



Determining the Future

An Environmental Scan



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Introduction

Established in 1989, the Active Living Alliance for Canadians with a Disability (the Alliance) has served to encourage people with disabilities to make physical activity a regular part of their lives and help build the capacity of communities and organizations to make this possible.

Over the past several years, the number of organizations dedicated to addressing equity, diversity, inclusion and access and in some cases, specifically disability, has grown. At the same time, and perhaps partly as a result of this growing number of organizations, the ALACD has struggled to define its “niche” and value proposition within the sport, physical activity and recreation (SPAR) sector.

In late December 2023, the Alliance, and the SPAR and broader disability sectors, lost one of its true champions for inclusion and access. Jane Arkell, the Alliance’s long-standing Executive Director, passed away. Jane’s passing left the Alliance not only without a leader, but without a certain future. In response, the current Coordinating Committee members decided to take some time to reflect on the state of the disability and SPAR sector and the Alliance’s potential role in it. As part of the process to determine its future role in the sector, the Alliance produced an environmental scan which is meant to serve community members who will act as “key informants” in an interview process, as well as the Alliance Coordinating Committee members in their considerations.

History of the Active Living Alliance for Canadians with a Disability

The Active Living Alliance for Canadians with a Disability (ALACD) was established as a result of an event that took place in Jasper, Alberta in October 1986. Known as the Jasper Talks, it was a cooperative effort of the Adapted Programmes Special Interest Group of CAHPER and the University of Alberta, with the support of Fitness Canada. It was co-chaired by Drs. Robert Steadward and Ted Wall, with the goal to create an opportunity for Canadian professionals, interested in disability and active living, to come together to make comprehensive recommendations to advance and promote physical activity for persons with a disability. Thirty-eight delegates from across Canada, representing a number of interest groups including the public and post-secondary education, recreation, sport, community and government (PT and federal) sectors, came together and developed a vision of active living as well as a National Advisory Committee whose role would be to carry out this vision. Their first meeting was in December 1986.

The ALACD was created in 1989 with financial support from the federal government. Some of the original participants of the Jasper Talks (national partners and individuals) formed the “Coordinating Committee” (as it is still known today) with a role to ensure that the ALACD reflected the goals outlined in the first published (1991) "Blueprint for Action", a

national framework with the goals/principles outlined at the Jasper Talks. [As stated on the current ALACD website](#), “The goals identified at the 1986 Jasper Talks - a national symposium on physical activity and disability - continue to guide our actions and initiatives. Central to each goal is the belief that the individual must be considered first when developing any program or service, and that the rights and dignity of the individual must always be respected.” In 1998, a second “Blueprint for Action was released at the ALACD Forum in Victoria, BC, followed by the creation of networks, resources, and communications tools and activities.

References and Further reading:

- Active Living Alliance for Canadians with a Disability: a ten year retrospective analysis. (attached)
Steadward, Robert D.; Legg, David F.; Bornemann, Rebecca A.; Weiss, Christina B.; Jeon, Justin Y.; Wheeler, Garry, D
- [Adapted Physical Activity](#)
Robert D. Steadward; Garry D. Wheeler; E. Jane Watkinson. Editors. The University of Alberta Press and The Steadward Centre. 2003.
- [Active Living Alliance for Canadians with a Disability](#)

Disability Facts and Stats

According to the [2022 Canadian Survey on Disability \(CSD\)](#), 27% of Canadians aged 15 years and older, or 8.0 million people, had one or more disabilities that limited them in their daily activities. This is an increase of five percentage points since 2017, when 22% of Canadians, or 6.2 million people, had one or more disabilities. Canada’s aging population and a significant increase in mental health-related disabilities among youth and working-age adults is partially responsible for the increase.

Other facts and stats of note from Statistics Canada:

- Disability was higher among women (30%) than men (24%). The findings were similar in 2017. Further, women (43%) were more likely than men (39%) to have a more severe disability (similar to 2017).
- 20% of youth (aged 15 to 24 years) had a disability (up from seven percentage points in 2017). Mental health-related (68%), learning (46%) and pain-related (34%) were the most common types of disability in 2022.
- The working-age population (25 to 64 years) has had an increase of four percentage points since 2017 to 24% in 2022. Pain-related (63%), mental health-related (46%) and flexibility (36%) were the most common disability types in 2022.

- Mental health-related disabilities among youth and working-age adults each increased by 8 percentage points from 2017, representing the largest increase among all disability types and all age groups.
- Older adults (65 years and older) experienced an increase in the rate of disability since 2017, and sits, in 2022, at 40%. Again, there is a larger representation of older adults in 2022, thereby increasing the disability rate for the total population. Pain-related (68%), mobility (63%) and flexibility (59%) disabilities were most common among seniors with disabilities.
- Of those who experience disability, the most common type in 2022 was pain-related disability at 62%. Flexibility (40%), mobility (39%) and mental health-related disabilities (39%) were the next most prevalent.
- Persons with disabilities often have multiple co-occurring disability types. In 2022, 29% of Canadians with a disability had one disability type, 37% had two or three, and 34% had four or more. Co-occurring disabilities increase as people age. 42% of older adults with a disability had four or more co-occurring disabilities, while youth (43%) and working-age adults (36%) were most likely to have two or three disability types.
- In 2022, 60% of persons with disabilities experienced barriers related to accessing indoor and outdoor public spaces. In 2022, 72% of persons with disabilities reported that they experienced one or more of 27 types of barriers to accessibility because of their condition at least sometimes in the past year. The more severe the disabilities, the more barriers people faced. Barriers related to features inside or outside public spaces, such as entrances or exits and sidewalks, were the most commonly experienced (56%), followed by barriers related to communication (48%), barriers related to behaviours, misconceptions or assumptions (37%) and barriers related to online activities (17%).

References and Further reading:

- [Canadian Survey on Disability, 2017 to 2022](#)
- New data on disability in Canada, 2022: [Infographic](#)

Participation Rates

Despite an extensive search, the rates of physical activity participation of children and adolescents with a disability was unable to be found. The Canadian Disability Participation Project (CDPP), however, created Canada's first-ever comprehensive summary of physical activity data (although the data seemed to be unavailable) that resulted in a report grading thirteen indicators, 40% of which (5/13) were deemed incomplete.

The grades were as follows:

- Overall physical activity – D
- Active Play – F
- Organized Sport and Physical Activity – C+
- Active Transportation – D-
- Sedentary Behaviours – D
- Sleep – B+
- 24-hour Movement Behaviours – F

Incomplete categories were as follows:

- Physical Literacy
- Physical Fitness
- School
- Family and Peers
- Community and Environment

Participation rates for adults with a disability has recently been collected by the Canadian Fitness and Lifestyle Research Institute and will be released in the summer/early fall of 2024.

