Sport Ireland (2017) Policy on participation in sport by people with disabilities.

development of 458 sport programmes within the Sport Inclusion Disability Programme context. Finally, 129 training and education courses were offered in 2016, and these were attended by almost 2500 people from sport clubs and associations.

The different Local Sports Partnership offices, in collaboration with the SIDOs, choose and design the sport activities and programmes aimed at the inclusion of people with disabilities. As an example, the Donegal Local Sports Partnership has promoted different types of activities aimed at promoting both social inclusion and participation in sport activities. Among others, the Errigal Eagles Tag Rugby Programme focuses on the social inclusion of people with intellectual disability through the participation in sporting activities with a professional rugby team, the Errigal Eagles. In this way, it has been possible to overcome social and environmental barriers, through their participation in half-time games during official matches, but also through their participation in regional rugby games<sup>101</sup>.

From a general perspective, it is possible to argue that the programme provided different positive outcomes, in terms of programming, training and education, partnerships developed, networking opportunities, promotion and disability awareness raising. In this regard, it is possible to mention at least three main factors that contributed to the success of the programme and provided a substantial added value:

- Human resources: in order to engage people with disabilities in sporting activities it is highly important to focus on the expertise of different actors. In this sense, the SIDOs became central in their role, due to their motivation and willingness to reach all the people with disability of a given local community;
- Infrastructure: the quality of the human resources engaged in the implementation of this Programme is strictly related to the working and operational structure of the SIDP. In this sense, the deployment of SIDOs in Local Partnerships is instrumental to the success of the Programme, as these provide useful platforms to build capacity and create sport opportunities for all at local level;
- Centralised expertise and external support: the role and support provided by CARA at the central level is also quite important for the effectiveness and successfulness of the programme. Together with the policy role of Sport Ireland, the coordination role of CARA allowed the Local Partnerships to learn from each other and share good practices.

Although the Programme has proved to be highly successful in its first 10 years of implementation, the participation of people with disabilities in sport remains behind that of the general population.<sup>102</sup> It could be argued that there are mainly two outstanding challenges. The first one would be to make sure that all the sports became inclusive, while the second challenge is relating to the need of extending the number of SIDOs, in order to have at least a SIDO serving each of the 29 Local Partnerships. The latter is being addressed through the allocation of funds specifically directed at increasing the number of SIDOs. The first challenge is mostly linked with the development of a deeper culture of inclusion. The Programme aims to overcome this challenge by strengthening its institutional structure and by focusing on capacity-building and raising awareness activities in the sport-disability service provision sector.

As mentioned above, the SIDP is continuing and in the first 10 years of implementation it adapted and changed according to different needs and diverse policy contexts. In fact, it could be argued that the initial success of the project has certainly contributed to the changed role of the SIDOs, due to the increased independence and expertise

<sup>101</sup><http://www.actedonegal.com/wp-content/uploads/Donegal-Sports-Partnership-Operational-Report-2017.pdf>

<sup>102</sup> Sport Ireland (2017) SPEAK Report

[https://www.sportireland.ie/Media/Latest\\_News/SPEAK%202017.pdf](https://www.sportireland.ie/Media/Latest_News/SPEAK%202017.pdf)

developed among the local communities. Moreover, the programme is today continuing with a wider and stronger background and policy context, based on the implementation of general and targeted strategies.<sup>103</sup>

The mapping research has also shown other examples of how government funding supports dedicated professionals to provide advice and support to people with disabilities. In France, the Ministry for Sports, through the National Unit for Resources on Sport and Disabilities, funds the employment cost of dedicated disability sport professionals in disability sport federations. Since 2013, 150 people are employed in the French Disabled Sports Federation, the Federation for Adapted Sport and the French Paralympic Sport Committee on contracts with the French Government. A subsidy of €12,000 is provided by the Government for each job position provided.

A further way of improving the information and advice on opportunities for people with disabilities is through online provision. In France, the Ministry for Sports, through the National Unit for Resources on Sport and Disabilities publishes an online guide listing all sports clubs providing facilities and/or activities to disabled people.

### *Subsidies and grants*

The mapping review highlights a number of examples of small grant programmes targeted at sport clubs and associations who are looking to develop their offer to people with disabilities.

- Administration de l'Éducation Physique et des Sports (ADEPs) in Belgium supports subsidies and funding of equipment for disabled and adapted sports. Sports clubs and public administrations can request subsidies to buy new equipment for the practice of disabled or adapted sports up to 90% of the price per piece of equipment.
- Sport Flanders (Belgium) manages a programme whereby organisations can apply for subsidies to meet a number of needs for people with disabilities: organising domestic and international sports events, starting up a new sports activity aimed at the inclusion of people with a disability, developing an existing sports facility or activity.
- In the Netherlands 'sport impulse', a general sport participation programme led by the Ministry of Health, Welfare and Sports provides grant funding to sports clubs, fitness centres and other sports providers to set up local physical activity projects for inactive or low-participation sub-groups which includes people with disabilities. According to the programme documentation, there is a strong focus through the grants programme in making sports accessible to people with physical and mental health disabilities however it was not possible to identify more details on types of activities supported.

### *Support for specific activities and events*

The review highlighted numerous examples of government programme support for activities that aim to provide an introduction to new sports that allow for participation in a fun and safe environment. Such activities also provide disabled people with the opportunity to develop core fundamental skills in sports. This allows them to develop overall sporting competencies, rather than sport specific skills.

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<sup>103</sup> Among others:

- National Disability Inclusion Strategy (2017-2021);
- Sport Ireland Policy on Participation in Sport by People with Disabilities (2017);
- National Disability Inclusion Charter (to be launched at the end of 2018).

- Sport Ireland supports the Sport and Recreation Partnership in Ireland to deliver Games for All Programmes for people with disabilities. The Surf4all programme facilitates three, one-hour long sessions a day, over one week for children with autism. The programme allows children ranging from 7-17 who have been diagnosed with autism to access surfing in a fun, safe and positive environment that they would not normally be able to access. Feedback from participants has found that the children find water soothing and therapeutic and the structure of the programme suits their needs. Previous participants have progressed to taking mainstream surf lessons and others surf on a regular basis as a result of this programme.
- Programmes in Wallonia-Brussels are organised through the Administration of Physical Education and Sports (Administration de l'Education Physique et des Sports – ADEPS). Sport camps of at least three days dedicated to people with disabilities are entitled to subsidies depending on the number of specialised staff and the number of disabled attendees. ADEPS is also organising a series of sport camps for disabled people in partnership with the Francophone Disabled Sport League.
- The Oscar Romero Institute with funding from Piemonte branch of the Italian Paralympic Committee (CIP) promotes a series of sporting activities that engage both disabled and able-bodied students from the Oscar Romero Institute, with the aim of increasing participation of disabled youth in sporting activities and promoting integration between them. The activities include tennis, swimming, sailing, kayak, skiing, curling and gym, and they are accompanied by seminars focused on paralympic sports and on the importance of choosing disciplines appropriate to the specific disability. The school is responsible for engaging students, teachers, specialists who design personalised programmes, and families in the project.
- The Rezekne municipality in Latvia is organising games for people with special needs (physical and mental disabilities). The event had 270 participants from 12 cities. There are regional sport games for people with disability (Vidzeme region). These are organised by an NGO. The games attracted a total of 110 participants.<sup>104</sup>

Case study 6, below demonstrates the role of free camps in promoting sport activities. The initiative, based in Romania, is aimed at providing free leisure activities (camps) to pre-school children, pupils and students with disabilities.

### Case study 6 – Free Camps for Children and Young People with Disabilities (Romania)

<b>Name of project</b>	Free Camps for Young People with Disabilities
<b>Lead organisation</b>	Ministry for Youth and Sport
<b>Key focus/objectives</b>	Supporting children and youth with disabilities to take part in tailored recreational activities (including sports activities) together with their personal or professional carers, depending on their needs and preferences
<b>Member State(s)</b>	Romania
<b>Period</b>	Ongoing
<b>Programme funding</b>	Public budget (Ministry of Youth and Sport)
<b>Aims and approach</b>	
The initiative is aimed at providing free leisure activities (camps) to pre-school children, pupils and students with disabilities. The activities are organised by the Ministry of Youth	

<sup>104</sup> <http://www.tavanakotne.eu/?id=232&fid=195>

and Sport, more specifically by the Regional Agencies for Youth and Sport, in different regions in Romania.

