



# DEMONSTRATING NEED: PARASPORT JUMPSTART FUND

Canadian Tire Jumpstart and the Canadian Paralympic Committee are committing to tackling the barriers that hold back Canadian youth with disabilities from getting active. As such, we are working with research experts in the field to deepen our understanding of these obstacles and ways to help our partners, overcome them. Please consider what you perceive to be the main barriers that confront your typical program users or targeted participants (in their current or past experiences). Check the boxes that apply and provide a brief example or description from your program or its participants:

Barriers	If applicable	Description of barrier(s) for your program or participants:
<b>Intrapersonal Factors</b> (Specific to the individual)		
<i>Examples:</i>		
<b>Psychological Factors:</b> Participant has history of depression or other psychological condition and would benefit greatly from engaging in physical activity.		
<b>Body functions &amp; structures:</b> Participant has chronic shoulder pain and requires activity adaptations to facilitate participation		
<b>Employment status:</b> Participants or parents/guardians have low income levels and cannot afford leisure or physical activity programs		
<b>Interpersonal Factors</b> (Relating to the relationships and interactions between individuals)		
<i>Examples:</i>		
<b>Social support:</b> Participants have a lack of support from friends and/or family or other providers		
<b>Social processes:</b> No other participants with a disability enrolled in programs or peers available to speak to about participating		
<b>Attitudes of others:</b> Participants with a disability not considered a priority group and consequently given last priority for services (e.g., ice time, court time).		

Barriers	If applicable	Description of barrier(s) for your program or participants:
<b>Institutional Factors</b> (relating to barriers associated with organizations, facilities or programs)		
<i>Examples:</i>		
<b>Rehabilitation processes:</b> Rehabilitation professionals closely connected with participants don't have proper training, education to support or participants are no longer connected or have access to a rehab centre		
<b>Knowledge of individuals in organization:</b> Participants have tried to access sport opportunities but found that people within the organization (e.g., instructors/coaches, administrators) lack knowledge to provide positive, safe experience (how to adapt activities, instruction etc.)		
<b>Facility/building design:</b> No or limited accessible facilities available for participants. (examples: showers, washrooms, field of play area)		
<b>Program factors:</b> Limited availability of fun, inclusive programs for participants within a reasonable geographical distance.		
<b>Community Factors</b> (Relating to barriers within the community)		
<i>Examples:</i>		
<b>Climate:</b> Weather related constraints such as alternative participation options when weather is poor (access to indoor facilities in case of rain or limited transportation)		
<b>Relationships among organizations/groups:</b> Services or programming offered by different organizations and the connection points between them is unclear which creates confusion for participants		
<b>Physical activity information:</b> Lack of availability of information on programming		
<b>Equipment:</b> Lack of appropriate equipment available		



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Barriers	If applicable	Description of barrier(s) for your program or participants:
<b>Policy Based Barriers:</b> (Rules, policies and protocol do not consider or even actively discourage persons with a disability from participating)		
<i>Examples:</i>		
<b>Professional &amp; staff programming:</b> Programs do not provide/ require disability-specific training for individuals within the organization		
<b>Costs:</b> Organizational policies: high costs in order to participate (registration fees, equipment, etc.)		
<b>Transportation:</b> Lack of accessible transportation options for participants to access program		