

Sport & Physical Activity for people with Complex Disabilities





Fire Alarm



Toilets



Mobile Phones

Agenda



Complex disabilities – why do we need a different approach?



How do we engage participants with complex disabilities?



How do we deliver activities for participants?

About Sense

- We support people with complex disabilities, including deafblindness
- Providing personalised, creative and flexible support at every stage of life
- 70+ services across England and Wales
- Specialist teams



People with complex disabilities tend to have two or more of the following conditions, and require a high level of support to communicate, develop new skills and live more independently.

- Deaf or hearing impairment
- Blind or vision impairment
- Learning disability
- Autism



Sense Active

- Sense Sport established in 2014
- Sport England System Partner
- Support people with complex disabilities to be active
- Place-based approach with regional leads across England





Complex Disabilities

Why do we need a different approach?





What challenges would you expect to encounter when coaching people with complex disabilities?

Number of impairments disabled people have



26.3%



21.4%



20.6%



15.6%



8.5%



4.4%



1.9%



0.9%

Almost 75% of disabled people have more than one impairment

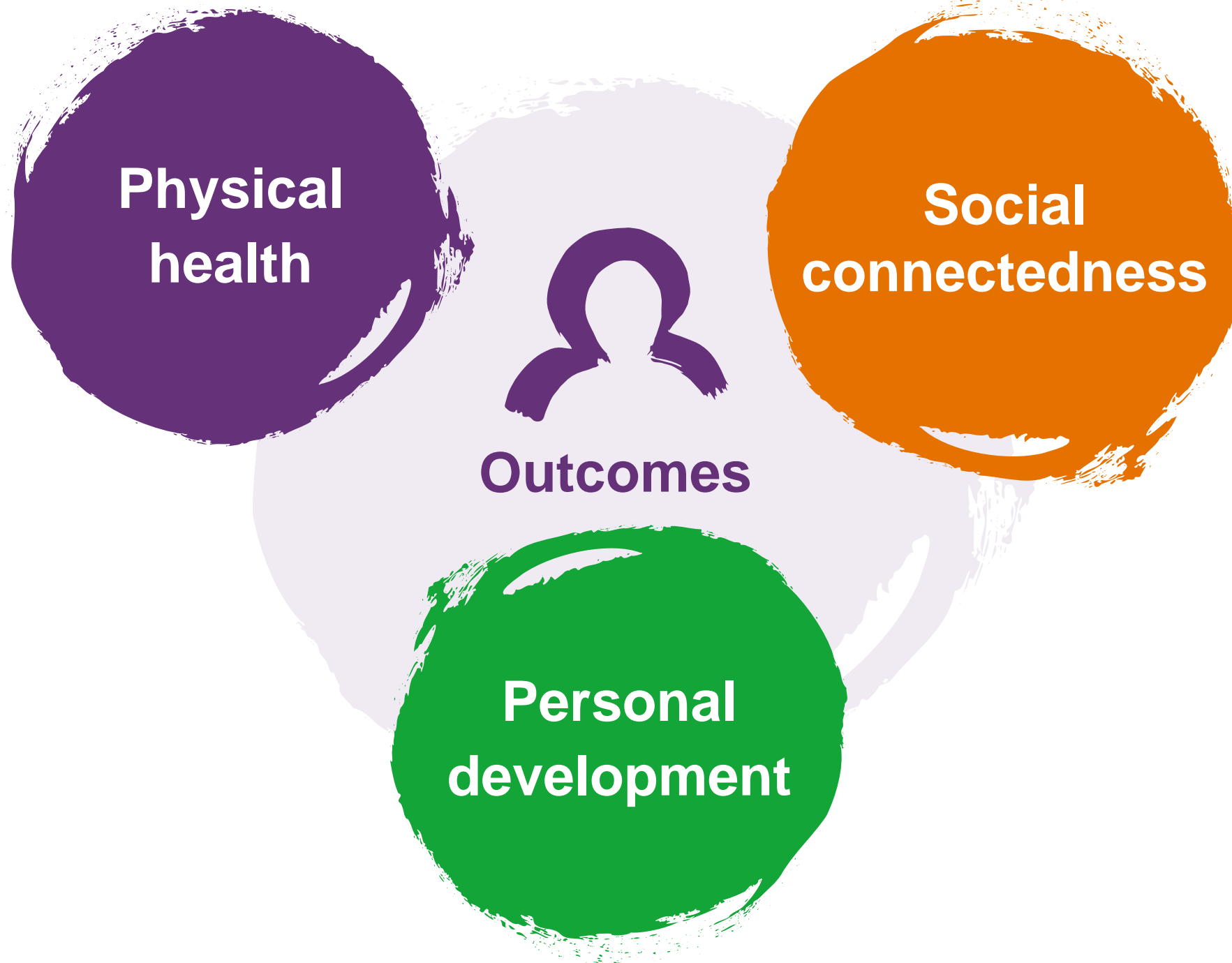
41%

of disabled
people are
inactive

51%

of people with
**three or
more**
impairments
are inactive.

People with
complex
disabilities are
five times
more likely to
describe their
health as bad.



How do we engage participants with complex disabilities?





Relationships

Person-centred approach

- Understanding what is important to someone
- Allowing them to engage in a way that works for them



- Listening to what they want
- Planning with their choices/ preferences in mind

Sensory Sport



Creating meaningful opportunities for people with complex disabilities to participate in traditional sports in an engaging and person-centred way.





Toolkits



Workshops



Support

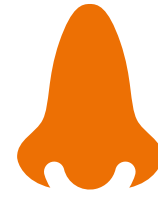


Funding



Equipment

Sensory Walks



Creating accessible walks that allow people to be active in nature, using the senses to connect with the world around them.

- Training
- Resources
- Regional support
- Start-up funding



Workforce offer

Training workshops:

- Complex Disabilities in Sport
- Introduction to Sensory Sport
- Sensory Walks

Further support:

- Online resources
- Community of Practice
- Peer to peer mentoring
- Signposting to local opportunities



How do we deliver activities for participants with complex disabilities?



Task

Discuss how you would deliver a football passing activity for the individual in your participant profile.

Think about:

- How you would communicate the activity
- How you would engage the participant
- How could you adapt the activity to suit their needs.



Example

Skill or activity	Key components	How to deliver appropriately
Warm up	<ul style="list-style-type: none">• Adapt to surroundings• Familiarise with others• Raise pulse• Prepare mentally and physically	<ul style="list-style-type: none">• Map space and equipment• Introduce movement• Make contact with others

In summary...

- Understand your audience
- Build relationships
- Rely on support staff
- Be person-centred
- Ensure active participation
- Most of all – **HAVE FUN!**



Next steps

- **Sign up to virtual workshops:**

[Click here](#) or scan QR code



- **Visit our website:**

www.sense.org.uk/arts-sports-for-disabled-people/sport/

- **Get in touch for further support and to access funding:**

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Feedback & questions

