



Solutions Series: 6

The Solutions Series: On your marks ... disabled people's equal participation in sport

The Solutions Series is series of pop up Think Tanks hosted by the Independent Living in Scotland project (ILiS). Each Think Tank brings people together in coproduction to seek solutions to a specific barrier to independent living. This is the sixth report in the Solutions Series.

“On your marks ... disabled people's equal participation in sport” sought solutions to the barriers to the equal participation of disabled people in sport. This report reflects the discussion on the day and not necessarily the views of ILiS.

THE ILiS PROJECT: June 2014

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Acknowledgements

ILiS would like to thank all the participants for their contributions to the Think Tank. We would especially like to thank Baroness Tanni Grey Thompson, for agreeing to chair the Think Tank.

Thank you also to Colin Young for reporting and editing support.

Look out for more reports from The Solutions Series at www.ilis.co.uk

THE ILiS PROJECT: Message of Support

“As Minister for Commonwealth Games and Sport and now having equality as part of my ministerial portfolio I am delighted that the discussion today will focus on disabled people’s equal participation in sport.

Equality is at the heart of the business of the Scottish Government. Discrimination, inequality and prejudice can breed discord; frustrate community cohesion, and damage individuals.

More than ever we need to ensure that all the people of Scotland, regardless of their background, are able to fully participate in society. Our success as a nation depends on building a society where barriers to opportunities are removed to enable the people of Scotland to fulfil their potential. I know you will all agree that there should be no barriers at all to participating in sport—everyone should be able to participate in and enjoy sport—whoever they are and whatever their background.

I have been focused on embedding the issue of equality within the delivery of the Commonwealth Games and Sport and I believe we all need to drive forward the mainstreaming of sport equality issues in partnership with **sportscotland**, our Sports Governing Bodies and key partners.

Embedding inclusion across the spectrum and particularly through our education system is crucial to ensuring

our young people with disabilities have the opportunities and support they need. I know Scottish Disability Sport are working tremendously hard with key stakeholders to address the issues faced by pupils with disabilities regarding in PE and school sport.

As we look ahead to the 2014 Games we have a chance to deliver lasting changes for the people of Scotland. Glasgow 2014 will host the highest-ever number of Para-Sport medal events in Commonwealth Games history. The Para-Athletes competing will serve as an inspiration to all and be recognized not for their disability but for their sporting ability. Glasgow 2014 is a valuable opportunity to change social perceptions and awareness about equality.

I want to congratulate Independent Living in Scotland for their excellent work in raising and promoting wider awareness of disability issues through the Solution Series. In the capable hands and expertise input from Baroness Tanni Grey Thompson I am confident today will be an interesting and productive debate and look forward to the conclusions of what I am sure will be a lively discussion”.



**Shona Robison MSP;
Cabinet Secretary
for Commonwealth
Games, Sport,
Equalities and
Pensioners’ Rights**

1. SUMMARY OF THE SOLUTIONS

Below is a summary of key solutions identified at the pop up Think Tank. You can find out more about each of them at Section 5. They do not necessarily represent the only way forward.

a) Training and education

Training and education for teachers, coaches and others involved in delivering sport and encouraging people into sport should include disability equality and inclusion.

b) Data collection and research

More needs to be done to gather, join-up, share and apply learning from data and research around disabled people's participation in sport.

c) An action plan on disabled people's participation in sport

Disabled people and their organisations should work together with the Scottish Government, sports organisations, the NHS, local authorities, education authorities, sports clubs, community sports hubs, and academics (and others), to; advise on activity to address the barriers to disabled people's participation in physical activity and sport; by developing an action plan based upon the recommendations outlined in this report. A national group, with support from the Minister, should be set up to help coordinate this.

