

Understanding disability



There are different types and levels of disability. Therefore, it would be impossible to account for all of them here. Our goal is to help you be as inclusive as possible. This guide will give strategies, suggestions, and models for inclusion and accessibility.

We live in a diverse world where individuals can be neglected or marginalized for various reasons - physically, intellectually, and socially. Our inclusive sports ministry aims to integrate people with disabilities into sports, play, and fitness.

Understanding Perspectives

The World Health Organization states, “Disability is part of the human condition. Almost everyone will be temporarily or permanently impaired at some point in their lives.”

The key concepts for understanding and supporting individuals with disabilities are **INTERACTION** and **BELONGING**. These individuals engage with their environment and other people in different or unique ways. Recognizing this is essential for true inclusion, ensuring that disability is viewed not as a defining characteristic of a person, but as the way in which that person interacts with their world.

By focusing on these principles, we strive to create an inclusive environment where everyone can participate, belong, and thrive in sports and play.

Physical disabilities	Visual Impairments	Hearing Impairments	Intellectual Disabilities
			

An inclusive Event from start to finish

We aim to show our love and acceptance by celebrating individuals living with disabilities. To support this, we have developed an effective tool designed to help communities better understand those with disabilities and to connect with disabled individuals more effectively.

To help people see and taste some of the usual struggles that disabled people are struggling with daily, we welcome everyone to take part in different sports and games that will take place in this inclusive festival.



Accessibility is an essential factor in the process of inclusion, for that, think of :

- Can disabled children move themselves around the site?
- What other help do they need?
- Can they participate safely and joyfully in all activities?
- What small changes can be made so we can answer yes to these questions?

Practical Tips

- **For wheelchair users:** Try to position yourself at their eye level. Remember that a wheelchair is someone's personal space, so do not lean on it.
- **For people with mobility difficulties:** Having a chair nearby can be helpful.
- **For visually impaired people:** Ensure there are no obstructions or tripping hazards.
- **To guide a blind person:** Offer your elbow for them to hold and walk half a step ahead to guide them, informing them of any entrances, steps, uneven or narrow places.
- **Have a water container for guide dogs.**

- **For people with speech impediments or learning difficulties:** Try to give them time to finish their sentence and ask them to repeat something if you do not understand. People prefer to repeat something rather than be treated condescendingly.
- **For people who are hard of hearing:** Ensure you have eye contact before speaking; speak clearly but without exaggerating the words, as this distorts your mouth.
- **For people on the autism spectrum:** Difficulties with communication, eye contact, or social "rules" and repetitive behaviors are characteristics of autism, so expectations should be clearly explained, and they may need a quiet space to escape sensory overload.