Sources and Further reading:

- [Canadian Physical Activity Report Card for Children and Adolescents with Disabilities \(resource summary\)](#)
- [Canadian Physical Activity Report Card for Children and Adolescents with Disabilities \(infographic\)](#)
- [The Call to Action Card for Disability and Physical Activity Organizations](#)
- [The Report Card Action Card – Parents](#)
- [Report Card - KT Bulletin \(Dec. 2022\)](#)
- [Expert Appraisal of the 2022 Canadian Para Report Card on Physical Activity for Children and Adolescents with Disabilities \(Supplementary Tables\)](#)
- [Impact of the 2020 COVID-19 Pandemic on the Movement Behaviours of Children and Youth with Disabilities and Recommendations for Building Back Better Healthy Movement Opportunities.](#)
- [Expert Appraisal of the 2022 Canadian Para Report Card on Physical Activity for Children and Adolescents with Disabilities \(in Adapted Physical Activity Quarterly\)](#)

Environmental Scan - Findings

Organization of the Report

The findings of the environmental scan are presented using the socio-ecological model (Figure 1). It was used as it is a behaviour change model that does not rely solely on individual interventions but, rather, identifies the social and environmental factors that also influence an individual's behaviour that may result in longer-term change – in this case, physical activity participation. In other words, the socio-ecological model focuses on multiple levels of influence on an individual's behaviour. It is interesting to see where the interventions found in the scan fit within the model to influence behaviour.

Ecological models, in broad terms, fit into two main systems: intra-individual (person) and extra-individual (environment). Intra-individual influences include a person's attributes, beliefs and attitudes. Extra-individual include social and cultural factors, policies, environmental factors, and infrastructure. This model is also based on the interdependency between the different levels. The model used for this environmental scan uses five levels:

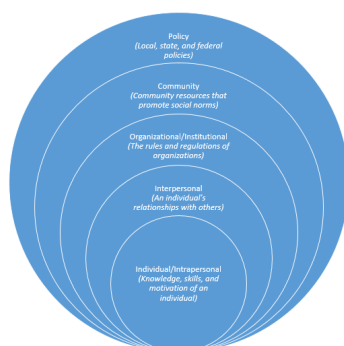
- Individual / Intrapersonal: Knowledge, skills and motivation of an individual
- Interpersonal: An individual's relationship with others
- Organizational/Institutional: The rules and regulations of organizations
- Community: Community resources that promote social norms
- Policy: Local, provincial/territorial, federal policies.

It should be noted that the categories are not mutually exclusive.

Further, three categories have been added: (1) Research and Surveillance; (2) Funding; and (3) Education and Training.

Due to resource and time limitations this scan is not a complete inventory of the sector. Its main purpose is to stimulate a discussion about the growth (or lack thereof) of disability inclusion in SPAR. This will enable the Alliance to identify possible scenarios for its future and not duplicate what already exists.

Figure 1: The Socio-ecological Model



Sources and Further reading:

- [Understanding of Physical Activity in Social Ecological Perspective: Application of Multilevel Model](#)
- [Toward a comprehensive model of physical activity](#)

Individual / Intrapersonal (knowledge, skills, motivation of an individual)

The following resources are those that seek to increase awareness, knowledge and skills of people with a disability as well as motivation to become physically active. Some of the resources in this level also serve those who influence the individual directly (at an interpersonal level).

Jooay app - <https://jooay.com/>

(<https://healthnews.mcgill.ca/beyond-accessibility-how-the-jooay-app-helps-families-find-inclusive-play-opportunities-for-children-with-disabilities-and-connects-families-to-their-communities/>)

The Jooay App was developed at McGill University. It is a free app that helps children with disabilities and their families to locate leisure opportunities that are: close to where they are, accessible, suit their needs and abilities, match their preferences, can help them develop and participate in society. Jooay is also a community, to help parents, rehabilitation professionals, educators and community to connect, exchange, and learn from each other. It is national in reach.

Physical Activity Guidelines

- WHO Guidelines on Physical Activity (PA) and Sedentary Behaviour (SB):

<https://iris.who.int/bitstream/handle/10665/336656/9789240015128-eng.pdf?sequence=1>

The WHO Guidelines for PA and SB are for people of all ages. Their guidelines feature physical activity and sedentary behaviour recommendations for children, adolescents and adults living with a disability as well as the evidence.

- Physical Activity Guidelines for people with Multiple Sclerosis:

<https://csepguidelines.ca/guidelines/multiple-sclerosis/>

These Guidelines were developed to provide a basis for exercise prescription, target goals for promoting physical activity and serve as a benchmark for monitoring activity levels among individuals with MS. The Guidelines address a significant gap in informational resources about exercise available for individuals with MS as well as healthcare professionals and provide a foundation for program and policy development.

- PA Guidelines for people with spinal cord injuries:

<https://csepguidelines.ca/guidelines/physical-activity-guidelines-for-adults-with-spinal-cord-injury/>

Physical activity guidelines for adults with spinal cord injury (SCI) have been developed by an international group of SCI scientists, people living with SCI, clinicians, and representatives from SCI organizations. These physical activity guidelines are based on the best scientific evidence available. The guidelines have two levels: a starting level and an advanced level.

Physical Activity While Living with a Disability (2021). HealthLink BC

<https://www.healthlinkbc.ca/healthy-eating-physical-activity/being-active/physical-activity-while-living-with-a-disability>

HealthLinkBC provides information on a number of health topics, including this information specifically for people with a disability.

Various resources – Active Living Alliance for Canadians with Disabilities

- [Be Inspired](#)

The Active Living Alliance for Canadians with a Disability has collected several stories about how Canadians with disabilities participate in physical activity, sport and recreation. Their passion is meant to inspire others with disabilities and provide them with ideas.

- [In Her Words](#)

Though we have very little information about physical activity and sport participation of people with a disability, we have some data that shows girls and women with disabilities are less active than boys and men with disabilities and less active than those without disabilities. In Her Words is a novel project that explores the physical activity and recreational sport experiences of mothers with disabilities – for their own health and well-being, and as mentors to their school-aged daughters (9-15 years).

Adapted Recreation Discovery Guide 2024 -

<https://calgaryadaptedhub.swbcreative.ca/wp-content/uploads/2024/04/Adapted-Rec-Discovery-Guide-2024.pdf>

Since 1985, the **Adapted Recreation Discovery Guide 2024** (formerly known as the Recreation Discovery Guide) has been a resource produced and published by the City of Calgary to share recreation and sports opportunities happening across Calgary for people living with disabilities.