The Ministry is the central government institution that designs and implements – together with regional agencies – Romania’s strategies and policies in the area of youth and sport. One relevant example is the national strategy “A society without barriers for people with disabilities 2016-2020”<sup>105</sup>, which builds on the previous strategy (2006-2013) and aims at ensuring access and participation of people with disabilities in non-formal educational programmes and contexts, as well as cultural, leisure and sport activities that are adequate for their interests and adapted to their condition.

Another recent strategy that is relevant for the social inclusion of young people through sport activities is the “National Strategy on Youth Policy 2015-2020”<sup>106</sup>, which aims at facilitating the social inclusion of disadvantaged or vulnerable groups (e.g. young people with disabilities, from deprived socio-economic backgrounds, from the Roma community, those who are discriminated against on other grounds, etc.). One of the key actions included in the strategy are activities aimed at facilitating the access of young people to sport-related activities that are subsidised by public funds (e.g. those that are organised in youth centres and other student establishments).

The leisure activities that are presented in this case study have been implemented before the adoption of these strategies, however. Together with other similar types of activities<sup>107</sup>, they represent an established measure funded by the different Government departments and which are aimed at contributing to the social inclusion of children and young people from disadvantaged or vulnerable groups.

The free leisure activities (camps) offered to pre-school children, pupils and students with disabilities are organised by the Ministry of Youth and Sport, more specifically by the Regional Agencies for Youth and Sport. They are aimed at supporting young people with different types of disability, including those with severe disabilities (Level I), significant disabilities (Level II) and moderate disabilities (Level III).

The selected participants’ personal or professional carers join them and provide support whenever needed. They have a significant role, as they are responsible for deciding which activities are most suitable and in line with the participants’ circumstance, hobbies, and preferences. These activities can include sport-related activities, such as aerobics, football, volleyball, fitness, handball, tennis, mini golf and table tennis. However, since the leisure activities are tailored to the needs and preferences of the participants, sports activities may not always be included.

The leisure activities are organised at the seaside or in the mountains in Romania, in leisure centres that are owned by the Ministry of Youth and Sport. These centres may include sport facilities (e.g. sport halls, training grounds, or football courts). In cases where the demand exceeds supply in certain regions, the Regional Agencies for Youth and Sport can share access to leisure facilities, to allow those who apply to participate, regardless of whether this is in their own area of residence or somewhere else.

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<sup>105</sup> Government Decision No. 655/2016 on the National Strategy “A society without barriers for people with disabilities 2016-2020” and the Operational Plan for the Implementation of the Strategy, published in the Official Monitor No. 73 on 22 September 2016. Available at <http://www.mmuncii.ro/j33/images/Documente/Legislatie/HG655-2016.pdf> and <http://legislatie.just.ro/Public/DetaliuDocumentAfis/184896>.

<sup>106</sup> <http://mts.ro/wp-content/uploads/2015/01/Strategia-tineret-ianuarie-2015.pdf>.

<sup>107</sup> For example leisure activities aimed at supporting pupils that belong to the different recognised national minorities in Romania (funded by the Department for Interethnic Relations for many years) and leisure activities that support pupils from families with a low income (funded by the Regional Agencies for Youth and Sport).



In 2018, it is estimated that approximately 3,100 places are available throughout the country for young people with disabilities. The public budget that is available in 2018 for the organisation of these leisure activities is nearly EUR 280,000. This programme has been implemented for more than 5 years in Romania and the budget as well as the number of available places have increased throughout this period. In 2016, for example, the public budget allocated to the camps was approximately EUR 127,000 and 1425 children and young people participated.

### Outcomes and learning points

The programme is not evaluated and as such, evidence of outcomes or impact is not available. However, as previously emphasised, this programme has been implemented for several years and there continues to be a high demand for this type of activities, particularly from young people who face material constraints and could otherwise not afford to spend 5-10 days in a leisure centre. The sustainability of the programme provides indirect evidence of its continuing impact and contribution to the participants' health and wellbeing.

### *Young people and schools*

The mapping review has highlighted a number of initiatives that seek to engage young people through building links with local schools:

- In Ireland, the National Adapted Physical Activity Centre (CARA) in conjunction with the Department of Justice and Equality and the Irish Rugby Football Union supports the the 'Xcessible Inclusive Youth Sport' Initiative which allows children with an intellectual disability the opportunity to participate in tag rugby at a local level through developing school – club links. The project aims facilitate links between National Governing Bodies of Sport, Local Sports partnerships and Disability Organisations in order to make it easier for children with disabilities to access physical activities and sport. It is hoped that the investment in time from CARA will enhance the Irish RFUs valus on inclusivity as well as providing opportunities and awareness of inclusion in the sport at a local level.
- Italian Sport Centre (CSI) is a non-profit association that promotes sporting activity at the national level, and has several branches active at the local level. It is currently implementing the project in collaboration with the Sport Medicine Service of Local Health Authority (USL) of Modena in 13 secondary schools of Modena and is looking for funding to extend it to other schools. The project has the specific aims of promoting participation of disabled people in sporting activities, as well as increasing their autonomy, self-esteem, and social integration. Professionals evaluate the specific conditions of disabled students, in order to identify the most suitable activities. Each school involved in the project runs different activities, depending on the specificities of the target group. Both disabled and able-bodied students participate in the activities, which are monitored in order to register any improvement in terms of physical and psychological conditions, as well as integration. Disabled students are then provided with information on how and where to practise the selected activity in the local area.
- The Donegal Local Sports Partnership (LSP) office in Ireland has developed a range of programmes aimed at increasing the participation of people with disabilities in sport activities directly within schools. This synergy between LSPs and other institutional actors has been possible through the development of specific action plans aimed at providing opportunities to influence a lifelong appreciation of sport and physical activity by designing ad hoc initiatives within the schools. In particular, the Special Schools Sporthall Athletics programme has opened up possibilities for 50 children to attend athletics sessions and being involved in further athletics activities within local sport

clubs. This programme adds significant value, as it not only integrates children with disabilities within schools, but it also provides them with important opportunities to further develop their sport-related skills in sporting environments, thus making them aware of the available opportunities and overcoming social and environmental barriers.

#### *Developing new local and regional systems to support participation*

The Dutch example below (case study 6) shows how it is important to develop structures that connect people with disabilities with the facilities and activities on offer in a local area. Underpinning this approach is the need to develop new support systems for disability sport through stimulating inter-sectoral collaboration and regional partnerships between institutional, NGOs and educational stakeholders.

#### **Case study 7 – Active without Boundaries (The Netherlands)**

<b>Name of programme</b>	Active without boundaries (Grenzeloos Actief)
<b>Lead organisation</b>	Ministry of Health, Welfare and Sports
<b>Key focus/objectives</b>	To create better sports and exercise facilities in the community and make sports and physical activity available and accessible for all people with disabilities.
<b>Member State(s)</b>	Netherlands
<b>Period</b>	2015-2018
<b>Programme funding</b>	€6.6 million from the Dutch Ministry of Health, Welfare and Sports

#### **Aims and approach**

“Active without boundaries” (Grenzeloos Actief) was launched by the Dutch Ministry of Health, Welfare and Sports in collaboration with a number of partners<sup>108</sup> on 1 July 2015. The main goal of the programme is to create a national structure and appropriate sport and mobility offerings in order to allow every disabled person in the Netherlands the opportunity to take part in sport and exercise. Specifically, it aims to create better sports and exercise facilities in the community and make sports and physical activity available and accessible for all people with disabilities by matching supply and demand.

The Ministry acknowledges that encouraging people with a disability to participate in sport is a local and regional responsibility, but encourages and supports the connection between municipalities and other local parties. The programme therefore stimulates inter-sectoral collaboration by setting up regional partnerships on sport and disability through which different organisations, such as primary healthcare providers, rehabilitation centres, schools, sport and physical activity providers and local government agencies, work together. Cooperation between local and regional authorities is a central aspect of the programme.

