

# WELCOME TO CHANGING MINDS CHANGING LIVES



The Canadian Paralympic Committee is partnering with SCI Action Canada for a quality assessment study of the Changing Minds, Changing Lives (CMCL) program. The study will help the Canadian Paralympic Committee determine the reach and effectiveness of the CMCL program so that we can continue to offer high quality programming for healthcare professionals. Your participation would be greatly appreciated.

**To participate:** please see read the Letter of Information in front of you. If you choose to participate, please sign the Consent form and begin the Pre-Presentation Questionnaire before we begin today's presentation.



# **CHANGING MINDS CHANGING LIVES**

**HEALTHCARE PROFESSIONALS AS KEY INFLUENCERS**

**Rich Vanderwal  
Canadian Paralympic Committee**



## SESSION OVERVIEW



1. Why we are here and how we can help you
2. Why you should care
3. What is parasport?
4. How you can participate
5. How you can do it
6. Question and answer session

## WHY ARE WE HERE? HOW CAN WE HELP YOU?



### Changing Minds, Changing Lives (CMCL)

- Increase awareness
- Provide information, strategies, and resources to key influencers – like you!

### Our goal

- EXCITE, MOTIVATE, AND SUPPORT YOU!
- Physical activity and sport as vehicle for physical and psychosocial growth
- Increase participation rate and duration



# MY INTERESTS



## WHY YOU SHOULD CARE

Physical activity is associated with a reduced risk of over 25 chronic conditions:

- Heart disease, stroke, hypertension
- Type II diabetes
- Osteoporosis

Economic burden of physical inactivity in Canada is \$5.3 billion/year

- \$2.1 billion/year burden directly to Canadian health care system

*(Warburton et al., 2007; Garshick et al., 2005; Katsmarzyk & Janssen, 2004)*

## WHY YOU SHOULD CARE

14.3% of Canadians have a disability...

	Adults with a disability	Able-bodied adults
Poor health	25%	<5%
Moderate physical activity	3%*	48%
Organized sport	3%*	30%

\*Age range is 5-54 years

*(Advancing the Inclusion of Persons with Disabilities, 2004; Physical Activity Monitor, CFLRI 2008; Physical Activity and Limitation Survey, 2006)*

# BENEFITS OF PHYSICAL ACTIVITY

- Physical
  - Minimizes de-conditioning and enhances rehabilitation
  - Optimizes physical functioning → independence
- Psychological
  - ↓ depression, ↓ anxiety, ↑ body image, ↑ quality of life
  - Improved memory and concentration
  - Sense of accomplishment
  - Outlet for stress – fun!
- Social
  - Generates social support network



([www.publichealth.gc.ca](http://www.publichealth.gc.ca); [www.HealthyCanadians.gc.ca](http://www.HealthyCanadians.gc.ca))



# IMPORTANCE OF PHYSICAL ACTIVITY

Benefits are MORE important to individuals with a disability  
(both congenital and acquired)

## Individuals with a disability:

- Have more sedentary time
- At greater risk for health complications
- Are less likely to be involved
- Participate less intensely



*(King et al., 2009; Canada Sport Centres, 2008)*

## PARASPORT: THE IDEAL MEANS OF PHYSICAL ACTIVITY

- Sense of accomplishment
- Act as role model
- Increase social awareness
- Promote community involvement
  - All disability groups
  - Inclusion



*(Policy on Sport for Persons with a Disability, 2006)*



# SOMETHING FOR EVERYBODY AND EVERY ABILITY



([www.paralympic.ca](http://www.paralympic.ca))

## A SPORT FOR EVERYONE!

- Athletics
- Archery
- Boccia
- Canoe-kayak
- Cycling
- Equestrian
- Goalball
- Judo
- Powerlifting
- Rowing
- Sailing
- Sitting Volleyball
- Soccer
- Swimming
- Table Tennis
- Triathlon
- Wheelchair Basketball
- Wheelchair Fencing
- Wheelchair Rugby
- Wheelchair Tennis

- Alpine Skiing
- Biathlon
- Nordic Skiing
- Sledge Hockey
- Wheelchair Curling

- Badminton
- Bobsleigh
- Dancesport
- Field Hockey
- Football
- Gymnastics
- Karate
- Skeleton
- Snowboard
- Synchronized Swimming
- Taekwondo
- Waterski
- Wakeboard

