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SPORT NSW

Knowledge Exchange Inclusion Training

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Background & Programs

Sport NSW is the independent peak body for all of sport and recreation across NSW. Our focus is on building capacity within sport, recreation, community, education, health and local-state government

- **Industry and Government Advocacy and forums**
- **Champions of Sport and NSW Hall of Fame event**
- **Community Sport Awards and Industry Conference**
- **Regional Steering Committees**
- **Activate Inclusion Sports and Girls Get Active Days**
- **Future Directions – sector Collaboration, Capacity, Innovation and Engagement**



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NDIS as of Dec 2019

351,127 participants have entered the scheme (including E-C-E-I) since July 2013. 341,660 of these continue to be active.

134,455 active participants are receiving supports for the first time.

2,191 (7.8%) of the new active participants this quarter identified as Indigenous, taking the total number of Indigenous participants nationally to 20,513 (6.1%). 3,145 (11.1%) of the new active participants this quarter are culturally and linguistically diverse, also known as CALD, taking the total number of CALD participants nationally to 30,092 (8.9%).

New South Wales has the highest number of participants (113,590).



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NDIS as of Dec 2019

- **Uniting** - covering Nepean Blue Mountains, Northern Sydney, Western Sydney, Southern NSW, Illawarra Shoalhaven
- **St Vincent de Paul Society NSW** - covering South Western Sydney, Central Coast, Hunter New England, Sydney and South Eastern Sydney
- **Social Futures** - covering Far West, Murrumbidgee, Mid North Coast, Northern NSW and Western NSW
- **Intereach** – covering Riverina

- **Local Area Coordinators** – These LAC's are a facilitator in the planning stage after a potential disability participant receives their paperwork from NDIS and have their medical information in place.



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NDIS for clubs

NDIS has 3 methods of managing payments and service delivery!

- **Self Management – Anyone can be a provider**
- **Plan Management – Anyone can be a provider**
- **NDIS Agency Management – only NDIS registered providers**

NDIS Language is extremely important in securing plan funding for any type of sporting activity, it is about the person not the activity.

- **Physical and Mental Wellbeing**
- **Community inclusion – Reduced social isolation**
- **Focus on equal participation**



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ACTIVE KIDS

Why does the NSW Government want to get kids active?

Data from the NSW Population Health Survey shows that 75 per cent of children in NSW are not meeting the daily recommended level of physical activity, which is 60 active minutes each day. Further, 22 per cent of children aged 5-16 years are reported as being overweight or obese.

The Active Kids program, launched in 2018, aims to increase participation of school-enrolled children in sport and physical activity by providing parents with vouchers to help cover the cost of registration and membership fees.

With 44 per cent of children spending more than two hours a day on sedentary leisure activities, the Active Kids program plays a crucial role in shifting physical activity behaviours of children and instilling healthy lifestyle habits.

Families can now access two separate \$100 vouchers for each school-enrolled child. This means more kids can get involved in physical activity and learn healthy habits from a young age. The vouchers may be used with an approved Active Kids provider.



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ACTIVE KIDS THE BIG PICTURE

Vouchers created since start of program

2,441,859

Vouchers Created - 2020

486,012

Population Uptake - 2020

41%

of eligible population

Gender Breakdown



Female

47%

Male

53%



Note: The eligible child population aged between 5 and 18 is 1.26M. Uptake represents a percentage of eligible population of recipients who created voucher. Only Data Source: ABS census 2016.

Top Female Activities

Netball



Soccer



Dance



Swimming



Gymnastics



Rugby league



Martial arts



Tennis



Active Recreation



Basketball



Top Male Activities

Soccer



Rugby league



Swimming



Rugby union



Basketball



AFL



Martial arts



Tennis



Active Recreation



Gymnastics





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Activate Inclusion Sports Days

The program began in 2016 and now will service over 5,000 students aged 5-18 with a physical, intellectual or sensory disability in 2020 at 22 multisport days across NSW.

Activate Inclusion Sports Days are the first step for a student with disability to understand rule and equipment adaptations for their specific disability.

Sport NSW has worked with State Sporting Organisations to train and develop better understanding of adaption mainstream sport to enable these days to not only be the starting point but for talent identification to be a strong delivery point.