The Playbook 2022 A guide to sport and recreation for people with disabilities in Nova Scotia -

https://cdn.halifax.ca/sites/default/files/documents/recreation/programs-activities/cc_revisedplaybook_sept2022.pdf

The Playbook is a resource for community members and service providers seeking recreation opportunities across the region. The Playbook has been compiled by the Halifax Regional Municipality's Parks & Recreation department, community partners, and residents.

Trans Canada Trail - [Trail Accessibility Mapping Program - Trans Canada Trail](#)

Through the use of mapping technology, trail users with a variety of disabilities collected information about their experience on the Trail. This information is available via the Access Now app, allowing trails users of all abilities to make informed decisions before heading out.

Parks Canada accessibility plan -

<https://parks.canada.ca/voyage-travel/experiences/accessibilite-accessibility/activites-activities>

Parks Canada offers a variety of accessible activities. Watch bison graze through low-lying valleys, or relax in healing mineral hot springs. Explore history through tactile and visual displays, or splash around in the ocean with the help of a buoyant wheelchair. Be inspired by these suggestions or check the website of the place you want to visit for more options.

Adaptavie -

<https://www.adaptavie.org/>

The strategic vision of Adaptavis is to be the reference in health and wellness and in social innovation for people living with functional limitations in Quebec. Its mission is to provide adapted services and contribute to research and innovation, in order to maintain and improve the well-being and autonomy of people living with functional limitations.

Interpersonal (relationship with others; those who influence the individual)

In this section, a number of resources and tools have been identified that serve to increase awareness and educate those who influence the individual to be more physically active. In some cases, they are written specifically for the influencer and in other cases, they are resources developed for intermediaries who work with parents, caregivers and teachers. There are resources in the community section that could also be applied to the Interpersonal level of the model.

Canadian Disability Participation Project (CDPP) Parent Resources

- [A Workshop to Establish Evidence-informed Recommendations for developing and disseminating physical activity information targeting parents of children with disabilities](#)
This report provides a comprehensive overview of the rationale and activities undertaken during a stakeholder workshop held in December 2019 that led to the recommendations for developing and disseminating physical activity information for parents of children with disabilities.
- [Tips and Tricks for Developing and Disseminating Physical Activity Information for Families of Children with Disabilities](#)
The recommendations in this resource were developed for use by any organizations that works to promote, support or deliver physical activity for children and youth with a disability.
- [CDPP - The Ability Toolkit: A Resource for Parents and Children and Youth with Disabilities](#)
The Ability Toolkit was developed to help parents and guardians support their child or teen with a disability to meet the Canadian 24-Hour Movement Guidelines for Children and Youth. It provides information relevant to adapting the guidelines to the unique movement abilities of children or teenagers with any type of disability.
- [Sport and Exercise Resources and Publications](#)
The CDPP has a number of resources and publications for different people and organizations that influence physical activity participation for people with disabilities.

Teaching Kids about Disability Inclusion (book) -

https://burlington.bibliocommons.com/list/share/1360994797/2522669039?utm_medium=enews&utm_campaign=August+ENews

Children's picture books are available to teach children about disability inclusion that instill empathy, acceptance and inclusivity in children.

Resources for Leaders from ALACD

- [The Language of Disability](#)
This resource provides guidance about how to use language that ensures that people with disabilities feel respected.
- [Disability Tip Sheets](#)
The Tip Sheets provide information about a number of disabilities and conditions to help physical activity, recreation and sport leaders better serve people with disabilities in their programs.

Childhood disability LINK - <https://www.childhooddisability.ca/>

This website is intended to provide information and knowledge about childhood disability to service providers and families. They are involved with the Jooy app.

Everybody Moves Resource Hub - <https://everybodymoveshub.ca/taxonomy/term/449>

EverybodyMoves Hub is a place for front-line staff, programmers, trainers, coaches and organizational leaders to find practical, useful resources and examples on how to make physical activity more inclusive for more of the community. From facilities to program design to signage, marketing and policy development, it is our goal that the EverybodyMoves Hub will have a resource that covers it.

Organizational / Institutional (rules and regulations of organizations)

Rick Hansen Foundation Resources

- [Rick Hansen School Program](#)

Resources that encourage youth to take action in order to become leaders in creating an accessible, inclusive world. This site includes educational resources and tools for teachers and parents to help youth learn about disability, accessibility and inclusions as well as take action on issues. There is also information about the Difference Maker Awards for youth who have made an impact in the school or community. Finally, there are curriculum connections by province and territory, tips on strategies for an inclusive classroom, lesson planning for universal design, and more resources for the classroom.

- [Rick Hansen - Ambassador Presentations](#)

Schools can invite an individual with a disability to speak about their lives, allowing students to gain insight and understanding. Ambassadors have vision, hearing and mobility disabilities and help create connection and challenge stereotypes through student engagement and interaction.

Disability-Centred Movement: Supporting Inclusive Physical Education (Ophea) -

<https://ophea.net/disability-centred-movement-supporting-inclusive-physical-education>

Ophea's *Disability-Centred Movement: Supporting Inclusive Physical Education* resource is a free online resource that has been developed to provide support to educators in designing a physical education program for students with disabilities, and approaches for physical activity providers to engage students with disabilities in enriching experiences to develop their physical skills.

Accessibility audit tool (viaSport) - <https://viasport.ca/resources/accessibility-audit-checklist/>

An evaluation tool to help sport organizations improve their overall accessibility. The tool looks at six pillars of accessibility including measures related to affordability, information and communication and the program, social, organizational and physical environments. Provincial and community sport organizations can use the checklist to identify areas of opportunity to ensure welcoming environments to persons with a disability.

Adapted Equipment Ideas (ALACD) - <https://ala.ca/adapted-equipment-ideas>

This resource provides information about how to help students of all abilities participate in physical education.

Resources to Help You Support Students with a Disability (PHE Canada) --

<https://phecanada.ca/professional-learning/all-abilities>

A number of resources are available to help schools ensure that all students are given an equal opportunity to engage in physical activity experiences.

Community (community resources that support social norms)

Provincial Building Codes

The following is a list of building codes in different provinces as well as other resources and tools related to building for accessibility.

