



Welcome /  
Bienvenue

# A Collective Impact Approach to Increasing Physical Activity in Persons with Disabilities



We gratefully  
acknowledge the  
traditional territory of  
the Algonquin Nation  
on whose land we  
are gathered today.

# OneAbility Overview

**Vision:** To establish Greater Victoria as a leading vibrant hub for adapted physical activity that optimizes full inclusion for individuals living with disabilities to engage in recreational, developmental and high performance sport.

**Mission:** Through collaborative leadership, awareness and innovation, OneAbility provides exceptional adapted physical activity programs and services that promote active living and the pursuit of sport excellence.



# Issue

- Significant leadership in Greater Victoria from a number of different groups
- Working together has been ad hoc



# Desired Impact



- Develop a coherent shared strategy would take recreational and high performance sport to a new level locally and beyond.
- Together these key partners are positioned to build capacity in the disability sport system.



# Outcomes

- Strengthen and improve programs
- Build capacity
- Raise awareness
- Develop innovative technologies







What disability related sport or physical activity organization do you know?



# What this looks like... our constellations





# Stewardship & Fund Development

## Stewardship Goals

- To tie the work of the constellations together
- To advocate to government and decision makers the importance of OneAbility
- To be a central hub of operations for OneAbility
- To make key governance and leadership decisions

## Fund Development Goals

- To seek funding for OneAbility initiatives
- To complete grant applications to support OneAbility work
- To determine which partner is the best conduit for funding of initiatives



# Research & Innovation

The OneAbility Research and Innovation constellation group is committed to advancing research in the adapted sport, recreation and health fields.

The goals of this group include:

- Drive meaningful research initiatives through leveraging the information and learnings shared from the OneAbility community and constellations.
- Contribute and maintain an updated repository of existing international research.
- Contribute, maintain and update database of current OneAbility-related projects.



# Education & Knowledge Mobilization

- Create database of individuals with adapted expertise for internal reference.
- Facilitate and support presentations to educate around disability and on specific topics pertaining to disability.
- Position the Education and Knowledge Mobilization group as a hub for education around classification and disability types.
- Identify conference opportunities and advocate for disability content to present.
- Create and present content to grow awareness for future practitioners in medicine/health, recreation, education, and sport. Identify education programs in various post-secondary institutions to embed content and presentations into.
- Identify potential avenues for future education programming, and develop, deliver and share content.
- Liaise with the other constellation groups
- Recommend links and resources for additional learning opportunities to be incorporated in our website.

# Event Hosting

The goals of the OneAbility Event Hosting constellation group are:

- Host annual OneAbility ProMotion week
  - ◆ Education Day featuring training for recreation, physical activity and sport leaders
  - ◆ Showcase adapted sport opportunities during mainstream sport events
  - ◆ Host OneAbility Expo featuring a range of sport and physical activity opportunities for individuals with disabilities
  - ◆ Create try-it opportunities for new participants to try a range of sport and physical activities
- Explore the opportunity to organize one annual multi-organizational/international Defi Sportif event
  - ◆ Host a 2017 games in the west with 8 sports



# Program and Athlete Training

The goals of the OneAbility Program and Athlete Training constellation group are to:

- Promote and develop the Sledge Hockey program in Greater Victoria
- Promote and develop the grassroots boccia program
- Promote and develop a para-triathlon program hosted in Greater Victoria
- Establish a “Try-it” opportunity for programmers, coaches and managers to enable cross-sport athlete transfer, and increase education
- Create a Victoria database to share amongst organization. Include athlete information, program analyses, resources
- Create a general OneAbility business card to liaise with people in the community of different abilities



# Community & Awareness Building

The goals of the OneAbility Community and Awareness Building constellation group are to:

- Build awareness
- Promote the products and programs that currently exist in the community
- Help deliver information
- Act as a spokesperson on behalf of OneAbility
- Elect a webmaster for the OneAbility website
- Act as a connector to new partners and opportunities
- Create and maintain a database of contacts involved with OneAbility
- Link OneAbility to the media, and increase media awareness.