# Coaching an Athlete with a Disability

Stage 1 – First Reactions

Stage 2 – Making assumptions

Stage 3 – Accommodating the situation

Stage 4 – Getting into the technical  
aspects



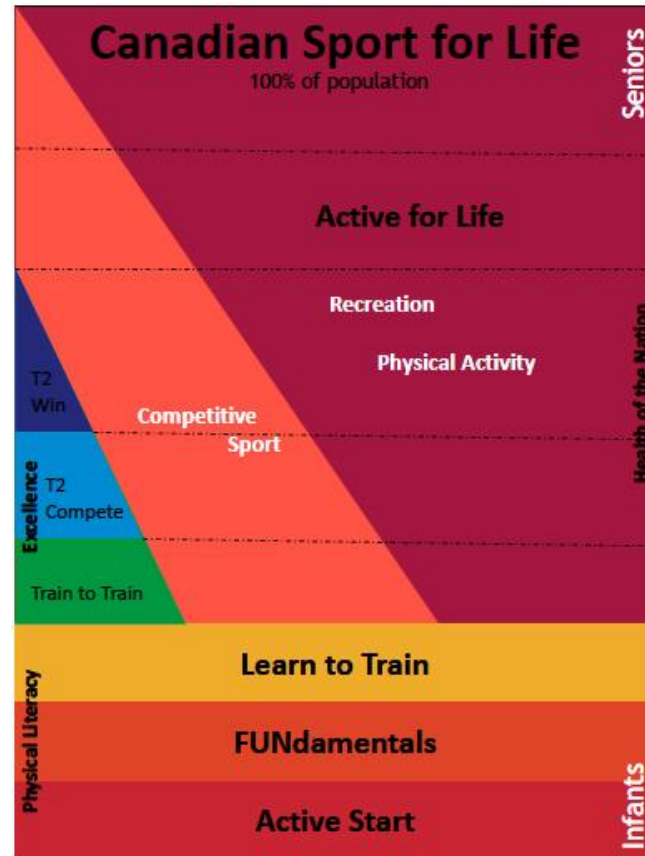
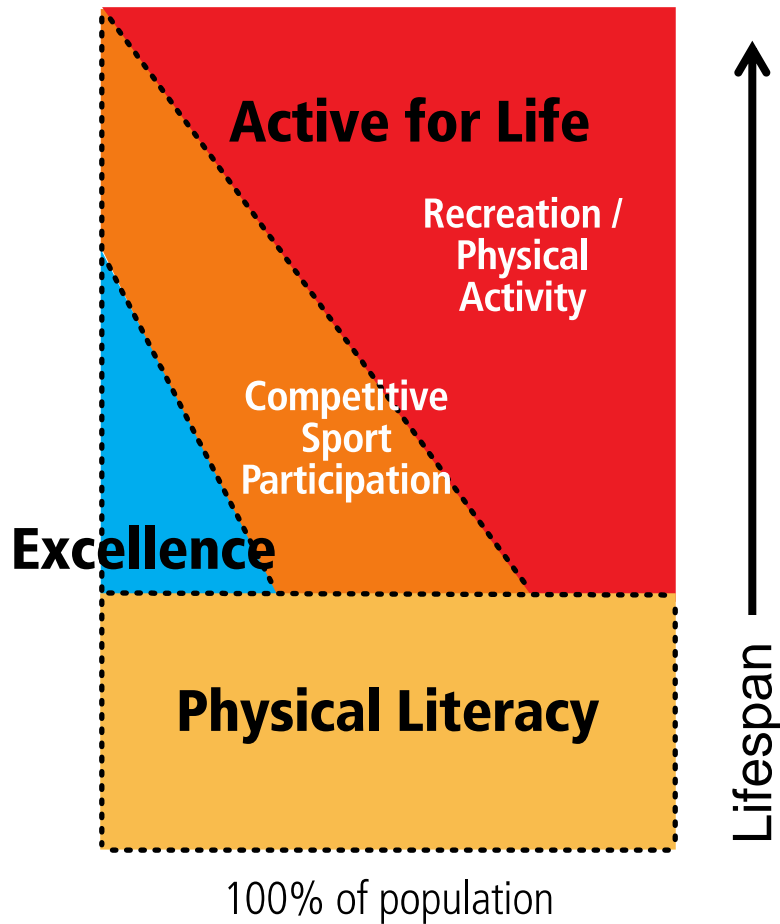


# TIPS FOR COACHES WORKING WITH PARTICIPANTS WITH A DISABILITY

Rely on basic coaching principles  
Assess interests, needs and ability and  
plan a training program accordingly  
Understand how the impairment affects  
the participant's performance  
Communicate effectively  
Set realistic and challenging goals



# ACTIVE FOR LIFE!



(Canadian Sport for Life, 2007)

# PARASPORT PROGRESSION (LTAD)

Competitive

**Active for Life**  
Enter at any age

**Training to Win**  
Males 19+/- Females 18+/-

**Training to Compete**  
Males 16-23+/- Females 15-21+/-

**Training to Train**  
Males 12-16 Females 11-15

**Learning to Train**  
Males 9-12 Females 8-11

**FUNDamentals**  
Males 6-9 Females 6-8

**Active Start**  
Males and Females 0-6

## Awareness Stage

Sport opportunities for people with a disability are not always well known and someone who acquires a disability may have no knowledge of what sports are available. Sports need to develop awareness plans to make their offerings known to prospective AWADs.

