



## OUTLINE

- Background Information
  - Engagement in Physical Activity
  - The Evidence
- Creating a Sporting Chance
  - The challenge
  - The response
- Building the Evidence
  - Impact on participants
  - Impact on direct support workers

## BACKGROUND

### Engagement in Physical Activity

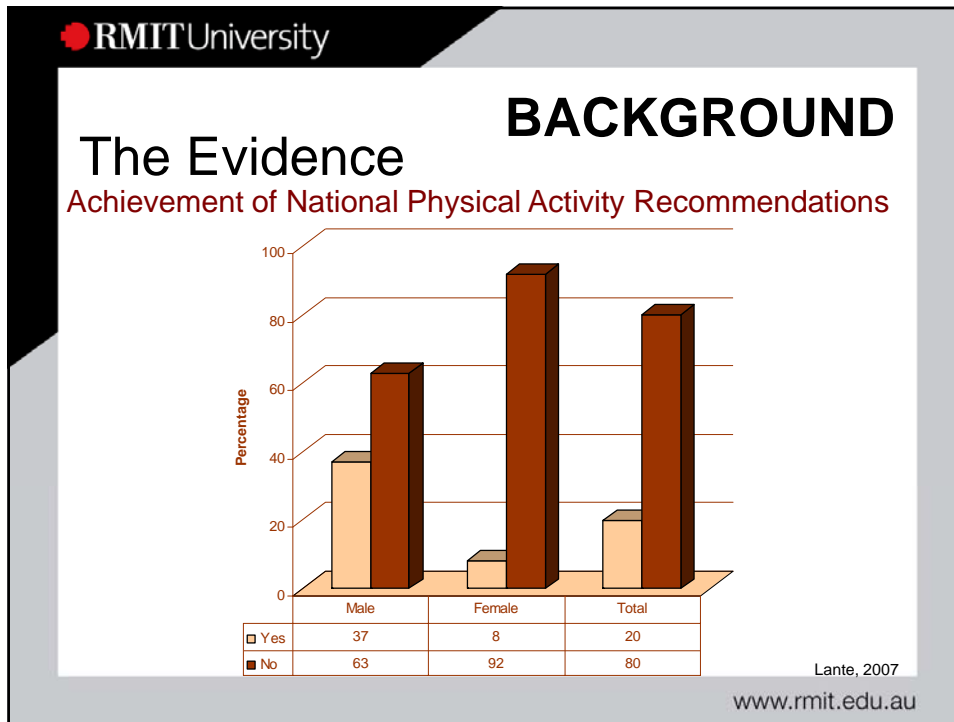
- Enhance quality of life
- Maintain health
- Improve strength, flexibility, balance
- Reduce and prevent sedentary lifestyles diseases (Cardiovascular Diseases, Obesity, Osteoporosis, Cancer, Back problems)

## BACKGROUND


### Physical Activity

- Reduces risk of
  - Type 2 Diabetes
  - Colon Cancer
- Improves mental health
  - Reduces depression
  - Reduced anxiety
  - Increased self esteem







- RMIT University
- ## Creating a Sporting Chance
- The Challenge
    - Promote the health of people with an intellectual disability
  - The Response
    - CASC created by RMIT and Bundoora Netball and Sports Centre in 2003
    - Model transferred to Victoria University in 2005
- www.rmit.edu.au

 RMIT University

## Creating a Sporting Chance

- Healthy activity programs for people with a disability
  - Community based model (Bundoora Netball & Sports Centre)
  - Initiated through VicHealth funding
  - Model transferred
- Provides
  - Laboratory experiences (220 RMIT students in 2008)
  - Healthy activity options for people with a disability
  - Support to RMIT sport centre



[www.rmit.edu.au](http://www.rmit.edu.au)

 RMIT University

## Creating a Sporting Chance

- Programs include
  - Netball
  - Exercise to music
  - Cricket
  - Soccer
  - Tennis
  - Resistance training
  - Alternate sports program
  - Individually designed activity experiences



[www.rmit.edu.au](http://www.rmit.edu.au)

## BUILDING THE EVIDENCE

2008 commenced collecting evidence on the physical and social impact of the program

### PARTICIPANTS (N = 3)

- Northern Metropolitan Region of Melbourne
- Males ( $n=2$ ) and female ( $n=1$ )
- Average age 26
- Attend day agency programs



[www.rmit.edu.au](http://www.rmit.edu.au)

## Research Questions

1. What effect does participation in a community based CASC program have on the physical activity and social experiences of adults with an intellectual disability?
2. How much moderate to intense physical activity is accumulated by participants in the CASC program?

[www.rmit.edu.au](http://www.rmit.edu.au)

## HEARING ABOUT CREATING A SPORTING CHANCE FROM THE PARTICIPANTS



[www.rmit.edu.au](http://www.rmit.edu.au)

## Experience of Participants

- What do you enjoy about the CASC program?