# Key Accomplishments

→ Dynamic mix of organizations committed to OneAbility's success



*OneAbility partner organizations*



# Key Accomplishments

## Program Partnerships

- Blind Soccer
- Sledge Hockey
- Adapted Climbing



# Key Accomplishments

- Accessibility 2024 two-year update
- Website launched
- Media & Awareness Building



The Greater Victoria Collaborative for Adapted Sport and Physical Activity

Enabling participation and increasing opportunities for people with disabilities to engage in physical activity



## GROUPS



Community and Awareness Building



Physical Participation

One ability  
PROMOTION  
WEEK 2017



# Key Accomplishments

## Joint Funding applications:

- ◆ BC Sport Branch Project (\$20,000) – **successful**
  - PISE, Sport for Life, CanAssist
- ◆ GoodLife Kids Foundation (\$10,000) – **successful**
  - CanAssist, Vikes Athletics and Recreation (Canucks Autism Network, Queen Alexandra, CLV, Power to Be)
- ◆ Victoria Foundation (\$15,000) – **successful**
  - RIV
- ◆ Rick Hansen Foundation (\$30,000) – **successful**
  - CanAssist, Vikes Athletics and Recreation
- ◆ Via Sport (\$1,500) – **successful**
  - VWSC
- ◆ Island Health (\$10,000) – **successful**
  - VWSC



# Key Accomplishments

- Partners increasing leadership around education
  - ◆ PISE, CanAssist, Sport for Life - inclusive physical literacy and inclusive fitness webinar, workshop, and handbook
  - ◆ RIV – Training materials





# ProMotion

## WEEK

NOVEMBER 30 –  
DECEMBER 6, 2017

When?	<i>November 30<sup>th</sup>, 2017</i> <i>9:00 – 11:30 Education Day; 12:00 – 3:00 Open House</i> December 1 – 6, city-wide free drop-ins
Where?	CARSA, UVic
Who?	Everyone!
Why?	Increase awareness, opportunities, knowledge and participation in the region.



**Join us to celebrate inclusion and learn about opportunities for adapted sport and physical activity.**





DEDICATED TO ENRICHING THE QUALITY OF LIFE OF FAMILIES LIVING WITH AUTISM IN BC

Canucks Autism Network provides year-round sports and recreation programs for individuals and families living with autism while increasing awareness and providing training in communities across British Columbia.

- Programs
- Training
- Awareness



# Canucks Autism Network: Why We Joined OneAbility

- **Connect and collaborate** **with** other community organizations doing related work
- **Learn** from each other
- Explore **partnerships**
- Explore **training** opportunities
- **Referral** network
- Collaborate on **events**



# The Successes: Events

- Showcase the many resources in the community
- Shows a 'united front'





# The Challenges

- Communication:
  - ◆ Information sharing in a large organization
- Cross-Promotion:
  - ◆ Volume of information delivered to members
  - ◆ Measuring success?
- Working on projects without funding support:
  - ◆ A LOT of goals
  - ◆ Subcommittees share vs. work on current objectives



- Recreation Integration Victoria is a combined service that represents a shared vision. Our vision is for all people with disabilities to have equal opportunities to participate in our community.
- We are an inter-municipally funded service working in partnership with the Victoria Integration Society and the Disabled Sailing Association of BC, Victoria Branch.



## We provide:

- Leisure planning services, including referral to local programs appropriate to the individuals we work with.
- Volunteers
- Adapted equipment
- Information
- Training regarding inclusion and adapted physical activity





# Reasons for joining OneAbility

- Opportunities to network with organizations and individuals committed to physical activity and the inclusion of people with disabilities,
- Removes silos and promotes cooperation amongst organizations,
- OneAbility provides an opportunity to promote best practices,
- Provides RIV with a venue to promote the philosophy and values we believe in,
- Working together we provide consistent messaging, language and terminology pertaining to inclusion and people with disabilities, and
- We have a greater influence working together than individually.