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42 Days since 2016

6,580 Participants

43 LGA Hosts

**NSW Representatives in
AFL, Athletics, Boccia,
Cricket, Football,
Goalball, Gymnastics,
Netball, Swimming,
Tennis & Touch Football**

OUTCOMES





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Inclusion

“Inclusion of and access for people with disability to mainstream services, community based activities and other government initiatives, is a shared responsibility.” (The National Disability Insurance Agency)

We want to

- “improve understanding of the ways they can help people with disability, addressing barriers to access to their services for people with disability and build capacity for mainstream services so that people with disability can use them.”**



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“Disability is part of the human condition – almost everyone will be temporarily or permanently impaired at some point in life and those who survive to old age will experience increasing difficulties in functioning...”

Avoid referring to people without disability as ‘normal’, the current best practice is main stream when used as the opposite of ‘disabled’.



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Disability & Inclusion in sport video



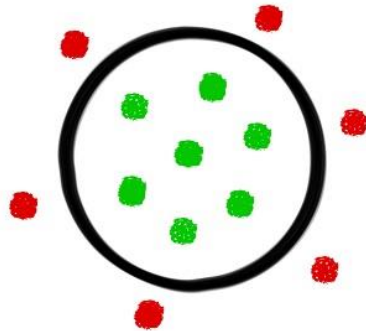


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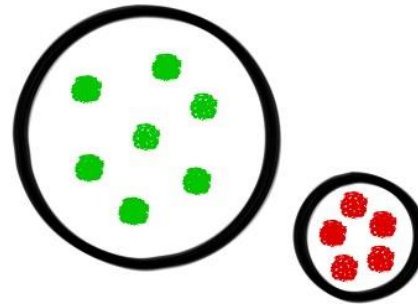
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Examples of the current landscape across disability sport in NSW

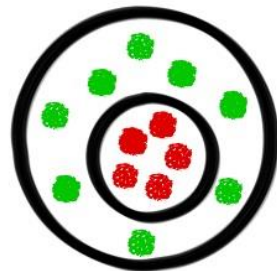
EXCLUSION



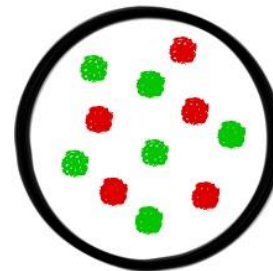
SEPARATION



INTEGRATION



INCLUSION





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Inclusion Leagues / Main Stream

- ▶ Inclusion Leagues / Competitions are now being set up to encourage participants with physical, intellectual or sensory disabilities to play sport in a competitive environment within a main stream sport club and main stream sport competition.
- ▶ Main stream participation is a participant who plays in a main stream team in a main stream sport club and main stream sport competition.



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Inclusive Education Programs video





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Intellectual Disability

Occurs in the developmental period and is characterised by sub-average intellectual functioning. Intellectual disability makes up over 90% of the entire disability spectrum. Includes Autism which has a broad spectrum of symptoms which may often not be noticeable unless trained appropriately.

Characteristics

- **Difficulty understanding new information**
- **Difficulties with communication and social skills**
- **Slow cognitive processing time**
- **Difficulty in the sequential processing of information**
- **Difficulties comprehending abstract concepts**



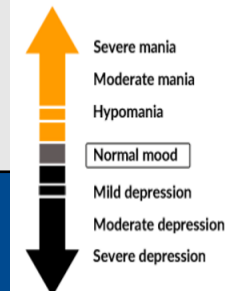
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Mental Health

	Description	Signs
Anxiety	Anxiety is when anxious feelings don't go away – they're ongoing and happens without any particular reason or cause.	<ul style="list-style-type: none"> • Panic attacks • Restlessness • Worry and avoidance of situations that make them feel anxious
Bipolar	<p>Bipolar disorder is a chronic mental health condition with strong changes in mood and energy. Individuals experience extreme moods of both low (depressed) and high or excited (manic) within a short amount of time.</p> <p>One in 50 (1.8%) adult Australians experience bipolar disorder each year - (www.blackdoginstitute.org.au)</p>	<p>Manic state Increased energy Irritability Over activity Rapid speech and thoughts</p> <p>Depressed state Low mood Lack of motivation or loss of interest</p>

Diagram: Diagram showing the differences between mania, hypomania and depression





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Blind and Vision Impaired

The spectrum of vision impairment and blindness spans many varied eye conditions with people seeing through small central tunnels the size of a pin to only seeing out of the side of their eyes with no central field of vision. Legal blindness is defined by 10% of less vision in the best corrected eye. There is also complete blindness and blindness with light perception.