- [BC Building Code, Accessibility Handbook](#)
- [Accessibility in Ontario's Building Code](#) and <https://www.cfscanada.ca/building-codes-and-the-aoda/>
- [Building Codes and Accessibility Standards](#) (Coalition of Persons with disabilities)
- [Policy Paper. Accessibility in Buildings](#)
- [Provincial Building Code Act. Barrier-free Design Regulations](#)
- [Building Standards and the Code \(SK\)](#)
- [Barrier-free Design Guide \(AB\) \(not prov guidelines\)](#)
- [Guidelines for barrier-free design of Ontario government facilities](#)
- [NS Building Code Act](#)
- [City of Edmonton Accessibility Advisory Committee](#)

Standards Council of Canada (SCC) - <https://www.scc.ca/en/search/site/disability>

As Canada's leading accreditation organization, SCC ensures conformity assessment bodies meet the highest national and international standards against nationally and internationally recognized standards. SCC is a respected national leader in [accreditation](#). They ensure conformity assessment bodies and standards development organizations demonstrate technical competence, reliability and integrity against nationally and internationally recognized standards. They are involved in a number of initiatives related to people with disabilities.

Accessibility Standards Canada - <https://accessible.canada.ca/>

Accessibility Standards Canada was created in 2019 under the *Accessible Canada Act* (the Act). They create accessibility standards for [federally-regulated entities and federal organizations](#). These include government buildings, banks, and federal courts, among others. We are an accredited standards development organization. Their standards are recognized as National Standards of Canada. **“Nothing without us”** is the principle that drives what they do, valuing the knowledge and experience of people with disabilities. They consult and work closely with people with disabilities, diverse disability communities and other experts. Diversity and inclusion are at the core of the organization. A quarter of employees, and the majority of members on the Board of Directors, are people with disabilities.

Parks and Recreation Ontario - [Pathways to Recreation: Learning about Ontario's Accessibility Standard for the Design of Public Spaces](#)

This guidebook addresses the Design of Public Spaces Standard and is intended to provide owners, managers and/or operators of municipal and not-for-profit parks, outdoor recreation facilities and amenities with a better understanding of the requirements that pertain to making these facilities accessible, and to provide promising practices that can support successful implementation.

Design Thinking Ted Talk –

https://www.ted.com/talks/elise_roy_when_we_design_for_disability_we_all_benefit?subtle=en&trigger=0s

"I believe that losing my hearing was one of the greatest gifts I've ever received," says Elise Roy. As a disability rights lawyer and design thinker, she knows that being Deaf gives her a unique way of experiencing and reframing the world -- a perspective that could solve some of our largest problems. As she says: "When we design for disability first, you often stumble upon solutions that are better than those when we design for the norm."

Para NB - [Sport & Recreation Facility Accessibility Checklist](#)

This checklist is designed by Para NB - Sport & Recreation to provide guidelines to assist organizations in New Brunswick who deliver para sport & recreation events/activities at various facilities throughout the province. The items in the checklist should be considered when reviewing the site of any potential facility prior to a tournament, clinic or para sport & recreation activity to allow for maximum attendance and participation, and the successful delivery of the activity.

City of Edmonton Accessibility Advisory Committee - [Checklist for Accessibility and Universal Design](#)

The City of Edmonton Accessibility Advisory Committee (AAC) has created this checklist to promote the concepts of Universal Design. The checklist draws attention to several areas where accessibility can be improved by good design. Another resource would be the City of Edmonton's [Access Design Guide](#) for best practices.

Hidden Disabilities Sunflower Program - <https://www.saint-marys.ca/municipality-of-the-district-of-st-mary-s-joins-hidden-disabilities-sunflower-program.html>

The Municipality of the District of St. Mary's is pleased to announce an innovative new program to provide inclusive service! The Municipality has officially joined the Hidden Disabilities Sunflower program, demonstrating its commitment to creating a more inclusive environment for individuals with hidden disabilities. This initiative allows residents with hidden disabilities to discreetly indicate that they may need some assistance or additional time by wearing a sunflower lanyard or bracelet. The benefit is that a person with a need does not have to ask or explain their needs everywhere they go. Simply by wearing a program lanyard, a person can indicate that the servicing organization should take care to ensure they have met that person's needs.

National Inclusion Project Standards - <https://www.inclusionproject.org/standards>

The Standards for Inclusive Recreation Programs provide an operational definition of social inclusion, clearly outline best practices of inclusive recreation, and serve as the foundation for all NIP **training resources**, including **accreditation**. The standards are an educational resource available to any recreation program wanting to provide meaningful inclusive experiences to their participants.

The Belonging Playbook (Ottawa Sport Council) –
<https://www.ottawabelongingplaybook.ca/>

Under the leadership of the Ottawa Sport Council, The Belonging Playbook was developed to help community sport organizations remove barriers to access to foster more welcoming and inclusive environments. The Belonging Playbook is a resource for all members of community sport organizations including administrators, coaches, officials, and volunteers- to create more inclusive spaces.

- [Inclusion and Belonging resources](#)
- [Physical Accessibility Evaluation](#) and
https://www.ottawabelongingplaybook.ca/_files/ugd/129595_f281c145a6ef42ffaa47e98ffbf5b108.pdf

Related to Accessible playgrounds and facilities

A number of accessible playgrounds exist due to funding from Canadian Tire Jumpstart. Further, resources exist that provide tools and information about how to provide accessible playgrounds for children.

- [Let Kids Play! Playground Directory](#)
- [Quality Participation on Playgrounds Resource](#)
- [Evidence-Informed Recommendations for Designing Inclusive Playgrounds to Enable Participation for Children with Disabilities](#)
- [Developing evidence informed strategies to foster quality participation on playgrounds](#)
- [A Blueprint for Building Quality Participation on Playgrounds for Children with a Disability \(Programmer version\)](#)
- [A Blueprint for Building Quality Participaction on Playgrounds \(Caregiver version\)](#)
- [Accessible Playgrounds Ontario](#)
- [Inclusive Play Spaces \(Jumpstart\)](#)
- [Inclusive Playgrounds Playbook](#)
- [Creating Inclusive Playgrounds: A Playbook of Considerations and Strategies](#)
- [Let's Play. Accessible Playgrounds](#)
- [Multi-sport facility, SLS Centre, Cochrane, ON](#)

Rick Hansen Foundation

Several resources address programs, services and education.

- [Rating and Certification](#)
- [Accessibility and Disability Inclusion Education](#)
- [Accessibility Advisory Services](#)
- [A Guide to Creating Accessible Play Spaces](#)
- [Accessibility Resources for Accessible Ramps, Entrance and Automated Doors, Elevators, Reception/Service Areas](#)
- [Inclusion and Accessibility Training & Fundamentals Training](#)

Adapted Centres and Information Hubs

A small number of centres and information hubs have been created to prioritize the needs of people with disabilities to participate in physical activity. Those noted below are a combination of facilities and those that are involved with programming, policy development, research and education.