# Our Contributions to OneAbility

- We participate on several of the constellations, including the Stewardship constellation,
- We have shared our non-profit and charitable status, and successfully submitted grant applications for joint projects as well as for backbone funding for OneAbility, and we have managed the finances associated with these grants
- We have provided direct liaison with our local parks and recreation departments (7 departments, representing 13 municipalities)
- We have assisted in promoting OneAbility and OneAbility events.



## WHY DOES INCLUSION MATTER?

### Who Benefits and How?

#### BY THE NUMBERS

1. 1 in 5 children in the United States have a disability.

2. 1 in 4 children in the United States have a disability.

3. 1 in 3 children in the United States have a disability.

4. 1 in 2 children in the United States have a disability.

5. 1 in 3 children in the United States have a disability.

#### BENEFITS

1. Children with disabilities benefit from being included in the general education classroom.

2. Children with disabilities benefit from being included in the general education classroom.

3. Children with disabilities benefit from being included in the general education classroom.

4. Children with disabilities benefit from being included in the general education classroom.

5. Children with disabilities benefit from being included in the general education classroom.

#### THE METHOD

1. Children with disabilities benefit from being included in the general education classroom.

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3. Children with disabilities benefit from being included in the general education classroom.

4. Children with disabilities benefit from being included in the general education classroom.

5. Children with disabilities benefit from being included in the general education classroom.

## INCLUSION: THE ANATOMY OF BEST PRACTICE

### THE FIVE FACTORS OF INCLUSION

#### 1. KNOWLEDGE

1. Knowledge of the needs of children with disabilities.

2. Knowledge of the needs of children with disabilities.

3. Knowledge of the needs of children with disabilities.

4. Knowledge of the needs of children with disabilities.

5. Knowledge of the needs of children with disabilities.

#### 2. ATTITUDE

1. Attitude of the general education teacher.

2. Attitude of the general education teacher.

3. Attitude of the general education teacher.

4. Attitude of the general education teacher.

5. Attitude of the general education teacher.

#### 3. SKILLS

1. Skills of the general education teacher.

2. Skills of the general education teacher.

3. Skills of the general education teacher.

4. Skills of the general education teacher.

5. Skills of the general education teacher.

#### 4. SUPPORT

1. Support of the general education teacher.

2. Support of the general education teacher.

3. Support of the general education teacher.

4. Support of the general education teacher.

5. Support of the general education teacher.

## WHAT TO DO WHEN YOU MEET A PERSON WITH A DISABILITY

#### HELLO

1. Say hello to the person with a disability.

2. Say hello to the person with a disability.

3. Say hello to the person with a disability.

4. Say hello to the person with a disability.

5. Say hello to the person with a disability.

#### DO YOU WANT TO TALK?

1. Do you want to talk to the person with a disability?

2. Do you want to talk to the person with a disability?

3. Do you want to talk to the person with a disability?

4. Do you want to talk to the person with a disability?

5. Do you want to talk to the person with a disability?

#### EXACTLY!

1. Exactly! The person with a disability is exactly who they are.

2. Exactly! The person with a disability is exactly who they are.

3. Exactly! The person with a disability is exactly who they are.

4. Exactly! The person with a disability is exactly who they are.

5. Exactly! The person with a disability is exactly who they are.

Resources available at: [rivonline.org/inclusion](http://rivonline.org/inclusion)