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Blind Sports NSW YouTube Channel





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▶ Cataract vision

▶ RP Vision



Eye Conditions. Three quarters of vision impairment and blindness in Australia is caused by just 4 conditions: cataract, diabetic retinopathy, glaucoma and macular degeneration.



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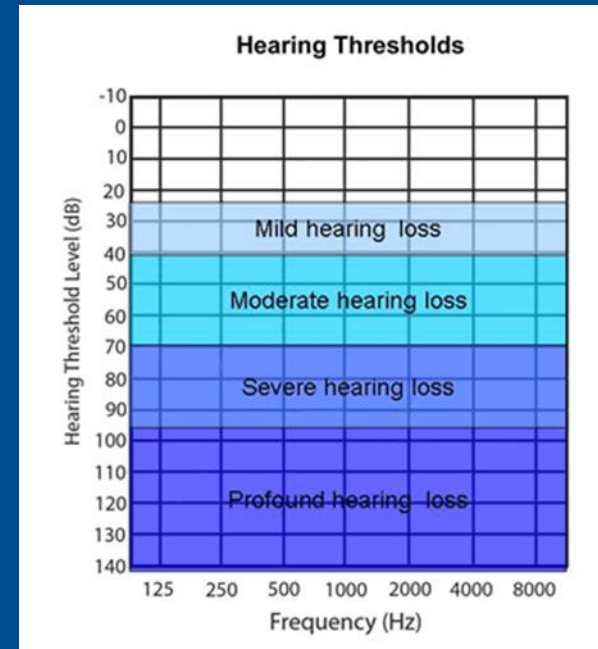
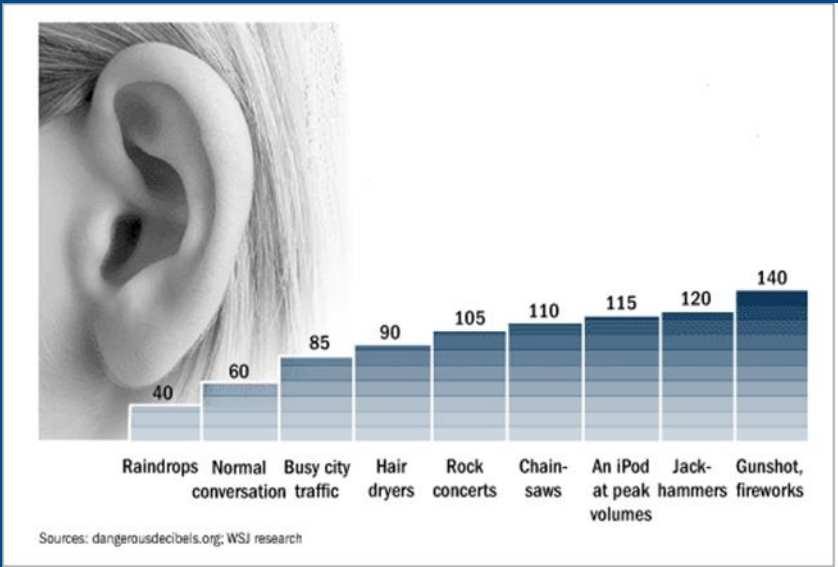
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Deafness or partial hearing

Partially or wholly lacking or deprived of the sense of hearing.

Deaf – considered to be a linguistic & cultural minority group, similar to an ethnic community. People in the Deaf community do not feel they need to integrate socially with the hearing community often being born deaf or become deaf in their infancy.

Hard of Hearing – is a term described all degrees of hearing loss up to including total deafness. Hard of hearing is also described people who use spoken language to communicate rather than sign.





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Cerebral Palsy

Cerebral palsy affects muscle control and movement. Individuals with cerebral palsy may also have visual, learning, speech and intellectual impairments.

QUADRIPLEGIA (A FORM OF BILATERAL CEREBRAL PALSY)



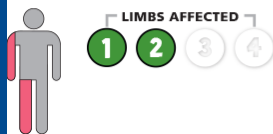
Both arms and legs are affected. The muscles of the trunk, face and mouth are often also affected.

DIPLEGIA (A FORM OF BILATERAL CEREBRAL PALSY)



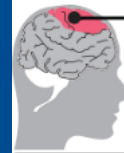
Both legs are affected. The arms may be affected to a lesser extent.