- [Calgary Adapted Hub](#)
- [One Ability](#)
- [Rocky Mountain](#)
- [Abilities Centre](#)
- [Brock-Niagara Centre of Excellence in Inclusive & Adaptive Physical Activity](#)
- [Variety Village](#)
- [Steadward Centre](#)
- [Easter Seals Programs](#)
- [Physical Activity, Active Living, and Sport Resource Catalogue Online resources for Canadians living with disabilities](#)
- [Sportability BC](#)
- [Adapted and Support Programs](#)
- [Adults in Motion](#)
- [Everyone Can Play \(A Resource to support physical activity participation for children with disabilities in London, ON\)](#)
- [Holland Bloorview Kids Rehabilitation Hospital](#)
- [Multi-sport Facility in Cochrane, AB \(being built with Jumpstart Funds\)](#)

Active Transportation

A number of active transportation resources are dedicated to people with disabilities or include references to ensuring active transportation plans consider people with disabilities.

- [Active Transportation for People with Challenges and Limitations](#)
- [Active Transportation and Street Design through an accessibility and universal design lens](#)
- [BC Active Transportation Design Guide](#)
- [National Active Transportation Strategy](#)
- [New Westminster – All ages and abilities Active Transportation Network Plan](#)
- [Best Practices for Active Travel and Healthy Equity in small towns on BC](#)
- [The Accessible Canada Act and the Accessible Transportation Planning and Reporting Regulations: A Guide on Accessibility Plans](#)
- [Canadian Community Initiatives Addressing Transportation Poverty Report + Catalogue | September 2021](#)
- [City of Peterborough - Active Transportation and Health Indicators Report 2020](#)

No Accidental Champions (Sport for Life) - https://sportforlife.ca/wp-content/uploads/2024/01/No-Accidental-Champions_2024_EN_WEB.pdf

No Accidental Champions describes some of the opportunities and challenges that face persons with diverse abilities in pursuing sport and physical activity, and how the Canadian sport system can best address ways to increase activity and greater achievement through Long-Term

Development (LTD). Not all individuals with diverse abilities will pursue competition; however, this should not exclude them from opportunities to learn sport skills and become active for life.

Coaching Kids of All Abilities -

<https://jumpstart.canadiantire.ca/pages/coaching-kids-of-all-abilities>

Coaching Kids of All Abilities is an online resource that helps coaches and youth activity leaders create inclusive sporting environments for kids of all abilities.

Dementia Inclusive Park –

<https://www.parksfdn.com/dementia-inclusive-park>

The Calgary Parks Foundation has created a first-of-its-kind outdoor space designed with and for people living with dementia, their caregivers and families. The Dementia Inclusive Park will serve not only as a physical space for outdoor engagement but also as a powerful tool for raising awareness and reducing stigma. The park design will include safety features, sensory features and increased signage and wayfinding to ensure that this is a dementia inclusive space.

Sport Organizations - <https://services.easterseals.org/family-information-resources/sports-organizations/>

This is a listing of organizations that serve the disability sector as it relates to sport, physical activity and recreation.

Camps

A number of camps exist that provide camp experiences for children with chronic conditions and/or disabilities. Municipalities also offer camp experiences for children and youth with disabilities.

- [Diabetes](#)
- [Camps](#)

Parasports

A listing of the disabled sport organizations and the CPC

- [Canadian Paralympic Committee](#)
- [All parasport orgs](#)
- [Defi sportif](#)

Special Olympics - <https://www.specialolympics.ca>

Special Olympics are available in all provinces and territories with the exception of Nunavut

- Healthy Athletes

<https://www.specialolympics.ca/learn/special-olympics-programs/healthy-athletes>

<https://www.specialolympics.org/what-we-do/inclusive-health/healthy-athletes>

- Unified Sports

<https://www.specialolympics.ca/programs-gamesprograms/unified-sportsr>

<https://www.specialolympics.org/what-we-do/sports/unified-sports>

NGO-sponsored adapted programs

Municipalities and non-profit organizations across Canada offer programs, day camps, pre-schools, etc. that focus on people with disabilities (e.g., [Fitness, Recreation, and Social Programs for People with Disabilities – Mississauga Halton](#) and [Brock Penguins](#))

Adapted equipment loan programs

Similar to programs, many communities and organizations offer equipment loan programs

- [Holland Bloorview Adapted Recreation Equipment loan program](#)
- [Defi Sportif Altergo](#)
- [Ontario Para Network – Sport wheelchair loans program](#)
- [Easter Seals NL Equipment Loan Program](#)
- [Parasport and Recreation PEI Equipment Loan Program](#)

CDPP

CDPP resources have been featured elsewhere in this report. These resources support community interventions.

- [SCI Step Together: A physical activity program for individuals for with spinal cord injury who walk](#)
- [Disability and physical activity Program Evaluation Toolkit](#)
- [Disability and Exercise Training Resources for Health Care and Exercise Professionals](#)
- [A Blueprint for Building quality Participation in Sport for C &Y with Autism Spectrum Disorder](#)
- [A Blueprint for Building Quality Participation in Sport for Children and Youth with Intellectual Disabilities](#)
- [A Catalogue of Resources for Health and Recreation Practitioners](#)
- [The Blueprint for Building Quality Participation in Sport for Children, Youth, and Adults with a Disability including Quality Participation Checklist Audit Tool](#)
- [Quick Guide to Accessibility, Inclusion, and Quality Participation](#)

Focused Weeks

- [National AccessABILITY week](#) (May 26- June 1, 2024)
- [International Day of Persons with Disabilities](#)

This is an annual event that takes place on December 3. It seeks to shed light on people with disabilities. Each year there is a different theme.

Active Living Alliance for Canadians with a Disability (ALACD)

- [Moving to Inclusion](#)

The Moving to Inclusion Online Learning Tool is a training and professional development tool for those who are working in or training for a career in recreation, fitness, education, sport and active living fields. The learning tool has been developed to help people plan and lead a wide variety of physical activity programs in ways that include individuals who have a disability. The MTI Online Learning Tool includes six (6) Modules and one Appendix with five (5) case studies that, combined, identify general concepts, strategies and practical approaches that are useful in planning and leading inclusive physical activities.

