

Connect, Support, Empower:

A Framework for Inclusive Community-Based Physical Activity

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Introduction

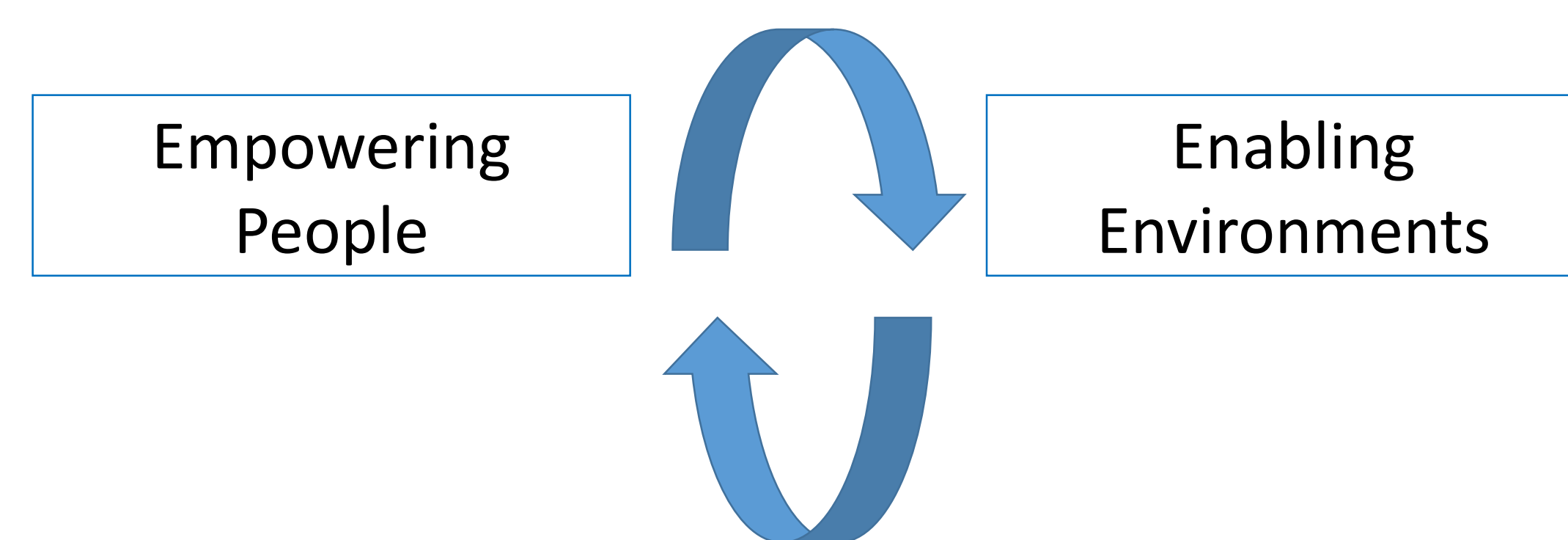
- 50% of adults with disabilities (AWD) report NO daily physical activity (PA), twice people without disabilities
- AWD have a three-fold greater likelihood of heart disease, stroke, diabetes, or cancer
- PA can offset the risk for these preventable, secondary conditions
- Among AWD, 46% who report being inactive have one or more chronic conditions, compared to 31% among those meeting PA guidelines of 150 min moderate-to-vigorous PA
- AWD face numerous and unique barriers to PA opportunities; architectural, communication, attitudinal or emotional accessibility of facilities and programs, as well as individual self-efficacy & motivation



Program Description

Current **Impact for Life** Program:

- **VISION:** That adults with disabilities will engage in self-empowered, lifelong physical activity within an inclusive community
- Advocacy and service program associated with Oregon State University in Corvallis, Oregon
- Recently restructured to emphasize lifelong PA within the community
- Engages three main stakeholders: Participants, Community Organizations, Volunteers
- Utilizes Health Promotion Dyad Model:



Stakeholders

Participants –

- Individuals 21 & over who live in Linn/Benton Community
- Identify as having a disability

Community Organizations

- Existing PA programs; many private sector
- Provides to Linn/Benton community

Volunteers

- Undergraduate students at OSU; many kinesiology/health majors
- Volunteers serve as exercise buddies, attending two community classes with a participant each week.



Connect

Make connections that support life long, community based physical activity

Participants - connect to fitness opportunities within their community

Community Organizations – connect to potential clients and other community members

Volunteers – connect to unique population and opportunity to build professional skills

Support

Support successful engagement and integration into community activities

Participants – work with volunteers to identify PA interests, goals, barriers and strategies for engaging in routine PA

Community Organizations - given resources for implementing inclusive practices through staff trainings, education and outreach

Volunteers – provide support through advocacy, on-site assistance, facilitating communication between participants and activity instructors about modifications and individual needs

Empower

Empower stakeholders to engage and implement inclusive practices beyond participation in the program

Participants - are empowered to actively engage in lifelong PA by teaching and developing the skills and habits necessary to do so. 'Passport' system logs participant's activities, and allows for goal-setting, self-advocacy, progress tracking, etc and can serve as an advocacy tool for participants.

Community Organizations - empowered with knowledge and resources To make inclusion a part of long-term plan and organizational decisions

Volunteers - empowered with knowledge and skills to be advocates for inclusion as emerging professionals

Moving Forward

With proper support, all stakeholders would "graduate" from the program, empowered to maintain inclusive thinking into their lives, careers, and business decisions. .



Participants - Identify best methods to successfully empower AWD to independently seek PA through focus groups, surveys, and participation rates.

Community Organizations - Establish best practices to support an inclusive environment and identify individual and organizational trends in those who adopt inclusive practices.



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