HEMIPLEGIA (A FORM OF UNILATERAL CEREBRAL PALSY)



One side of the body (one arm and one leg) is affected.

SPASTIC



**MOTOR CORTEX
DAMAGE**

70 - 80% of individuals

- The most common form of cerebral palsy
- Muscles feel stiff and tight

[More about Spastic cerebral palsy »](#)

DYSKINETIC



**BASAL GANGLIA
DAMAGE**

6%

- Characterised by involuntary movements (i.e. out of a person's control)

ATAXIC



**CEREBELLUM
DAMAGE**

6%

- Characterised by shaky movements
- Affects balance and sense of positioning in space

[More about Ataxic cerebral palsy »](#)

MIXED TYPE



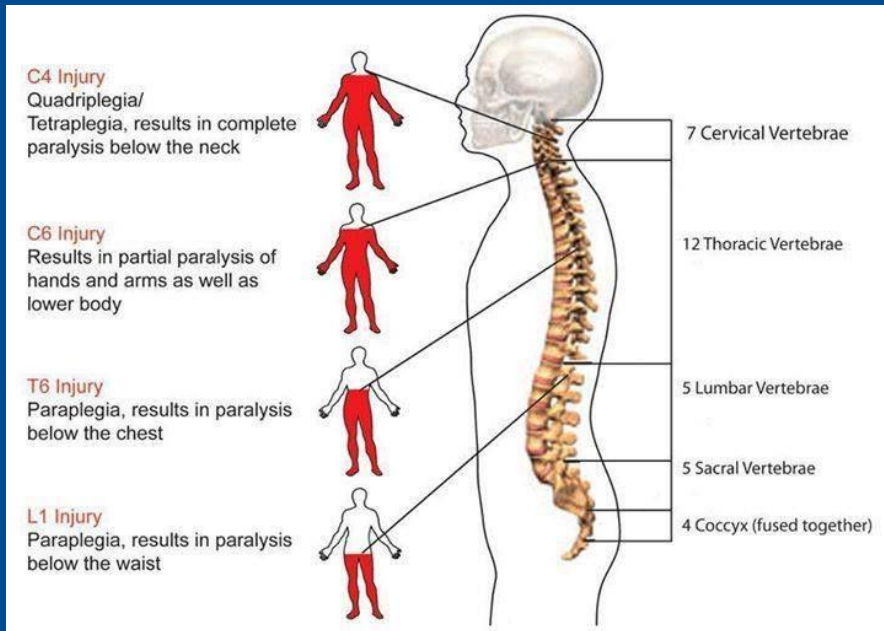
**COMBINATION
DAMAGE**



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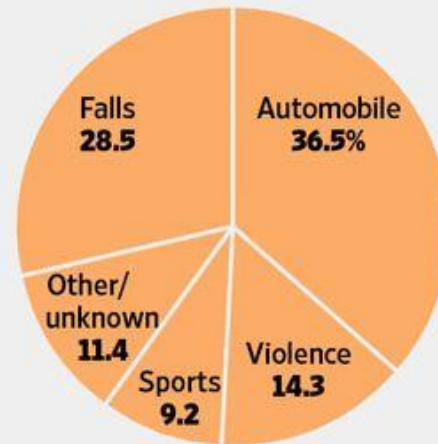
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Paraplegic & Quadriplegic



Paralyzing Accidents

There are four main known causes of spinal-cord injuries in the U.S.



- People estimated to be living with spinal-cord injuries in U.S: **273,000**
- Percentage of reported injuries that occurred among men: **81%**
- Lifetime cost of treating a person diagnosed with paraplegia at age 25: **\$2.26 million**

Note: Percentages don't add up to 100 due to rounding

Source: National Spinal Cord Injury Statistical Center

The Wall Street Journal



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Australian Rules on Wheels video





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▶ **General tips across all spectrum of disability**

- ▶ **Treat each participant as an individual not a stereotype**
- ▶ **Be patient and reiterate / reinforce instructions clearly**
- ▶ **Speak in specific terms when asking the participant to do an activity (Explain and test for understanding of explanation)**
- ▶ **Be organised in a session plan and have a structure**
- ▶ **Understand adaptations to equipment and rules for sports**
- ▶ **Don't assume anything, use key indicators to identify disability**
- ▶ **Use common sense when working across the disability spectrum**
- ▶ **Think about the spectrum of each different disability rather than thinking of the worst case scenario across each disability**



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CONTACT US OR REFER TO US

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