## WORDS WITH DIGNITY

### Words that build respect and dignity are the words we use to describe people with disabilities.

#### WHAT IT IS

1. Words that build respect and dignity are the words we use to describe people with disabilities.

2. Words that build respect and dignity are the words we use to describe people with disabilities.

3. Words that build respect and dignity are the words we use to describe people with disabilities.

4. Words that build respect and dignity are the words we use to describe people with disabilities.

5. Words that build respect and dignity are the words we use to describe people with disabilities.

#### PERSONS WITH DISABILITIES

1. Persons with disabilities are people who have a physical, mental, or emotional disability.

2. Persons with disabilities are people who have a physical, mental, or emotional disability.

3. Persons with disabilities are people who have a physical, mental, or emotional disability.

4. Persons with disabilities are people who have a physical, mental, or emotional disability.

5. Persons with disabilities are people who have a physical, mental, or emotional disability.

## ACTIONS SPEAK LOUDER THAN WORDS!

### DO YOU GUESS HOW MANY CHILDREN HAVE A DISABILITY?

#### 1. ACTIONS

1. Actions speak louder than words.

2. Actions speak louder than words.

3. Actions speak louder than words.

4. Actions speak louder than words.

5. Actions speak louder than words.

#### 2. WORDS

1. Words speak louder than actions.

2. Words speak louder than actions.

3. Words speak louder than actions.

4. Words speak louder than actions.

5. Words speak louder than actions.

#### 3. ACTIONS

1. Actions speak louder than words.

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5. Actions speak louder than words.

#### 4. WORDS

1. Words speak louder than actions.

2. Words speak louder than actions.

3. Words speak louder than actions.

4. Words speak louder than actions.

5. Words speak louder than actions.

## HOW CAN I INCLUDE PEOPLE WITH INVISIBLE DISABILITIES?

#### 1. INCLUDE

1. Include people with invisible disabilities.

2. Include people with invisible disabilities.

3. Include people with invisible disabilities.

4. Include people with invisible disabilities.

5. Include people with invisible disabilities.

#### 2. INCLUDE

1. Include people with invisible disabilities.

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3. Include people with invisible disabilities.

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#### 3. INCLUDE

1. Include people with invisible disabilities.

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#### 4. INCLUDE

1. Include people with invisible disabilities.

2. Include people with invisible disabilities.

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4. Include people with invisible disabilities.

5. Include people with invisible disabilities.

# Challenges & Opportunities

**Funding**

**Recognition**

**Time-commitment**

**Member-accountability**

**Communication**







What are you  
doing to engage  
with the  
organizations that  
you know?



# Awareness

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<b>CPC</b>  Paralympic Schools Week	<b>Power To Be</b>  Have-A-Go-Days	<b>Misc. Service Providers</b> ONE DAY (try it)	<b>CAN</b>  Awareness and Training	<b>CAN</b>  Family Events
<b>OneAbility</b>  <u>ProMOTION</u> week	<b>Power To Be</b>  Participation in community collaboration events	<b>VWSC</b>  WC Basketball Schools Program	<b>PISE</b>  Family Day	<b>CAN</b>  I CAN BIKE (Multi sport camp)



# Active Start



<b>Vikes Athletics and Recreation</b>  Just for Kicks	<b>Power To Be</b>  Various Outdoor Activities	<b>PISE</b>  Boccia	<b>CAN</b>  I CAN BE ACTIVE	<b>Rise Adventure Wellness Solutions</b>  Butterfly Vaulting Class
<b>Dance On It/Embrace Arts Foundation</b>  Kids Dance	Para swimming	<b>PISE</b>  Power Chair Program	<b>CAN</b>  I CAN SWIM	<b>Rise Adventure Wellness Solutions</b>  Pony Pals
<b>Cerebral Palsy Association</b>  Inclusive Dance (all ages)				

## Learn to Train

<b>VWSC</b>  Wheelchair Basketball	<b>DSA Victoria</b>  Learn to Race (Sail Canada's CANSAIL Certification)	<b>Gorge Narrows Rowing Club</b>  Para Rowing	<b>VWSC</b>  Adapted S & C (PISE & Vikes Athletics and Recreation)	<b>VWSC</b>  Wheelchair Rugby
<b>Power To Be</b>  Progressive Kayaking, Climbing, Hiking Programs	<b>Rise Adventure and Wellness Solutions</b>  Equestrian Riding Programs	Para Swimming		

# Train to Compete

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<b>VWSC</b>  Wheelchair Basketball	<b>VWSC</b>  Wheelchair Rugby	<b>Triathlon Canada</b>	<b>Gorge Narrows Rowing Club</b>  Para Rowing	<b>Screamers Boccia</b>
<b>VWSC</b>  Adapted S & C (PISE & Vikes Athletics and Recreation)	Para Swimming			

# Interactive Activity

## Mapping Your Own System





MAP the  
organizations  
that you know  
across LTAD



# What you told us: Survey Results

## Key successes:

“OneAbility has succeeded in identifying the need for collaboration between like-minded organizations. The better connected we all are, the wider our programs and services reach within the community. A strong collective impact group signifies a strong community, and one where citizens are well connected to their local service providers, as opposed to experiencing a disjointed system where they are vulnerable to 'slipping through the cracks'. Although our target clients vary, we all wish to see a stronger community and I believe OneAbility can act as a vehicle towards a stronger community.”