## First Contact/ Recruitment Stage

Sports only have one opportunity to create a positive environment for prospective AWADs. It may not be easy for them to make the first approach to a sport, and research shows that if they don't have a positive first experience, they may be lost to the sport and to a healthy lifestyle.

Recreational

**First Contact/  
Recruitment**

**Awareness**

YOU

## WHAT YOU CAN DO

You can't have a podium full of medalists...



...without a playground full of kids.

... and you can't have a playground full of kids if someone doesn't tell them that there is a playground for them!

## WHAT YOU CAN DO

32.3% of Canadians with a disability visit their physician at least once a month

- Patients are 54% more likely to be active if physician prescribes physical activity!
- But only 11% of physicians refer patients for physical activity programs

ALL health care providers can play a role!

- People with a disability want information from credible sources

*(Federal Disability Report, 2010; Weidinger et al., 2008; Petrella et al., 2007; Faulkner et al., 2010)*



## What You Can Do – Athlete's Story

“I was told by my physio when I was in rehab: ‘If you're not falling out of your chair once a day, you're not trying hard enough’. She let me know that I wasn't fragile or going to get more broken... I could still get bumped and bruised and take a fall like I used to.”

- Chris, Alpine-ski, Waterski, Triathlon



## What You Can Do – Athlete's Story

“My family practitioner holds me accountable. It is always very friendly, the first question when I come in is ‘So how's the rowing? Are you still working out?’ I always knew I was living in an athlete's body but had no way to access this until rowing came into my life. I always feel incredibly fortunate, not only because I found this sport, but that I am able to participate in it. It has been very liberating in many ways.”

*-Bernadette, Recreational Rower*



## What You Can Do – Athlete's Story



“I was really glad when my Recreation Specialist suggested I try sit skiing. At first, I could not even think about what it was all about, but I have learned that it is something I can do for fun! Through being involved in cross-country skiing I have had the opportunity to meet lots of new people, to travel and I have had to do some public speaking and quite a few interviews with the media. I would love to see more people with a disability like me out skiing. My Recreation Specialist got me into this and I plan to enjoy it to the fullest!”

*- Pamela, Cross-country skiing*

# HOW YOU CAN DO IT

## Step 1: YOU ARE HERE!

- Focus on what your patient/client CAN do!
- Understand the benefits of physical activity and sport for persons with a disability
- Advocate that a disability is not a barrier to participation

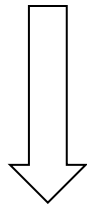


*(Murphy, Carbone, et al., 2008)*

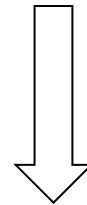
## HOW YOU CAN DO IT

Step 2: During your patient/client's regular visits, talk to him/her about being active.

"Are you doing any physical activity?"



"No"



"Yes"

**Patient/client must be ready and motivated  
to participate**



## HOW YOU CAN DO IT

Step 2: If “No”... ask “What is holding you back?”

Common barrier	How to talk about it
Health concerns	Discuss (1) benefits of physical activity for physical and psychological health, and (2) risks of inactivity
Skill/challenge gap	Reinforce “Something for Every Body!” or schedule/attend a First Contact session
Fear of injury/stigmatization	Discuss that injuries are not any more common, and that activities promote inclusive environments
Lack of social support	Encourage important others who can also get involved
Lack of resources	Direct to “Get Involved Portal” and Physical Activity Guidelines

## HOW YOU CAN DO IT

### Step 2: If “Yes”...

“What activities are you doing? Are you enjoying them? Have you tried more than one?”

**No**

Direct to “Get Involved Portal”  
for more ideas

[www.paralympic.ca/getinvolved](http://www.paralympic.ca/getinvolved)

**Yes**

“Great! How much  
activity are you doing?”