- [All Abilities Welcome](#)
The All Abilities Welcome Toolkit includes an introduction to active living and why it's important for persons with disabilities, a step-by-step approach to creating inclusive programs as well as easy modifications to make programs and services more inclusive, tools to promote your inclusive programs, services and facilities, and tips on appropriate words / terminology.
- [Fit for All](#)
Tips to ensure events include people with disabilities.

Inclusion Canada - <http://inclusioncanada.ca>

Inclusion Canada, formerly the Canadian Association for Community Living (CACL), is the national federation working to advance the full inclusion and human rights of people with an intellectual disability and their families. Inclusion Canada leads the way in building an inclusive Canada by strengthening families, defending rights, and transforming communities into places where everyone belongs.

Everybody's Welcome. A Social Inclusion Approach to Program Planning and Development for Recreation and Parks Services (Social Planning and Research Council of BC) - <https://www.sparc.bc.ca/wp-content/uploads/2020/11/booklet-everybodys-welcome.pdf>

Partial List of National Recreation or PA Resources on websites of national disability organizations

- March of Dimes
 - [Ontario Passport](#) funding includes recreation
 - [Stroke Recovery in Motion Planner Toolkit](#) designed to help anyone interested in developing and providing community-based workshops, physical activities and excursion
- CNIB - <https://www.cnib.ca/en/programs-and-services/play/culture-sports-and-recreation-programs?region=ns&page=4>
CNIB Foundation's culture, sports and recreation programs provide you with opportunities to take part in a variety of creative classes, community-based workshops, physical activities and excursions.
- CMHA
 - [Bounce Back: Reclaim Your Health](#). 15 videos about mental health. There are two videos on recreation/active living
 - Link to [ParticipACTION Move for Your Mood app](#)
- Canadian Association for the Deaf – <https://cad-asc.ca/knowledge-centre/connections/>
Has a Web page that lists links to many sport and recreation groups for deaf persons at provincial and community level
- Cerebral Palsy Network
 - [National survey includes recreation questions](#)
 - Weblink to Jooyay

- SCI Canada
 - Link to [physical activity guidelines for adults with spinal cord injury](#)
 - Webpage on [active living](#)

- Alzheimer’s Canada – Webpage on physical activity - <https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/providing-day-day-care/finding-suitable-activities>

- Recreational Respite - <https://www.recrespite.com/>
 Recreational Respite works with individuals with disability or mental health and their families who face barriers to participation and social connectivity. Private company. Fee based.

Sport organizations

A listing of sport organizations that address physical activity, recreation and sport - <https://services.easterseals.org/family-information-resources/sports-organizations/>

National Parasport Collective

A range between community, provincial and national involved in disability sport in some capacity – coming together to share information, brainstorm
 Information learning collective and sharing of gaps and opportunities
Parasportcollective@gmail.com

Ontario parasport collective / Parasport Ontario

<https://parasportontario.ca/ontario-parasport-collective>

The 2015 Parapan Am Games and Accessibility for Ontarians with a Disability Act (AODA) provided an opportunity for a community of leaders to come together to focus on enhancing access and engagement to quality sport for Ontarians with a disability. A Games Legacy Initiative revealed the importance and value of moving forward as a united and committed group. From that galvanizing point emerged the Ontario Parasport Collective (OPC), a collective of like-minded individuals, organizations and champions. In 2016, that group developed a vision for collaborative action to guide, support and align efforts. The Ontario Parasport Collective (OPC) was built on the contributions of willing partners and based on leadership and readiness. The OPC has a number of resources on its website.

Policy and Plans (local, PT, national / federal)

Policy governing sport and exercise for people with disabilities in Canada (Canadian Disability Policy Alliance) - <https://cdpp.ca/sites/default/files/Sport-Policy-Scan-July-2017-final.pdf>

This is the third of three cross-jurisdictional scans of legislation governing the provision of goods and services to people with disabilities in Canada. This scan focuses on legislation governing sport and exercise for people with disabilities across Canada.

Government of Canada - [Guidance on the Accessible Canada Regulations: Sample Accessibility Plan Template](#)

The [Accessible Canada Act](#) was passed in 2019 with the intention of creating a barrier-free Canada by 2040. The [Accessible Canada Act](#) (ACA) and the [Accessible Canada Regulations](#) (regulations) require that federally regulated entities prepare and publish accessibility plans. This template is not mandatory and is provided as a sample that can be used to prepare an organization's accessibility plan. The template clearly indicates all of the **required** content as well as content that is **recommended**, but not required. It can be adapted to reflect an organization's needs and resources.

Accessibility legislation

- [Accessible Canada Act](#)
- [Manitoba](#) and <https://web2.gov.mb.ca/bills/40-2/b026e.php>
- [Newfoundland](#) and <https://www.gov.nl.ca/cssd/accessibility-act/>
- [Nova Scotia](#) and <https://nslegislature.ca/sites/default/files/legc/statutes/accessibility.pdf>
- [Ontario](#)

SPAR Sector - Plans

- [Canadian Sport Policy](#) (CSP)
The CSP makes some references to “inclusivity” in its policy principles (page 6). In Intro to Sport and Recreational Sport, there are objectives that make reference to “underrepresented and/or marginalized population” as well as “accessible, equitable and inclusive” programming. In the Competitive sport goal, one objective is about having opportunities for underrepresented and/or marginalized populations but there is no goal related to accessible, equitable and inclusive sport opportunities. There are no such objectives in the High Performance goal. There are no explicit objectives related to disability under the Sport for Development goal but it could be inferred given its innate focus on social justice. The CSP is presently undergoing a re-write and is due to be released near the end of the year, 2024.
- [Framework for Recreation in Canada](#) (FRC)
There are some references throughout the document about people with disabilities. Goal 2 is specifically focused on Inclusion and Access with one priority dedicated to disabilities (priority 2.7).
- FRC Update: To be added
- [A Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada: Let's Get Moving](#)
Persons with disabilities are described in the document (in terms of participation rates) and

readers are encouraged, when considering the foundational approach of “population approach” to look at the areas of focus through a number of lenses including inclusivity, equity and accessibility (Part II). Accessibility is generally mentioned under the area of the area of focus *Spaces and Places* and as an example in areas of focus *Partnerships, Leadership and Learning*, and *Progress*.