-OneAbility Member Survey Response



# What you told us: Survey Results

What does OneAbility do well?

**Share**  
**Collaboration**  
**Networking**  
**Information-hub**  
**Raise-awareness**  
**Connect**





# What you told us: Survey Results

## Top emerging opportunities:

- More effective communication (internal and external)
- Procure funding (from memberships and grants)
  - ◆ Enhance admin capacity
  - ◆ Secure corporate sponsor for admin support to build capacity
- Greater engagement from OneAbility members
- Broaden the focus (geography & scope)
- Storytelling
- Social Media & website





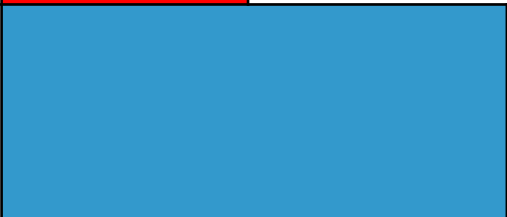




# What you told us: Survey Results

How to keep you engaged:


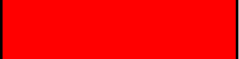









- Key theme: Communication
- Streamlined communication, clear objectives and goals, commitment of members and strong leadership.
- Keep sending updates about events, programs and information. This is super helpful in referring people to the correct areas.



# Are there educational opportunities for OneAbility to facilitate that you or your organization could benefit from?

Response	Chart	Percentage	Count
Working with specific disability types		56.2%	9
Classification		31.2%	5
Training coaches and leaders to support participants with a disability		56.2%	9
Supporting people with autism in programs		37.5%	6
Overview of long-term athlete development for individuals with a disability		25.0%	4
Educational resources		43.8%	7
Other, please specify...		0.0%	0
	Total Responses		16

# How can your organization best contribute to OneAbility?

Response	Chart	%	Count
Membership on a constellation group		72.2%	13
Chair a constellation group		16.7%	3
Administrative support (i.e. grant writing, coordination, etc.)		22.2%	4
Web support (i.e. as the webmaster or contributor)		11.1%	2
Personnel time (i.e. staff to support programs, events, projects, etc.)		55.6%	10
Advice/mentorship		50.0%	9
Connect OneAbility (i.e. to new key stakeholders, to your network)		55.6%	10
Financial support to OneAbility		0.0%	0
Graphic design support (i.e. assist in making posters, or other materials)		0.0%	0
Social Media support		44.4%	8
Other, please specify...		16.7%	3
	Total Responses		18



# 2017-18 Proposed Goals

- Host OneAbility ProMotion Week
- Build relationships
  - ◆ School Districts
  - ◆ PLAY Group
- Map the system and identify gaps
  - ◆ Map current programming using the Long-Term Athlete Development framework
  - ◆ Work to fill identified gaps
- Develop additional community resources
  - ◆ Agency & Program Guide
  - ◆ OneAbility How- to
- Partner on training opportunities
  - ◆ Physical Literacy Symposium
- Funding goal: \$200,000 in grants (10% coordination = \$20,000)



# Key to Success

“It is a true success to be able to pull together so many like-minded individuals who can share ideas, collaborate on new ideas, work together as a team, provide more cohesive and collaborative services, prevent duplication of services/projects, and pool resources. The committees on which I sit often chat via e-mail outside of meetings and are much more connected as a result of OneAbility's vision.”

**COLLABORATION!**





OneAbility Website

[www.oneability.ca](http://www.oneability.ca)