- **Playing Sport**

*"I like the Netball. And the cricket."*

*"I get to shoot (score) goals. I got 3 today." (Gestures action)*

*"I like to hit sixes and fours." (Gestures action, smiles)*

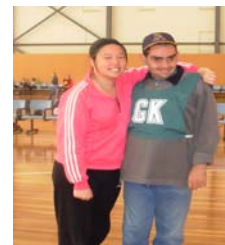
- **Social connection**

*"Talking to other people. The others (PWID) and the (RMIT) students.*

*They're nice. (Smiles)*

*"I talk to people I see at other places.*

*They say hello."*



[www.rmit.edu.au](http://www.rmit.edu.au)

## Experience of Participants

- What do you enjoy about the CASC program?

(cont..)

- **Health and fitness**

*"It makes me warm, a bit hotter. See on my head here, it's wet."* (Smiles, laughs and touches forehead)

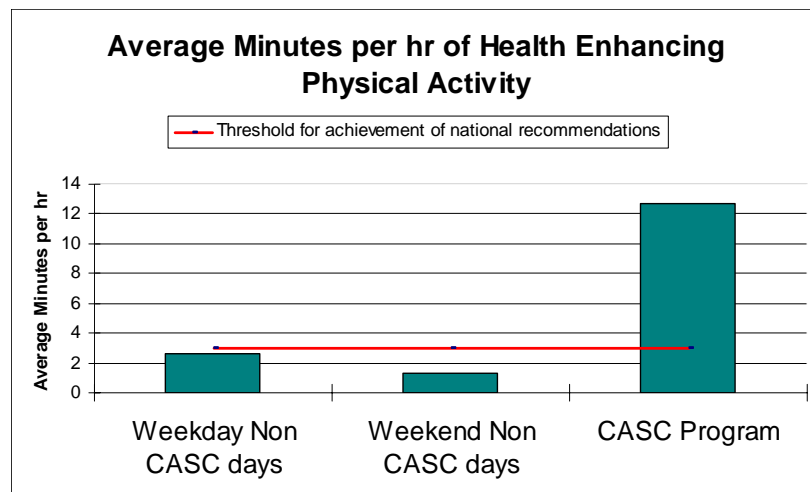
- **Social praise and acknowledgement**

*"People clap and cheer when I get a goal. I like that."*

*"They do that when I hit a six."* (Smiles)

## IMPACT ON PARTICIPANTS

### The Evidence





## HEARING ABOUT CREATING A SPORTING CHANCE FROM DIRECT SUPPORT WORKERS

[www.rmit.edu.au](http://www.rmit.edu.au)

## Experience of Support Staff

- **Does the CASC program provide a benefit for participants?**
  - **Enjoyment, social growth and social connection**  
*“They enjoy having and meeting new (RMIT) students. They will talk about students even after they have gone”*  
*“They are seeing their friends too.”*
  - **Health, fitness and sporting experience**  
*“A little bit more fitness. The whole competition.”*

[www.rmit.edu.au](http://www.rmit.edu.au)

## Experience of Support Staff

- Does the CASC program provide a benefit for participants? *(cont..)*

- **Confidence and social skill development**

*"They are more confident."*

*"Really confident.. They are more willing to talk to people."*

*"Talking to people rather than hanging back behind staff."*

## Experience of Support Staff

- Does the CASC program provide a benefit for staff?

- **Satisfaction gained through participants enjoyment and social connection**

*"To see them wanting to get in there. Seeing them compete. Seeing the guys thoroughly enjoying it."*

*"Doing something they enjoy. They come out happier."*

*"They are seeing their friends too."*

- **Fulfilling job responsibility**

*"It's part of my job."*

## Experience of Support Staff

- **Do CASC staff successfully engage PWID in the programs?**

*“If it wasn’t for the paid staff, the staff running it, we wouldn’t be here.”*

*“Even right down to the kiosk, they’ll break the ice.”*

*“There is a level of comfort and familiarity between the participants and staff.”*

*“It’s that bit more compassion and getting to know them outside of just Netball.”*

*“Elsewhere is different – difficult – they (PWID) don’t like the interaction from the staff at all.”*

[www.rmit.edu.au](http://www.rmit.edu.au)

## Creating a Sporting Chance

The program is successful because

- Partnerships
- Evidence based
- Started small
- Long Term Outlook
- Minimally Supervised



- Low resources
- Low cost
- Sustainable
- Transferable

[www.rmit.edu.au](http://www.rmit.edu.au)

## SUMMARY



The Creating a Sporting Chance program provides multi-faceted social, health and satisfaction benefits for adults with an intellectual disability and support staff

Include photo courtesy of Craig Cahill, Fairfax community newspapers, Victoria