The programme focuses on providing personal support, such as coaches and trainers, and the removal of constraints such as transport, participation costs and sports supply in regional areas. It provides advice and guidance to the local partnerships on how to increase participation.

<sup>108</sup> The Dutch Olympic Committee\* Dutch Sports Federation (NOC\*NSF), MEE Nederland, which is an inclusivity cooperative; the Sport and Municipalities Association (Vereniging Sport en Gemeenten); the Netherlands National Institute for Public Health and the Environment (RIVM); Sportkracht 12, the umbrella body for 12 provincial sports organisations; and the Knowledge Centre for Sport (Kenniscentrum Sport).

The programme is based on four key pillars:

- The establishment of a national umbrella structure of 43 regional partnerships;
- Better knowledge support for municipalities, partnerships and sports mobility providers via provision of information;
- A focus, within the related *Sports and Exercise in the Neighbourhood* programme (<https://www.sportindebuurt.nl/>), on people with disabilities. This was found to be a very effective element, as the *Sports and Exercise in the Neighbourhood* programme uses coaches that are very embedded in the community, and so this was used as a model for focusing on people with disabilities. The related *Sport Impulse* programme (<https://www.sportimpuls.nl/>) was also used, alongside local sports coaches. These two projects were already running, with good financing, but were not really specifically benefiting people with disabilities. Sport Impulse had so much funding that it tended to be driven by providers wanting to set up projects and not by those wanting to actually play sports; and
- Improving the sports and physical activity offer, by focusing on management and technical expertise at 430 locations within the 43 regional joint ventures. This was hard to set up in the beginning, but now this is going well and the target of 430 has been exceeded.

Based on the findings of a study by the National Institute for Public Health and the Environment,<sup>109</sup> the rationale for this programme is that certain groups of people in the Netherlands, including those with disabilities can be encouraged to exercise more through encouragement and support from their direct social surroundings (friends, family and carers), a good trainer, by offering tailor-made physical activities, and awareness of these activities among the target group.

A key challenge was to bring people with disabilities who wanted to be active to the providers – i.e. to match supply and demand for sport and exercise among disabled people. The thinking from those involved was that there needed to be a type of structure in place that would match the people with the programmes that were on offer. This was carried out in a few locations and the realisation quickly grew that if a network was created, suppliers and people wanting play sport would be able to find each other and participation would grow.

### Outcomes and learning points

Based on available data, a good example of an effective regional partnership is Unique Sports, which operates in the Arnhem and Nijmegen region. The partnership, which is based on close working between parties such as local authorities, care and education bodies in the area, has resulted in a 10% increase in sport participation amongst people with disabilities living in the region. The project focuses on the exchange of facts and figures and examples of good practice, in order to provide more insight into the needs and obstacles of people with specific limitations. The programme focuses on the following areas:

- facts and figures about the target group of people with a disability;
- insight into the existing offer for different limitations;
- overview of products and services, such as training courses, examples of good practice, and training methods;
- insights into the accessibility issues of specific target groups.

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<sup>109</sup>Belemmeringen en drijfveren voor sport en bewegen bij ondervertegenwoordigde groepen, 2016

There are a range of factors that have contributed to the success of this project:

The first is flexibility of design: *"We believe that it is important to have a basic structure that is flexible. We know what needs to be done, but we never say that we have a blueprint. In this way, we can be flexible – solutions are tailored to the needs of each region. We know what we want to create, but regions are left to do this in their own way"*. Rita van Diel, Programme Manager, NOC\*NSF.

The second is communication. Producing factsheets and telling the stories of individuals involved in the project has proved to be a vital part of its success. The partners running this programme have carried out a lot of workshops at which the project has been explained, and have tried to tailor these workshops to the local communities.

As there is not a great deal of funding available, actions and initiatives are based on people's creativity, enthusiasm and overall motivation, rather than a need to secure funding. People in the community know that they need to do something, but that it is also complicated and so they are keen on working together. *"It's not done by the money, but the energy of the programme. The programme brings people together to do things. It's not rocket science – it could be done in other countries too. It's about bringing what's already there together and realising what resources are there"*. Programme Manager, NOC\*NSF.

## 6.0 Key conclusions and lessons

This section summarises the main findings from all of the research tasks and key lessons to take forward.

### *Findings from the literature review*

A rapid review of the literature has highlighted three separate categories of benefits of sport participation for people with disabilities: personal health (mental and physical wellbeing), individual development (cognitive benefits, for example increased self-confidence, etc.), social/environmental (for example social integration).

Barriers to participation in physical activities are generally classified in terms of three distinct levels: individual, social and environment. Individual barriers relate to functional limitations of the disability or to psychological and physical aspects. Social barriers mainly refer to the lack of professional preparation among community sport and physical activity personnel in communicating and adapting physical activities to the needs of people with disabilities. Environmental barriers generally refer to the availability of facilities that are conveniently located and generally the opportunities available for people with disabilities to shift from mere physical activities to competitive sports.

The review has also highlighted specific participation facilitators that can be used to overcome barriers to participation. These include: raising awareness and improving the communication on sport opportunities for people with disabilities; the role of elite sport development in encouraging wider participation in particular sports and the creation of accessible and adapted facilities that meet the specific needs of people with disabilities.

### *Data at the Member State level*

The country reviews have revealed a strong variation in data available relating to sport participation for people with disabilities which means that it is difficult to make consistent comparisons across countries in terms of the rate of participation. There is scope to develop more consistent approaches to data collection across the EU with reference to good practice approaches to data collection highlighted in this report where data is collected for different levels of active behaviour across different types of disability.

### *Member state programmes*

The desk-based review to identify relevant programmes incorporated a rapid review of relevant websites including national sport ministries, national sport agencies and relevant NGOs. The searches have also covered selected regional authorities. Examination of the above sources was supported by rapid web searches in various European languages focused on the various countries selected for review using relevant key word search terms to identify additional information. Over 70 relevant programmes were identified.

The country reviews have identified a range of different types of relevant programmes. The majority of the programmes target people with disability in general, however the results suggest that increasingly general sport participation programmes are developing a strong disability component. The mapping review also highlighted numerous programmes that target specific types of disability.

The programmes cover a range of different types of interventions, for example service and information provision, support for dedicated roles, grants for facilities and infrastructural development and support to develop new partnerships and structures.

The complex range of sources and varying governance and management structures across the member states, have made it difficult within the limits of this small-scale research to identify overall funding levels dedicated to sport participation for people with disabilities. The country reviews however suggest that across the EU there is a strong variation in levels of funding allocated to sport participation programmes.

### *Overcoming the barriers to participation: key lessons*

The mapping review of existing evidence and the detailed case study research have also highlighted a number of key lessons that should be relevant to the funding, design and implementation of programmes across the EU. Particular lessons highlighted through the case studies include:

- The role of dedicated professionals: in order to engage people with disabilities in sporting activities it is highly important to focus on the expertise of different actors and in particular to support the roles of dedicated experts who can become ‘champions’ (leaders) in promoting the importance of sport opportunities for people with disabilities. Such professionals may work in local municipalities, partnerships or mainstream sport federations.
- The importance of consulting with people with disabilities, their carers and disability organisations in designing activities that meet the specific needs of different disability groups.
- The importance of inclusive activities that encourage the integration of people with and without disabilities.
- The role of ‘advocates’ (i.e. those who have taken part and benefitted from the activities) in promoting the programmes to harder to reach groups.
- The development of new support systems for disability sport through stimulating inter-sectoral collaboration and regional/local partnerships between all of the relevant actors involved in working with people with disabilities such as charities, health services and educational establishments.
- The importance of different government levels working effectively particularly by allowing scope for local partnerships to identify specific needs working with specialist disability organisations and to develop tailored provision that utilises the assets of their local areas.
- The benefits of national level agencies facilitating links between national federations, local partnerships and disability organisations to develop new activities for people with disabilities.