- [Canada’s National Active Transportation Strategy Framework](#)

According to the strategy: Our vision is for Canadians of all ages, ethnicities, **abilities**, genders, and backgrounds to be able to safely and conveniently access active transportation in their communities, and to significantly increase the ‘modal share’ of active transportation: the proportion of Canadians who regularly make the choice to use active transportation. Active transportation is defined as “the movement of people or goods powered by human activity. Active transportation includes walking, cycling and the use of human-powered or hybrid **mobility aids such as wheelchairs, scooters**, e-bikes, rollerblades, snowshoes and cross-country skis.” The Framework is broken down into six elements to create the A-C-T-I-V-E framework consisting of awareness, coordination, targets, investment, value, and experience. Under the *experience* element, disability is mentioned as a consideration.

- [Policy on Sport for Persons with a Disability](#)

The Policy on Sport for Persons with a Disability provides a framework for engaging partners and stakeholders in initiating changes that aim to reduce and ultimately eliminate sport-specific barriers that prevent persons with a disability from participating in sport. At the same time, the Policy addresses some of the environmental, structural, systemic, social and personal barriers that keep many persons with a disability from being full participants in Canadian society. The Policy envisions the full and active participation of persons with a disability in Canadian sport at all levels and in all forms, to the extent of their abilities and interests.

Active Outdoor Play Consensus Statement - <https://www.outdoorplaycanada.ca/wp-content/uploads/2019/07/position-statement-on-active-outdoor-play-en.pdf>

Two systematic reviews were conducted to examine the best available scientific evidence on the net effect (i.e., balance of benefits vs. harms) of outdoor and risky active play. Other research and reviews were also consulted. The Position Statement applies to girls and boys (aged 3-12 years) regardless of ethnicity, race, or family socioeconomic status. The statement notes that children who have a disability or a medical condition should also enjoy active outdoor play in compliance with guidance from a health professional.

Physical Literacy Consensus Statement - https://physicalliteracy.ca/wp-content/uploads/2016/08/Consensus-Handout-EN-WEB_1.pdf

Excitement around the concept of physical literacy led to a variety of definitions, and sometimes a misuse of the term by using it interchangeably with “physical activity”, “physical education”, “fundamental movement skills” or “motor skill development”. In a broad consultation, sector leaders in Canada suggested that a common definition with consistent language was needed to provide clarity for the development of policy, practice and research. Physical literacy is meant to be an inclusive concept, accessible to all.

The Toronto Charter for Physical Activity: A Global Call for Action -

https://ncdalliance.org/sites/default/files/resource_files/torontocharter-eng-20may2010.pdf

The Toronto Charter is a call for action and an advocacy tool to create sustainable opportunities for physically active lifestyles for all. It is meant to help individuals and organizations to influence and unite decision makers to achieve a shared goal. There are nine guiding principles one of which is “Embrace an equity approach aimed at reducing social and health inequalities and disparities of access to physical activity.” In the four main action areas, equity is generally referenced in #2 (Introduce policies that support physical activity), specifically referenced in #3 (Reorient services and funding to prioritise physical activity), and generally in #4 (Develop partnerships for action).

Sustainable Development Goals - <https://www.undp.org/sustainable-development-goals>

The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by the United Nations in 2015 as a universal call to action to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity. Physical activity fits into several of the goals.

- [Moving Forward Together. Canada’s 2030 Agenda National Strategy.](#)
- [Canada’s Federal Implementation Plan for the 2030 Agenda](#)
- [Fact Sheet: Sustainable Development Goals. Health targets. Physical Activity](#)

Provincial / Territorial Plans

The majority of provinces/territories have physical activity strategies or plans (some more current than others).

BC

- [Active People, Active Places. British Columbia Physical Activity Strategy](#)
- [Everybody Moves Resource Hub](#)

AB

- [Active Alberta \(2011-21\)](#)
- [Alberta Sport Plan \(2014-24\)](#)

SK

- [Forever in motion](#) and <https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/forever-motion>

MB

- Does not have a current strategy

QC

- [Increasing Physical Activity Among Quebecers](#) (Kino Quebec)

NB

- [NB’s Recreation and Sport Policy Framework](#)

PEI

- [PEI Wellness Strategy](#)

NS

- [Let's Get Moving NS](#)

NL

- [Physical Activity overview](#)

NWT

- [Framework for Sport, PA and Recreation. What we Heard](#)
- [NWT Active Living Framework \(2023-2033\)](#)

YK

- [RPAY Strategic Plan](#)
- [Yukon Parks Strategy](#)
- [Yukon Walking Strategy](#)

NU

- [Sport and Recreation Division Action Plan](#)
- [Nunavut's SPAR Framework and
\[https://www.gov.nu.ca/sites/default/files/documents/2021-11/cgs-spar-framework-summary_en%20%281%29.pdf\]\(https://www.gov.nu.ca/sites/default/files/documents/2021-11/cgs-spar-framework-summary_en%20%281%29.pdf\)](#)

Municipal Physical Activity Strategies

Many municipalities have strategies or plans. This is a small sample.

- [Town of Bridgewater](#)
- [Truro](#)
- [Municipality of the County of Kings. AL Strategy](#)
- [Live Active. A collaborative strategy for Active Living, Active Recreation and Sport in Edmonton](#)
- [City of Richmond Recreation and Sport Strategy](#)
- [Winnipeg in motion](#)

Canadian Practices in Inclusive Recreation (ALACD)

This document was developed in partnership with the Canadian Parks and Recreation Association and its PT members. It outlines some of the practices that are being implemented by the members, as well as recommendations for moving forward together with the ALACD.

National plans by advocacy organizations for PwDs

- [SK Disability Strategy](#)
- [Council of Canadians with Disabilities](#)
- [Easter Seals](#)
- [Easter Seals Canada](#)
- [CanChild](#)
- [March of Dimes Canada](#)
- [Muscular Dystrophy Canada](#)
- [War Amps](#)
- [Spinal Cord Injury Canada](#)
- [DAWN Canada](#)
- [Canadian Association of the Deaf](#)
- [CNIB](#)
- [Canadian Disability Policy Alliance](#)
- [Canadian Centre for Diversity and Inclusion](#)
- [Canadian Deafblind Association](#)
- [Canadian Foundation for Physically Disabled Persons](#)
- [Canadian Mental Health Association](#)
- [Centre for ADHD Awareness Canada](#)
- [Learning Disabilities Association of Canada](#)
- [Autism Alliance of Canada](#)
- [Canadian Feminist Disability Coalition](#)

Canada's Disability Action Plan - <https://www.canada.ca/en/employment-social-development/programs/disability-inclusion-action-plan/action-plan-2022.html>

The Action Plan is a blueprint for change to make Canada more inclusive of people who identify as having a disability in Canada. The Action Plan has 4 initial pillars: financial security, employment, accessible and inclusive communities, and a modern approach to disability. Simply put, the Action Plan aims to improve the lives of persons with disabilities in Canada. The work required to achieve this - to make Canada inclusive, fair, and free of physical, societal, and attitudinal barriers - will be extensive. It should be noted that the action plan does not refer to sport, recreation and physical activity.