Physical activity guidelines

## HOW YOU CAN DO IT

### Step 2: Physical Activity Guidelines for SCI

**For important fitness benefits, adults with a spinal cord injury should engage in:**

**At least 20 minutes of moderate to vigorous intensity aerobic  
activity 2 times per week,**

**AND**

**Strength training exercises 2 times per week, consisting of 3 sets of 8-10  
repetitions of each exercise for each major muscle group.**

SCI is the only disability to group to have evidence-based physical activity guidelines

Note: “fitness benefits” vs. “health benefits”

([www.sciactioncanada.ca/guidelines](http://www.sciactioncanada.ca/guidelines))

# HOW YOU CAN DO IT

## Step 2: Able-Bodied Physical Activity Guidelines



To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



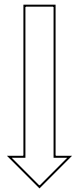
More physical activity provides greater health benefits.

([www.csep.ca](http://www.csep.ca))

# HOW YOU CAN DO IT

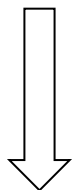
## Step 2: Physical Activity Guidelines

SCI



CP, amputees,

“les autres”



Visually  
impaired

**For important fitness benefits, adults with a spinal cord injury should engage in:**  
**At least 20 minutes of moderate to vigorous intensity aerobic activity 2 times per week,**  
**AND**  
**Strength training exercises 2 times per week, consisting of 3 sets of 8-10 repetitions of each exercise for each major muscle group.**



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More physical activity provides greater health benefits.

*(SCI Action Canada, 2011; CSEP, 2011)*



# HOW YOU CAN DO IT

Step 3: “Let me give you more information.”

- Be gateway to resources
- “Get Involved Portal”

[www.paralympic.ca](http://www.paralympic.ca)



# 'GET INVOLVED' ONLINE PORTAL

Canadian Paralympic Committee | Comité paralympique canadien

## GET INVOLVED IN PARASPORT

LEARN HOW YOU CAN GET STARTED

HOME > GET INVOLVED

### GET INVOLVED IN PARASPORT

How can I get involved?

There are many ways to participate in parasport. Each role is very important and critical to the success of parasport growing in Canada. Get involved today!

**PARTICIPANT/ATHLETE**

Become a [participant/athlete](#) in your favourite parasport or a [guide, pilot](#) or [coxswain](#).

**COACH**

Share your love for sport by becoming a [coach](#) for parasport.

**OFFICIAL/CLASSIFIER/VOLUNTEER**

Challenge yourself by becoming an [official, classifier](#) or a [volunteer](#).

**HELP CONNECT SOMEONE TO PARASPORT**

Connect someone you know to [parasport](#).

**WHAT IS PARASPORT?**

Parasport is sport for people with a disability. It is "para"lled to sport for able-bodied athletes, with adapted equipment or rules to make the game fun and accessible for everyone. There are also some parasports that do not have an able-bodied equivalent.

**HOW MANY PARASPORTS DOES THE CANADIAN PARALYMPIC COMMITTEE WORK WITH?**

The Canadian Paralympic Committee works with [38 parasports](#) in Canada – 31 summer and 7 winter. Twenty-seven of these parasports are part of the Winter or Summer Paralympic Games giving them a special distinction of being a Paralympic Sport. Participants can choose to play a parasport for fun, or play competitively - it's up to them!

**SPORTS**

What sports can you play?

[LEARN MORE](#)

**FIND A CLUB**

Click the button below to get started and find a club in your area!

[FIND A CLUB](#)

**CALENDAR OF EVENTS**

Check out events in your area!

[VIEW CALENDAR](#)

**TRANSPORTATION**

Find accessible transportation in your town – this site is brought to you by the Government of Canada

[LEARN MORE](#)

**EQUIPMENT**

Where can I find it?

[LEARN MORE](#)

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[LEARN MORE](#)

**HELP CONNECT SOMEONE TO PARASPORT**

[Connect someone](#) you know to [parasport](#).

[LEARN MORE](#)

# HOW YOU CAN DO IT

## Step 3: “Let me give you more information.”

- Be gateway to resources
- “Get Involved Portal”  
[www.paralympic.ca](http://www.paralympic.ca)
- CMCL Coordinator & Advisory Council
  - **cmcl[**province**]@paralympic.ca**
- CPC Social Media – Facebook/Twitter
- Local resources
  - **[Provincial sport organization]**
  - What local resources can you share?



## TAKE-HOME POINTS

- Focus on what your patient/client CAN do!
- YOU are a key influencer in the life of someone with a disability! 3 steps!
- Involvement in physical activity and parasport important – encourage “Active for Life”



# Q&A SESSION



## **THANK YOU FOR ATTENDING CHANGING MINDS, CHANGING LIVES**

Please complete the last two pages of the Evaluation Package in front of you.

If you are taking part in the study for SCI Action Canada, please ALSO complete the Post-Presentation Questionnaire at this time.

Please return your Evaluation Packages to the CMCL presenter before you leave today. Your feedback is appreciated!

# THANK YOU!

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