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## Annex three: List of programmes from country reviews

The table provides information on Member State programmes with objectives to enhance participation in sport amongst people with disabilities. The methodology was based on a rapid review approach and therefore is not regarded as exhaustive.

Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
Belgium	Sport Flanders (Sport Vlaanderen)	Subsidies for sports activities for disabled people (Subsidies voor G-Sport)	Organisations can apply for subsidies for organising domestic and international sports events, starting up a new sports activity, developing an existing sports facility or activity, in order to expand the offer of sports opportunities for people with a disability, by easing the financial burden of sports providers.	No information	<a href="https://www.sport.vlaanderen/g-sport/hoe-kunnen-wij-helpen/contacteer-de-g-sport-consulent/">https://www.sport.vlaanderen/g-sport/hoe-kunnen-wij-helpen/contacteer-de-g-sport-consulent/</a>
Belgium	Sport Flanders (Sport Vlaanderen)	Lending scheme of sports materials (Uitleendiensten G-Sport materialen)	Sports providers can lend materials free-of-charge for any sporting events for individuals with a disability (in Gent and Brasschaat). By the end of 2019 they hope to provide G-sport materials in all provinces, in order to expand the offer of sports opportunities for people with a disability.	No information	<a href="https://www.sport.vlaanderen/g-sport/hoe-kunnen-wij-helpen/uitleendiensten-g-sportmateriaal/">https://www.sport.vlaanderen/g-sport/hoe-kunnen-wij-helpen/uitleendiensten-g-sportmateriaal/</a>
Belgium	Sport Flanders (Sport Vlaanderen)	Designated G-Sport consultants	In each province there is a designated consultant and reference person on all matters related to sports for individuals with a disability. They are the main contact point for organisations as well as individuals seeking information or coaching.	No information	<a href="https://www.sport.vlaanderen/g-sport/hoe-kunnen-wij-helpen/contacteer-de-g-sport-consulent/">https://www.sport.vlaanderen/g-sport/hoe-kunnen-wij-helpen/contacteer-de-g-sport-consulent/</a>
Belgium (Wallonia-Brussels)	ADEPS	Funding of equipment for disabled and adapted sports	Sports clubs and public administrations can request subsidies to buy new equipment for the practice of disabled or adapted sports up to 90% of the price per piece of equipment. Thus, avoiding financial barriers to the practice of adapted or disabled sports	No information	-
Belgium (Wallonia-Brussels)	ADEPS	Funding of sport camps for people with disabilities	Sport camps of more than three days dedicated to disabled people are entitled to subsidies depending on the number of specialised staff and the number of disabled attendees. ADEPS is also organising a series of sport camps for disabled people in partnership with the Francophone Disabled Sport League.	No information	-



Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
Belgium (Wallonia-Brussels)	ADEPS	Funding of sports club for disabled people	Subsidies to sports club for disabled people, thus avoiding financial barriers to the practice of adapted or disabled sports.	€130K annually	-
Belgium (Wallonia-Brussels)	Essor	"Osons le sport avec l'Essor" - Briefings on disabled sports by the Sport Federation of Invalids and Disabled People	Briefings on disabled sports by the Sport Federation of Disabled People in order to raise awareness on the issue.	No information	-
France	National Centre for Development of Sports (CNDS)	Inheritance and Society – Sports and Disabilities (Plan Heritage et Societe, Volet Innovation sociale et RSE par le sport, Activites physiques et sportives et Handicap)	This programme aims at developing the future inheritance of the 2024 Olympic and Paralympic Games. The project is twofold: first, ensuring that disabled people have access to the equipment they need, and second, ensure that this equipment is financially accessible by sports clubs.	€20m	<a href="http://www.cnds.sports.gouv.fr/IMG/pdf/phs_aap_sport_et_handicap_2018.pdf">http://www.cnds.sports.gouv.fr/IMG/pdf/phs_aap_sport_et_handicap_2018.pdf</a>
France	National Centre for Development of Sports (CNDS)	Audio-visual support	Funding to develop audio visualisation of non-major sports and disabled sports, with the aim to raise awareness and increase sport participation for people with disabilities.	€130,000 for the disabled sports	-
France	Ministry for Sports, through the National Unit for Resources on Sport and Disabilities	Emplois Sportifs Qualifies (ESQ)	Funding of employment cost of disabled sports professional in dedicated sport federations. The main objective is to encourage developments of disabled sports and to have referees in federations.	€12,000 per job position filled	-
France	Ministry for Sports, through the		An online guide listing all sports club providing facilities and/or activities to disabled people.	No information	-

Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
	National Unit for Resources on Sport and Disabilities	Guide to disabled sports			
Germany	Federal ministry of Labour and Social Affairs	National Action Plan to Implement the UN Convention on the Rights of Persons with Disabilities	Through this National Action Plan, the Federal Government organises debates and activities aimed at raising awareness and advocating opportunities for people with disabilities.	Research funds are being made available for this. Amount of more than €20m continued for the period 2010-2013 in the area of sport	<a href="https://www.bmas.de/DE/Service/Medien/PublikationeNo information740-aktionsplan-bundesregierung.html:(short version of the action plan in English available here https://www.bmas.de/SharedDocs/Downloads/DE/PDF-PublikationeNo information740-short-en.pdf?__blob=publicationFile&amp;v=3)">https://www.bmas.de/DE/Service/Medien/PublikationeNo information740-aktionsplan-bundesregierung.html:(short version of the action plan in English available here https://www.bmas.de/SharedDocs/Downloads/DE/PDF-PublikationeNo information740-short-en.pdf?__blob=publicationFile&amp;v=3)</a>
Germany	Lower Saxony Land	Lower Saxony Sports Promotion Act	Regional programme aimed at promoting sport participation for all. Through this programme, funding will be allocated to the training of coaches, to improve the accessibility of facilities and providing more sporting opportunities for people with disabilities.	The current funding is valid until 31 December 2019. €31.5m annual budget	<a href="http://www.foerderdatenbank.de/Foerder-DB/Navigation/Foerderrecherche/suche.html?get=0fbc274b1926470883857da5078d675b;views=document&amp;doc=13692">http://www.foerderdatenbank.de/Foerder-DB/Navigation/Foerderrecherche/suche.html?get=0fbc274b1926470883857da5078d675b;views=document&amp;doc=13692</a>
Germany	National Paralympic Committee Germany (Deutschen Behindertensp	Projekt "MIA" - (More inclusion for all (Mehr Inklusion für Alle)	MIA stands for "More Inclusion for All" and is a new project by DBS on Inclusion in Sport. The programme aims to identify opportunities for participation and also barriers for people with disabilities.	€600,000 Euro (funded by Aktion Mensch Stiftung)	<a href="https://www.mehr-inklusion-fuer-alle.de/">https://www.mehr-inklusion-fuer-alle.de/</a>



Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
	ortverbands (DBS))				
Germany	The German Olympic Sports Confederation ('Deutscher Olympischer Sportbund', DOSB)	What is possible when diving ... VSG Darmstadt (WAS BEIM TAUCHEN ALLES MÖGLICH IST)	The VSG Darmstadt - Association for Sport and Health offers sports for people with and without disabilities in more than 20 groups. Disabled and non-disabled people practice sport together.	No information	<a href="https://inklusion.dosb.de/good-practice/was-beim-tauchen-alles-moeglich-ist/">https://inklusion.dosb.de/good-practice/was-beim-tauchen-alles-moeglich-ist/</a>
Germany	The German Olympic Sports Confederation ('Deutscher Olympischer Sportbund', DOSB) in cooperation with Panasonic Germany	Bewegung Leben! (Exercise Life!)	Promotion of club-oriented exercise and sport programmes in facilities for people with disabilities, such as: <ul style="list-style-type: none"> <li>- Exercise and gymnastics after music;</li> <li>- Exercise games in groups (football, hockey etc.);</li> <li>- non-competitive sport opportunities;</li> <li>- Integrated sport opportunities.</li> </ul>	No information	<a href="https://www.dbs-npc.de/tl_files/dateien/sportentwicklung/breitensport/Projekt_Panasonic_Abschlussbericht.pdf">https://www.dbs-npc.de/tl_files/dateien/sportentwicklung/breitensport/Projekt_Panasonic_Abschlussbericht.pdf</a>
Germany	Special Olympics Deutschland	Deutsche Fußball-Meisterschaft der Werkstätten; (Football championship for employed people with disabilities)	The aim of this programme is to promote active lifestyle and promote values such as fair play, tolerance and cohesion. Through sport, disabled people learn and train their social skills and take a significant step towards inclusion in society.	Four funding partners. The main funder - Sepp Herberger-Stiftung has already given more than 20 mln since its involvement (concrete numbers unknown)	<a href="https://specialolympics.de/veranstaltungen/projekte/deutsche-fussball-meisterschaft-der-werkstaetten/">https://specialolympics.de/veranstaltungen/projekte/deutsche-fussball-meisterschaft-der-werkstaetten/</a>

Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
Germany	Special Olympics Deutschland	Special Kids auf Schwimmkurs;	The programme provides instructors and teachers with the necessary know-how to ensure that children with intellectual disabilities learn to swim safely and playfully with fun, through a training period.	Funded by Sky Stiftung	<a href="https://specialolympics.de/veranstaltungen/projekte/special-kids-auf-schwimmkurs/">https://specialolympics.de/veranstaltungen/projekte/special-kids-auf-schwimmkurs/</a>
Germany	The Federal Government Commissioner for Matters relating to Persons with Disabilities	Inklusion Land Karte (Inclusive state map)	This network provides online information platform for the key stakeholders (representing people with disabilities) to share the information about various inclusive sport projects. It includes institutions, organizations, associations, projects and sports activities aimed at increasing social inclusion.	No information	<a href="https://www.inklusionlandkarte.de/IKL/Starseite/Startseite_node.html">https://www.inklusionlandkarte.de/IKL/Starseite/Startseite_node.html</a>
Germany	Special Olympics Deutschland (SOD) with Lift Apfelschorle	Gemeinsam läuft's besser	Project offers opportunities to exchange between people with and without disability, thus reducing social barriers and increasing interactions between people with and without disabilities.	€250.000 for 3 days, the long-term partner Coca-Cola provides €80,000 annually	<a href="https://specialolympics.de/veranstaltungen/projekte/gemeinsam-laeuft-s-besser/">https://specialolympics.de/veranstaltungen/projekte/gemeinsam-laeuft-s-besser/</a>
Germany	Special Olympics Deutschland	Jugend trainiert für Paralympics	This project is based on a school team competition in all the German federal states. It allows many young students to experience Special Olympics for the first time and to find out about the activities that Special Olympics offers its athletes.	Funded by Deutschen Behindertensportjugend (DBSJ) and Deutschen Behindertensportverband (DBS)	<a href="https://specialolympics.de/veranstaltungen/projekte/jugend-trainiert-fuer-paralympics/">https://specialolympics.de/veranstaltungen/projekte/jugend-trainiert-fuer-paralympics/</a>
Germany	Deutscher Rollstuhl-Sportverband e.V. (mutual association/national level)	Mobilität 2020 (Mobility 2020) More training - more mobility - more participation for wheelchair users	The aim of the project is to provide all targeted groups with the opportunity to learn and improve the independent use of their wheelchair. Trained mobility coaches lead the courses.	Supported by the research institute for inclusion through movement and sports and DRS	<a href="http://www.drs.org/cms/mobil-aktiv/mobi-2020.html">http://www.drs.org/cms/mobil-aktiv/mobi-2020.html</a> <a href="https://mobi.fi-bs.de/">https://mobi.fi-bs.de/</a>

Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
Ireland	Sport Ireland	Xcessible Inclusive Youth Sport Initiative	The Xcessible Inclusive Youth Sport Initiative aims to encourage and support youths with disabilities to be physically active within their own community.	No information	<a href="https://caracentre.ie/xcessible-initiatives/">https://caracentre.ie/xcessible-initiatives/</a>
Ireland	Healthy Ireland	Get Ireland Active	The project aims to create a national framework to increase the levels of physical activity in Ireland, which will in turn improve the health and wellbeing.	€5.5m	<a href="https://health.gov.ie/wp-content/uploads/2016/01/Get-Ireland-Active-the-National-Physical-Activity-Plan.pdf">https://health.gov.ie/wp-content/uploads/2016/01/Get-Ireland-Active-the-National-Physical-Activity-Plan.pdf</a>
Ireland	CARA	Fit4all	Fit4all is a six week movement plan to help people start exercising and moving. The movement plan is developed for all abilities. However, the plan also aims to help adults with disabilities to meet the physical activity guidelines of at least 30 minutes of moderate-intensity activity on 5 days a week.	No information (Funding from Dept of Justice and Equality)	<a href="https://caracentre.ie/fit4all-movement-plan/">https://caracentre.ie/fit4all-movement-plan/</a>
Ireland	CARA National Adapted Physical Activity Centre in conjunction with the Department of Justice and Equality in conjunction with the Irish Rugby Football Union	Xcessible Inclusive Youth Sport Initiative Special Schools Tag Rugby	The Xcessible Inclusive Youth Sport Initiative allows children with an intellectual disability the opportunity to participate in tag rugby at a local level through partnerships between schools and clubs.	No information	<a href="https://www.leinsterrugby.ie/irfu-launches-xcessible-inclusive-youth-sport-initiative/">https://www.leinsterrugby.ie/irfu-launches-xcessible-inclusive-youth-sport-initiative/</a>
Ireland	Sport Ireland	Sport Inclusion Disability Programme	Create a network of Sports Inclusion Disability Officers strategically positioned throughout Ireland who encourage people with disabilities to participate in sport and physical activities. The project aims to increase participation in sport and physical activity for people with disabilities, within their local community.	Initial €2m	<a href="https://caracentre.ie/sports-inclusion-disability-programme/">https://caracentre.ie/sports-inclusion-disability-programme/</a>



Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
Ireland	Sport Ireland	Women in Sport	Sport Ireland provides funding for programmes for female target groups, including women with a disability, in order to increase their participation in sport and provide them with information regarding sports and physical active programmes, events and clubs in their local area.	€115,000 in 2018	<a href="https://www.sportireland.ie/Participation/Women_in_Sport/">https://www.sportireland.ie/Participation/Women_in_Sport/</a>
Ireland	SLIGO Sport & Recreation Partnersiph (Sport Ireland)	Games for All Programme	A range of inclusive sports activities are arranged to provide adults with the opportunity to develop the core fundamental skills in sports. This allows them to develop overall sporting competencies, rather than sport specific skills.	No information	<a href="https://www.sligosportandrecreation.ie/getting-active/disability-sport/ssrp-sport-disability-programmes/">https://www.sligosportandrecreation.ie/getting-active/disability-sport/ssrp-sport-disability-programmes/</a>
Ireland	SLIGO Sport & Recreation Partnersiph (Sport Ireland)	Surf4all programme	The Surf4all programme allows children ranging from 7-17 who have been diagnosed with autism to access surfing in a fun, safe and positive environment that they would not normally be able to access.	No information	<a href="https://www.pressreader.com/ireland/the-sligo-champion/20180717/282449939800629">https://www.pressreader.com/ireland/the-sligo-champion/20180717/282449939800629</a>
Italy	"Galvani per il Sociale", with funding from Modena Municipality	Ness1Escluso	Fabio Galvani is a retailer from Modena who has created an association aimed at addressing social challenges. The first project is Ness1Escluso, which targets young people with mental illness and developmental disorders, with the aim of increasing their participation in sporting activities and social integration in the long-term.	No information	<a href="http://fabiogalvani.me/wp-content/uploads/2016/09/ness1-escluso.pdf">http://fabiogalvani.me/wp-content/uploads/2016/09/ness1-escluso.pdf</a>
Italy	Oscar Romero Institute with funding from Piemonte Italian Paralympic Committee (CIP)	Con il Corpo Conosco	Oscar Romero Institute is a high school in Rivoli, in Turin. The project promotes a series of sporting activities that engages both disabled and able-bodied students with the aim of increasing participation of disabled youth in sporting activities and promoting integration between them. The activities include tennis, swimming, sailing, kayak, skiing, curling and gym.	No information	<a href="http://www.sportdipi.it/novita/sportdipi-presenta-il-progetto-con-il-corpo-conosco">http://www.sportdipi.it/novita/sportdipi-presenta-il-progetto-con-il-corpo-conosco</a>
Italy	Tuscany Italian Paralympic Committee (CIP), with the	Un battito d'ali per lo sport	Tuscany Italian Paralympic Committee is responsible for promoting participation of people with disability in sporting activity at the	€80,000	<a href="http://www.regione.toscana.it/-/un-battito-d-ali-per-lo-sport">http://www.regione.toscana.it/-/un-battito-d-ali-per-lo-sport</a>



Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
	financial support of Tuscany Region		local level, by supporting different initiatives aimed at favouring the participation of people with disabilities in sport.		
Italy	Emilia Romagna Italian Paralympic Committee in collaboration with Montecatone Hospital	Progetto Sport Montecatone	Emilia Romagna Italian Paralympic Committee is responsible for promoting participation of people with disability in sporting activity at the local level. The CIP runs an information office inside the hospital, with the aim of informing patients about how and where to continue the selected discipline at a professional and non-professional level once discharged from the hospital.	No information	<a href="http://www.cipemiliaromagna.it/cosa-facciamo/progetto-sport-montecatone/">http://www.cipemiliaromagna.it/cosa-facciamo/progetto-sport-montecatone/</a>
Italy	Sport Medicine Service of Local Health Authority (USL) of Modena, with funding from Modena municipality	Disabili e sport	The USL of Modena is a public authority that is part of the Health Service of the Emilia-Romagna region and is aimed at protecting and promoting public health. Specialists then help people with disabilities and their families find the best options in the local area. Sporting societies and social services are also involved in the project.	€170,000	<a href="http://www.ausl.mo.it/flex/cm/pages/ServeBLOB.php/L/IT/IDPagina/8079/UT/systemPrintfile:///C:/Users/Sara.Rizzo/Downloads/BO%2030.11.17%20Caregnato.pdf">http://www.ausl.mo.it/flex/cm/pages/ServeBLOB.php/L/IT/IDPagina/8079/UT/systemPrintfile:///C:/Users/Sara.Rizzo/Downloads/BO%2030.11.17%20Caregnato.pdf</a>
Italy	Association "L'anatroccolo Onlus" (Bitonto), with funding from the Department for Equal Opportunities of the Presidency of the Council of Ministers	Sport on the Road	L'Anatroccolo Onlus is an association aimed at creating a network that promotes the wellbeing and integration of disabled people. The project aims at coordinating associations, sporting societies and social services in the local area, in order to provide information and support disabled people in accessing opportunities in the fields of sport, health, music, education and culture.	No information	<a href="http://www.dabitonto.com/cronaca/sport-e-disabilita-primo-posto-nella-classificazione-nazionale-del-dipartimento-pari-opportunita-per-il-progetto-di-road.htm">http://www.dabitonto.com/cronaca/sport-e-disabilita-primo-posto-nella-classificazione-nazionale-del-dipartimento-pari-opportunita-per-il-progetto-di-road.htm</a>

Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
Italy	Bergamo Municipality, in collaboration with the CIP (Lombardia branch) and ANMIC (National Association Injured and Disabled People)	Naturalmente sport (pilot)	The project aims at promoting participation of disabled youth in sporting activities and improving their physical and cognitive skills.	€50,000 for two years	<a href="http://www.provincia.bergamo.it/provpordocs/Progetto(2).pdf">http://www.provincia.bergamo.it/provpordocs/Progetto(2).pdf</a>
Italy	Piombino Municipality, with financial contribution of Vodafone Foundation	Ogni sport oltre	Piombino Municipality runs a project aimed at promoting participation in sporting activity among physical, sensorial and mentally disabled people. The objective is to promote participation in sporting activities such as swimming and sailing, with the aim of expanding the project to other activities in the future. The project is based on the collaboration between private sector, associations, and public authorities.	€141,000, €112,800 of which is provided by the Foundation	<a href="http://iltirreno.gelocal.it/piombino/cronaca/2018/01/31/news/un-progetto-per-favorire-la-pratica-sportiva-tra-i-disabili-1.16419812">http://iltirreno.gelocal.it/piombino/cronaca/2018/01/31/news/un-progetto-per-favorire-la-pratica-sportiva-tra-i-disabili-1.16419812</a>
Italy	Italian Sport Centre (CSI) Modena, in collaboration with Sport Medicine Service of Local Health Authority (USL) of Modena	Sportanchio. Disabili e sport	CSI is a non-profit association that promotes sporting activity at the national level, and has several branches active at the local level. It is implementing the project in 13 secondary schools of Modena. The project aims at promoting participation of disabled people in sporting activities, as well as increasing their autonomy, self-esteem, and social integration.	€30,000 per year	<a href="https://cdn.makeitapp.com/repository/52527f18068d8/download_files/SchedaProgettoSPORTANCHIO.pdf">https://cdn.makeitapp.com/repository/52527f18068d8/download_files/SchedaProgettoSPORTANCHIO.pdf</a>
Italy	CONI - MIUR - CIP (Comitato Italiano Paralimpico)	Sport di classe	Providing coaches and trainers to promote physical education in primary schools (2 hours per week) and to organise Spring games and facilitate a better inclusion of young students with disabilities during physical education hours.	No information	<a href="http://www.progettospordiclasse.it/">http://www.progettospordiclasse.it/</a>



Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
Italy	CONI - Basilicata region	Welfare sport	Promotion of sport activities designed and targeted to people with disabilities by providing trainers, coaches and facilities in the region. The second phase of the project is aimed at establishing a sporting centre for people with disabilities in collaboration with CIP.	No information	<a href="http://basilicata.coni.it/basilicata/basilicata/notizie/news-potenza/8711-well-fare-sport-un-esempio-di-inclusione-sportiva.html">http://basilicata.coni.it/basilicata/basilicata/notizie/news-potenza/8711-well-fare-sport-un-esempio-di-inclusione-sportiva.html</a>
Italy	CONI - Campania region	Insieme nello sport	Day-event in which people with disabilities participate in 20 different disciplines with other athletes in order to include people with disabilities in sport activities together with other people, raising awareness and promote equality.	No information	
Italy	CONI - Emilia Romagna region	Lo Sport al Servizio di Tutte le Abilità	Day-exhibition of sport clubs and associations involved in promoting sport activities participation for people with disabilities, by promoting the opportunity to meet the associations and sport clubs active in their community.	No information	<a href="http://emiliaromagna.coni.it/emiliaromagna/emiliaromagna/notizie/news-emilia-romagna/3810-ldquo-lo-sport-al-servizio-di-tutte-le-abilit-agrave-rdquo.html">http://emiliaromagna.coni.it/emiliaromagna/emiliaromagna/notizie/news-emilia-romagna/3810-ldquo-lo-sport-al-servizio-di-tutte-le-abilit-agrave-rdquo.html</a>
Italy	CONI - Sicilia region - CIP	Lo sport paralimpico a scuola	The project aims to facilitate the inclusion of people with disabilities in sport activities, but also to target students with disadvantaged backgrounds. Schools are provided with trainers, coaches, technicians, specialists and psychologists to assist people with disabilities in sporting activities.	No information	
Netherlands	Onbepert Sportief (in partnership with the Dutch Olympic Committee* Dutch Sports Federation (in Dutch: "Nederlands Olympisch	Special Heroes Project	Sports providers offer sports activities within schools. They then seek to activate the young pupils and encourage them to participate in further sports activities outside the school setting.	No information	<a href="http://specialheroes.nl/">http://specialheroes.nl/</a>

Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
	Comité * Nederlandse Sport Federatie” or NOC*NSF)				
Netherlands	Ministry of Health, Welfare and Sports	SportInnovator	In a Sportinnovator project, a technological and / or social innovation is developed and put on the market. The team focuses on innovative ideas in sport, looking at ideas that have (potentially) economic and social value in addition to impact in sport.	No information	<a href="https://www.sportinnovator.nl/">https://www.sportinnovator.nl/</a>
Netherlands	Ministry of Health, Welfare and Sports	Active without boundaries ( <i>Grenzeloos Actief</i> )	“Active without boundaries” is the national policy for disability sports. The main goal of the program is to create better sports and exercise facilities in the community and making sports and physical activity available and accessible for all people with disabilities.	€6.6m	<a href="http://www.grenzeloos-actief.nl/">http://www.grenzeloos-actief.nl/</a>  <a href="https://www.tandfonline.com/doi/full/10.1080/09638288.2017.1423402">https://www.tandfonline.com/doi/full/10.1080/09638288.2017.1423402</a>
Netherlands	Ministry of Health, Welfare and Sports	Sport and physical activity close to home	This program was developed to make it easier for people to adopt an active and healthy lifestyle by providing sports facilities close to home. The following two key instruments are used: 1) Neighbourhood sports motivators and 2) sport impulse grants. Aim of the programme is to make sports accessible to individuals with limited mobility or a psychological disability.	No information	<a href="https://www.sportindebuurt.nl/contentAsset/raw-data/9399dc7a-4dd5-46f8-a493-90df33590c6d/fileAsset">https://www.sportindebuurt.nl/contentAsset/raw-data/9399dc7a-4dd5-46f8-a493-90df33590c6d/fileAsset</a>  <a href="https://www.tandfonline.com/doi/full/10.1080/09638288.2017.1423402">https://www.tandfonline.com/doi/full/10.1080/09638288.2017.1423402</a>  <a href="http://ec.europa.eu/assets/eac/sport/library/factsheets/netherlands-factsheet_en.pdf">http://ec.europa.eu/assets/eac/sport/library/factsheets/netherlands-factsheet_en.pdf</a>

Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
Netherlands	Ministry of Health, Welfare and Sports	Sports transport regulation	Via this program, individuals with severe (physical) disability, who participate in team sports affiliated with a sport federation, can apply for a reimbursement for travel expenses incurred during travel to the sport facilities	No information	<a href="https://www.tandfonline.com/doi/full/10.1080/09638288.2017.1423402">https://www.tandfonline.com/doi/full/10.1080/09638288.2017.1423402</a>
Romania	Ministry for Youth and Sport	Free camps for young people with disabilities	The initiative is aimed at providing free leisure activities (camps) to pre-school children, pupils and students with disabilities. The camps are aimed at young people with different types of disability.	3m RON (approximately €650,000)	<a href="http://mts.ro/noutati/tabere-gratuite-pentru-tinerii-cu-dizabilitati/">http://mts.ro/noutati/tabere-gratuite-pentru-tinerii-cu-dizabilitati/</a> AND <a href="http://mts.ro/tabere/tabere-pentru-prescolari-elevi-si-studenti-cu-handicap/tabere-pentru-prescolari-elevi-si-studenti-cu-handicap/">http://mts.ro/tabere/tabere-pentru-prescolari-elevi-si-studenti-cu-handicap/tabere-pentru-prescolari-elevi-si-studenti-cu-handicap/</a>
Romania	Romanian National Paralympic Movement	National Indoor Archery Championship	The championship was organised on one day in March and hosted 20 athletes with disabilities who competed against each other.	No information	<a href="http://npc.org.ro/rezultate/rezultate-interne/campionate-nationale/campionate-nationale-tir-cu-arcu/2018-2/">http://npc.org.ro/rezultate/rezultate-interne/campionate-nationale/campionate-nationale-tir-cu-arcu/2018-2/</a>
Romania	Special Olympics Romania (funded by Vodafone Romania Foundation)	Social integration through sport of people with intellectual disabilities	The project aimed to offer access to sport programmes to 2,934 children and adults with intellectual disabilities. The project also offered information to a number of 1000 coaches, parents, volunteers and members of the community. Dissemination activities also occurred.	No information	<a href="http://specialolympics.ro/programe/sport/integrarea-sociala-prin-sport-persoanelor-cu-dizabilitati-intelectuale/">http://specialolympics.ro/programe/sport/integrarea-sociala-prin-sport-persoanelor-cu-dizabilitati-intelectuale/</a>
Romania	Special Olympics Romania (funded by	Young Athletes	The programme is aimed at helping children (aged under 8) to improve their motor, social and cognitive skills. It also aims at actively engaging parents in the project activities, as well as providing more information about the resources and support available through Special Olympics Romania. The programme also	No information	<a href="http://specialolympics.ro/programe/sport/sportiv-tineri/">http://specialolympics.ro/programe/sport/sportiv-tineri/</a>

Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
	Metlife Foundation)		aims at raising public awareness about the different abilities that disabled children have.		
Spain	Ministry of Culture and Sports / Consejo Superior del Deporte	General Plan for Physical Activity and Sports – “People with Disabilities” (Plan Integral Para la Actividad Fisica y el Deporte – Personas con Discapacidad)	This plan is piloted by the CSD and is not a programme per se. It is developing a list of areas in which the Spanish government will develop policies in the next years regarding sports and physical activities for disabled people	No information	-
Spain	Plan ADOP (Apoyo al Deporte Objetivo Paralimpico – Support to Sport, Paralympic Objective)	Plan ADOP	This plan launched in 2005, in preparation of Beijing 2008’s Paralympic games as a collaboration between the Spanish Olympic Committee, the CSD and the Spanish Ministry of Health, Social Services and Equality. It consists of four years of subsidies (duration of a Paralympic cycle) to fund medical services dedicated to Paralympic athletes.	No information	
Spain	Spanish Federation of Sports for people with physical disabilities	Proyecto INTENTALO	This project aims at developing adapted sports in schools and to train teaching staff to adapted sports. The project was developed at regional level in 12 Spanish regions.	€100,000 funded by the Spanish Ministry of Health under the Activities of Social Interest programme	



Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
Spain	Madrid Community / Comunidad de Madrid	Project Sports and young people with disabilities (Deporte y jovenes con discapacidades)	This programme was launched in the city of Torrelodones and consisted in developing sport activities and forms of physical activities for disabled young people in schools by ensuring the promotion of disabled sports throughout the Madrid region.	No information	
Spain	Government of Extremadura / Junta de Extremadura	Judex/Judes (Juegos Extremenos del deporte especial / Extremadura Games for special sports)	This programme was developed by the community of Extremadura and consist in sport games for disabled people. The games run in various cities of the community thus allowing to raise awareness throughout the community territory.	No information	
Spain	Madrid Community / Comunidad de Madrid	Madrid's programme for sports and disabilities	The Community developed a plan to have new adapted sports infrastructures in several public parks and sports centres.	No information	
Spain	Spanish Federation of Sports for people with physical disabilities	Project FORTIS	The Spanish Federation of Sports proposes this project for people with disabilities with funds from the Ministry of Health, Social Services and Equality. It aims at giving legal and organisational capacity to disabled and adapted sports federations by giving them tools to organise and to develop labour and administrative forces. The programme also include specific funding for equipment of the federations and clubs.	No information	
Sweden	Swedish Sports Confederation (Riksidrottsförbundet)	Lift for Sport (Idrottslyftet)	The Swedish Sports Confederation is responsible for the Lift for Sport programme. The programme is a funding mechanism for sports projects that are aimed towards young people. As a component of the programme, there are special grants aimed at reaching persons with disabilities to promote their inclusion in sports activities. Other aims that are considered by the grants are gender equality or climate friendly projects.	No information	<a href="http://www.parasport.nu/forbundsinfo/Idrottslyftet/">http://www.parasport.nu/forbundsinfo/Idrottslyftet/</a> <a href="http://www.rf.se/globalassets/riksidrottsforbundet/dokument/forskningsidrottslyftet/utvarderingar/egenmakt.pdf">http://www.rf.se/globalassets/riksidrottsforbundet/dokument/forskningsidrottslyftet/utvarderingar/egenmakt.pdf</a> <a href="https://eacea.ec.europa.eu/national-policies/en/content/youthwiki/73-sport-youth-fitness-and-">https://eacea.ec.europa.eu/national-policies/en/content/youthwiki/73-sport-youth-fitness-and-</a>



Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
					<a href="#">physical-activity-sweden</a>
Sweden	Riksidrottsförbundet (Swedish Sports Confederation)	Parasport	The Swedish Parasport Association and the Swedish Paralympic Committee organise activities for people with disabilities, visual impairment and mental retardation within 16 different sports.	No information	<a href="http://www.parasport.nu/forbundsinfo/omparasportforbundet/">http://www.parasport.nu/forbundsinfo/omparasportforbundet/</a>
Sweden	Different football schools across the country, together with the Swedish Sports Confederation and the Football Federation	Better health and self-esteem amongst deaf girls through adapted football (Bättre hälsa och självförtroende bland döva flickor genom anpassad fotbollsskola)	The aim of the project was to create conditions for deaf girls to be able to devote themselves to adapted football activities after school. Football schools were created in the country's deaf schools after the end of the school day.	No information	<a href="http://www.rf.se/globalassets/riksidrottsforbundet/dokument/mangfald/funktionshindrade-och-idrott.pdf">http://www.rf.se/globalassets/riksidrottsforbundet/dokument/mangfald/funktionshindrade-och-idrott.pdf</a>
Sweden	SISU Idrottsutbildarna in Blekinge	Självklart	SISU Sports trainers in Blekinge have targeted activities for children and adolescents with invisible disabilities in collaboration with several associations, target groups and organizations, partly by implementing a project plan with long-term and short-term activities that children could try out.	No information	<a href="http://www.rf.se/globalassets/riksidrottsforbundet/dokument/mangfald/funktionshindrade-och-idrott.pdf">http://www.rf.se/globalassets/riksidrottsforbundet/dokument/mangfald/funktionshindrade-och-idrott.pdf</a>
Sweden	Vinnova, Umeå regional council and HRF Västerbotten.	Simlabbet	A training course to teach deaf children how to swim is being set up in Umeå. The classes aim to introduce sign language into teaching.	No information	<a href="http://www.umeatidning.se/nyheter/ny-simskola-for-barn-med-horselvariation/repreo!gje50E29wyWHBzYTLQ/">http://www.umeatidning.se/nyheter/ny-simskola-for-barn-med-horselvariation/repreo!gje50E29wyWHBzYTLQ/</a>
UK	Activity Alliance	Eight separate programmes including	Activity Alliance deliver a number of programmes which support organisations and encourage disabled people to be more active. The Get Out Get Active programme supports disabled and non-	£4.5 million for the Get out	<a href="http://www.activityalliance.org.uk/how-we-help/programmes">http://www.activityalliance.org.uk/how-we-help/programmes</a>

Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
		the "Get Out Get Active programme"	disabled people enjoy being active together by focusing on the UK's least active people.	Get Active Programme	
UK	Activity Alliance	Eight separate programmes including "Disability inclusion sport"	Activity Alliance has a team of advisors to support local and national work. The advisors help the partnership organisations be more effective in enabling more disabled people to be more active in sport and physical activities.	No information	<a href="http://www.activityalliance.org.uk/how-we-help/programmes/1746-engagement-and-partnerships">http://www.activityalliance.org.uk/how-we-help/programmes/1746-engagement-and-partnerships</a>
UK	Activity Alliance	Inclusive Fitness Initiative	Activity Alliance established the Inclusive Fitness Initiative (IFI) to support leisure centres become more welcoming and accessible for disabled people. When the leisure centre meets the criteria required they receive the IFI Accreditation, which helps more disabled people get physically active.	Initial £5 million investment	<a href="http://www.activityalliance.org.uk/how-we-help/programmes/65-inclusive-fitness-initiative">http://www.activityalliance.org.uk/how-we-help/programmes/65-inclusive-fitness-initiative</a>
UK	Disability Rights UK	Get Yourself Active	Disability Rights leads a partnership, which is funded by Sport England. The programme provides information on how disabled people can get active in their local area. They also provide information on how the NHS Personal Health Budget can be used to increase disabled persons participation in sporting activities.	Over £1 million	<a href="http://www.getyourselfactive.org/">http://www.getyourselfactive.org/</a>
UK	Sense Sport	Sporting Sense	Sporting Sense is the flagship project of Sense Sport. In combination with a number of partners Sporting Sense offers a wide range of sport and physical activity sessions, aimed at people with complex communication needs (and to their friends and family) in order to increase the demand for sporting activities and the range of activities on offer.	£425,000 funding from Sport England	<a href="https://www.sense.org.uk/get-support/arts-sport-and-wellbeing/sense-sport/">https://www.sense.org.uk/get-support/arts-sport-and-wellbeing/sense-sport/</a>
UK	International Mixed Ability Sports	Mixed Ability Model	The International Mixed Ability Sports have developed and are implementing a Mixed Ability Model. This allows disabled people to participate in sport with able bodies' people, thus promoting social inclusion through education and by encouraging players of all abilities to be equal members of sports clubs.	An investment of £162,000 since 2016	<a href="http://www.mixedabilitiesports.org/">http://www.mixedabilitiesports.org/</a>
UK	Scottish Borders Disability Sports Group	Border's Sport and Leisure	The programme will provide participation opportunities and targeted support to talented athletes, but it will also aim to improve provisions for adults with disabilities and ensure that facilities are equipped sufficiently to support disabled people.	No information	<a href="https://www.liveborders.org.uk/scottishborderdisabilitysportgroup">https://www.liveborders.org.uk/scottishborderdisabilitysportgroup</a>

Member state	Lead organisation	Name of programme	Description and key objectives	Funding information	Link to website
UK	Disability Sport Wales	Insport Club	The Insport Project supports clubs develop their provision so that it integrates disabled people within the club's structure, which enables larger sections of the community to become involved in sport in the local community. Disability Sport Wales presented a Toolkit to support the development of inclusive thinking, planning, development and delivery by the club.	No information	<a href="http://www.disabilitysportwales.com/guidance-and-resources-for-wgbs-doing-insport-ngb/">http://www.disabilitysportwales.com/guidance-and-resources-for-wgbs-doing-insport-ngb/</a>
UK	Sport England and partners	Let's Play Programme	Sport England joined forces with British Wheelchair Basketball and five other disability sport bodies to offer people with a range of impairments the chance to get involved in sport locally. During the events, disabled people were able to try different sports, giving them the opportunity to meet local club volunteers and find out where and when they can play sport locally.	£148,000	<a href="https://www.sportengland.org/news-and-features/news/2015/march/17/pilot-set-to-inspire-disabled-people-to-play-sport/">https://www.sportengland.org/news-and-features/news/2015/march/17/pilot-set-to-inspire-disabled-people-to-play-sport/</a>
UK	Sport Northern Ireland	District Council Disability Sports Hubs - Water Sports Project	The Plan aims to improve the health and wellbeing of people with disabilities in Northern Ireland through participation in sport and active recreation by allowing them to have the chance to take to the water (accompanied with expert help).	No information	<a href="http://www.sportni.net/news/disability-sport-ni-secures-100000-investment-into-disability-water-sports-in-northern-ireland/">http://www.sportni.net/news/disability-sport-ni-secures-100000-investment-into-disability-water-sports-in-northern-ireland/</a>
UK	The Football Association (FA) and Wembley National Stadium Trust	Inclusive United	To engage and sustain participation and sustain the participation of disabled people in football in London. The project aims to engage and sustain participation in football by offering greater and more inclusive opportunities to become physically active in London.	£430,000 invested over three years by The FA and WNST	<a href="http://www.thefa.com/news/2017/jun/19/inclusive-united-190617">http://www.thefa.com/news/2017/jun/19/inclusive-united-190617</a>
UK	Sport England	Smash Up	Smash Up combines badminton challenges, friends, music and branding to create an inclusive friendly atmosphere for all people wanting to participate in badminton. The project also aims to improve self-confidence by increasing young people's levels of sport and physical activity, whilst having fun.	No information	<a href="http://smashup.kitserver.co.uk/">http://smashup.kitserver.co.uk/</a>



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