

## VI. SUMMARY

### Concluding Words

The goals of a physical activity program are applicable and appropriate for all individuals. Providing the opportunity to grow in dignity and self-esteem through participation in physical activity programs is a right that should be open to all participants. As an activity leader, you play a vital role in ensuring that individuals of all abilities are active participants in your programs. It is our hope that completing the MTI Online Learning Tool will make it easier for you to enable participants with a disability to discover the rich rewards of participation in physical activity.



### Resources Available; Where to Get Further Information

Finally, a few words about where you can find further information, should you want to pursue it. The appendices contain a number of resources as well as links to sources of additional information, partner organizations and provincial affiliates.

#### Case Studies

In Appendix I, you will find a series of case studies to apply the MTI Planning Process to a variety of physical activity settings, including coaching, teaching, fitness and a community recreation program.



#### MTI Tip Sheets

The 'Tip Sheets' available at <https://ala.ca/disability-tip-sheets/> are disability-specific information sheets on a wide range of disabilities and chronic medical conditions. They have been prepared in consultation with partner organizations. Each one includes a brief introduction to the disability or medical condition, some common associated characteristics, and a series of suggestions for planning inclusive activities to include individuals with this disability/medical condition.

#### Links and Contact Information

There are many other organizations listed at <https://ala.ca/partners/> to help you. ALACD has provincial and territorial organizations across the country and many other ALACD partners offer valuable resources. Check out the list of possibilities.

**Thank you for using the MTI Online Learning Tool. Hopefully it will help to get you started on the path to providing inclusive physical activity programs for participants of all abilities.**

**ACTIVE  
LIVING  
ALLIANCE**  
FOR CANADIANS  
WITH A DISABILITY



**ALLIANCE  
DE VIE  
ACTIVE**  
POUR LES CANADIENS/  
CANADIENNES AYANT  
UN HANDICAP