

## CONTACT US

Free, online information on Inclusive recreation, sport and active living is available at the following address:

[www.nbacl.nb.ca/english/resources/recreation\\_module.htm](http://www.nbacl.nb.ca/english/resources/recreation_module.htm)

For more information on Inclusive Recreation and Sport, contact NBACL:

Toll Free: 1-866-622-2548

Direct: 1-506-453-4400

Email: [nbacl@nbnet.nb.ca](mailto:nbacl@nbnet.nb.ca)



[www.nbacl.nb.ca](http://www.nbacl.nb.ca)



## INCLUSIVE RECREATION

Promoting and facilitating inclusive recreation, sport and active living for children and adults with an intellectual disability in New Brunswick



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# INCLUSIVE RECREATION, SPORT AND ACTIVE LIVING



Inclusive recreation and sport activities are key to forming strong community ties. They provide opportunities for people to make connections with others who have similar interests, break down social barriers, reduce bullying and offer people a sense of belonging and acceptance. Inclusive recreation ensures that everyone, including people with an intellectual disability, is involved and has meaningful participation in community recreation, sport and active living opportunities of their choice.

## Our goal is to:

- Advocate and facilitate inclusion in existing community recreation and sport activities;
- Promote the participation of people with an intellectual disability in community recreation and sport; and
- Facilitate the sharing of information between people with an intellectual disability, parents, local associations, service providers and other professionals.

## NBACL Can:

- Provide training and information for recreation service providers, sport organizations, volunteers and others;
- Offer Inclusive Recreation and Sport workshops to community groups and organizations;
- Provide consultation and support on adaptive equipment and other accommodations;
- Promote and support the development of inclusive recreation and sport initiatives for local associations, parents, service providers, and self advocates.



## What can we do to include people with an intellectual disability in our activities?

We all have a role to play in making recreation and sport inclusive and accessible. NBACL works with groups and organizations to assist them in including people with an intellectual disability in all aspects of recreation and sport activities. Here are some ideas:

### Recreation Service Providers

- Invite NBACL to meet and talk to your staff or volunteers about ways to include people with an intellectual disability to participate in your services; and
- Get to know people in your community who would like to participate.

### Service Clubs, Church Groups

- Encourage people with an intellectual disability to join your program; and
- Support people with an intellectual disability to be fully included in all aspects of the program.