Research and Surveillance

Rick Hansen - Supporting SCI Research

An interdisciplinary research centre where researchers are dedicated to the development and translation of more effective strategies to promote prevention, functional recovery, and improved quality of life after spinal cord injury, ICORD is one of the most interdisciplinary SCI research programs in the world.

State of play youth report (Jumpstart)

Over several months, Jumpstart, in partnership with Aspen Institute and with the input of academic advisors across Canada, gathered extensive feedback about the state of sport and play for youth by not only leveraging input from sport organizations throughout Canada, but input from nearly 3,000 Canadian students between 3rd and 12th grade as well. The youth respondents represented a multitude of diverse backgrounds, as 42% identified as females and 48% identified as visible minorities¹ or Indigenous peoples. Additionally, 9% of youth taking the survey identified as someone with a disability. And to take the study a step further, Jumpstart and Aspen Institute unpacked the Youth Survey findings with over a dozen grassroots community sports leaders through a series of tailored workshops with a focus on underserved populations, including girls, girls of colour, youth with disabilities, and Indigenous youth

Special Report. Canadian Sport for Life for Athletes with a Disability

Canada has an outstanding record of achievement in sport for persons with a disability, and there are various explanations for this. Canada's adoption of Long-Term Athlete Development (LTAD) models for all sports may be a contributing factor, as well as making National Sport Organizations (NSOs) responsible for the integration of persons with a disability into their sport development plans. Federal funding for NSOs is tied to their provision of sport opportunities for persons with a disability. There has also been a shift from the provision of sport opportunities by disability-specific groups to the provision of sport opportunities by sport-specific groups. This shift has significantly improved the sport technical support for athletes with a disability but may be having the unintended consequence of making entry into sport by persons with a disability more difficult.

Canadian Fitness and Lifestyle Research Institute

Has just collected data and is currently analyzing it.

CanChild

A research centre dedicated to generating knowledge and transforming lives of children and youth with developmental conditions and their families

A Systematic Review of Review Articles Addressing Factors Related to Physical Activity Participation Among Children and Adults with Physical Disabilities -

In this systematic review, over 200 factors were extracted from 22 review articles addressing barriers and facilitators to LTPA in children and adults with physical disabilities. Factors were grouped according to common themes, classified into five levels of a social ecological model, and coded according to whether they could be affected by the health care and/or recreation sectors. Findings are discussed with regard to key factors to target in LTPA-enhancing interventions, relevant theories and models in which to frame interventions, the levels at which the interventions can be

implemented, and intervention priorities. The synthesis provides a blueprint and a catalyst for researchers and practitioners to shift focus from conducting studies that merely describe LTPA barriers and facilitators, to developing and delivering strategies to increase LTPA among persons with physical disabilities.

Making the Case for More Women Coaches in Disability Sport

As our society grows more aware of and receptive to first challenging and then overturning stereotypical conceptions of participants in disability sport, so does the necessity of attracting qualified women coaches to this field become essential. Numerous studies, as well as anecdotal evidence, support women coaches' qualities, skills, and qualifications as being vital to non-disabled athletes' success, including "multitasking, effective communication, and empathy." These same attributes are no less relevant for women coaches of athletes with disability, as the authors compellingly contend.

E-Alliance – resources/research on disability and sport

The site contains examples of research related to disability and sport.

Funding

Grant programs that prioritize equity seeking groups such as people with disabilities

- [Bilaterals](#) between provincial and federal governments
- [Ontario Para Network funding sources](#) and <https://onpara.ca/caf-annual-grant-program-open-for-applications/>
- [List of Adaptive Sports Equipment Grants and Funds in Canada](#)
- [Play to Podium Fund \(ParaSport Ontario\)](#)
- [Athletics for All \(Athletics Canada\)](#)
- [Paralympic Sport Development Fund \(CPC\)](#)
- [Paralympic Sports Association \(AB\)](#)
- [Community Sport for all \(2023\)](#)
- [BC Ferries Disability Sport Experience Program](#)
- [KidSport Canada \(and 11 chapters\)](#)
- [ParticipACTION Community Challenge](#)
- [Park People – Grants and Funding Sources](#)
- [Community Development Grants \(Jumpstart\)](#)

Canada Community Building Fund

The Canada Community-Building Fund is a permanent source of federal funding for local infrastructure. Funds are provided to communities up front, twice a year, and can be strategically invested across [18 project categories](#) to address local priorities.

ABC Recreation – Playground Fundraising Guide

Helping organizations raise funds to build playgrounds.
and

ABC Recreation

ABC Recreation designs, builds and maintains innovative commercial playgrounds, splash pads and outdoor spaces for communities across Ontario, Quebec and Atlantic Canada, including playgrounds for children and families with disabilities.

Federal/prov/territorial/municipal accessibility funding

- [Enabling Accessibility Fund](#)
- [Infrastructure Canada's Accessibility Plan](#)

Respite care – Financial resources for parents

- [Govt. of ON](#)
- [Govt of NS](#)

Federal/provincial tax credits

- [Disability Tax credit](#)
- Ontario proposing a tax credit for children's sports, extracurricular activities
- NL proposing a tax credit
- NS proposing a tax credit

Education and Training

- [Therapeutic Recreation post-secondary programs](#)
- [Adaptive Sports and Recreation in Post-secondary institutions –](#)
- [Adapted Physical Activity Graduate Certificate](#)
- [Human Kinetics – Adapted Physical Activity Resources](#)
- [Learning for All](#)
- [Memorial University](#)
- [Bachelor of Kinesiology, Adapted Physical Activity](#)
- [Adapted Physical Exercise \(APEX\) Research Group](#)
- [Brock-Niagara Centre of Excellence in Inclusive and Adapted Physical Activity](#)
- [Adapt Lab for Accessible and Inclusive Physical Activity \(U of T\)](#)
- [Kinesiology and Physical Education, MA \(McGill\)](#)
- [Inclusive Experiences \(consulting\)](#)
- [Inclusive Recreation Resource Centre](#)
- [Inclusion Training, National Inclusion Project](#)
- [Disability Inclusion Workshop, Abilities Centre](#)
- [Best Practices for Interacting with Persons with Disabilities, A Guide, Canadian Transportation Agency](#)
- [Inclusion Training Resources](#)
- [True Sport Report 2022](#)