In addition, disabled people, Community Sports Hubs, Active Schools, sports clubs, Allied Health Professionals and parents of young disabled people should connect in a local forum, focusing on disabled people's physical activity.

d) Communications, marketing and role models

There should be a coordinated approach to communicating and marketing sporting opportunities for disabled people. This should include; the development of Sports Link Workers within GPs surgeries; mapping tools that include access to disability sport; media coverage; role models; the development of peer support networks and sporting ambassadors.

e) Getting the most out of national sporting events

All positive changes and interventions put in place for sporting events should remain in place after the events themselves. The knowledge and experience developed when planning such events should be shared widely through sporting organisations. In planning for national events, the contribution of disabled people should be valued, promoted and used e.g. disabled people should be recruited as volunteers—and play active roles as volunteer leaders.

2. BACKGROUND TO THE SOLUTIONS SERIES

The Independent Living in Scotland (ILiS) project works with the Scottish Government, disabled people and other key stakeholders on the strategic interventions that make equality and human rights the reality for disabled people in Scotland (see appendix 1 for detail on independent living and human rights).

“The Solutions Series” which is hosted by ILiS is a series of solution focused discussions—‘pop up think tanks’—designed to bring together Disabled People’s Organisations (DPOs), decision makers, academics, public service leaders and other key experts from across Scotland and beyond. Each pop up Think Tank in the Series will consider, and seek solutions to, a specific issue which has been identified as preventing or hindering progression of the equality and human rights of disabled people in Scotland.

Each think tank will result in a report capturing the solutions offered. This will be used to promote wider awareness and understanding of the issue and to influence and direct change at national and local levels.

This is the report of the sixth pop up Think Tank in The Solutions Series: “On your marks...disabled people’s equal participation in sport” which took place on the 17th March 2014. The think tank was chaired by Baroness Tanni Grey Thompson. A full list of participants is provided at appendix 2.

3. THE ISSUE: *disabled people's equal participation in sport*

The benefits of physical activity are widely recognized and wide ranging^{1 2 3}.

There are health benefits⁴:

The World Health Organization estimates that low physical activity accounts for approx. 3.2m deaths worldwide; and; participating in sport and physical activity can lift mood and boost self-esteem⁵.

There are economic benefits:

Low physical activity costs the NHS in Scotland approx. £94m per year⁶.

And there are social benefits:

Participating in physical activity and sport encourages social cohesion and reduces isolation^{7 8}.

Given the well-recognised benefits of physical activity and the prevalence of health inequalities in Scotland⁹; the many efforts to increase levels of physical activity and sport in Scotland are to be welcomed.

“Inactivity is a silent killer... [the] challenge [is] to make physical activity not just an aspiration for the few, but rather a reality for all”

Chief Medical Officer's (CMO's) of the 4 home counties; “Start Active, Stay Active”, 2011

1) CMO's of the 4 home counties; “Start Active, Stay Active”, 2011

2) The Scottish Government; “The Scottish Health Survey”, 2012

3) The Scottish Government; “The Scottish Households Survey”, 2012

4) The Scottish Government; “The Scottish Health Survey”, p149, 2012

5) Mental Health Foundation; “Lets Get Physical”, 2013

6) The Scottish Government; “The Scottish Health Survey”, 2012

7) Disability Rights UK; “Doing Sport Differently”

8) The Scottish Government; “Giving Children and Young People a Sporting Chance”, 2013

9) The Scottish Government; “The Scottish Health Survey”, 2012

3. THE ISSUE *Continued*

However, despite the legal and policy drivers, and concerted efforts by many official bodies, organisations, clubs and individuals across Scotland:

- Large numbers of disabled and non-disabled people still find it hard to be active at the recommended levels in Scotland^{10 11}, and there has been no change in levels of physical activity since 2008¹²
- The latest Scottish Health Survey showed that significantly less disabled people reached the national targets for physical activity than non-disabled people
 - > *This is particularly worrying when we note the health benefits of physical activity against the backdrop of health inequalities for disabled people (39% of disabled people, compared with 92% of non-disabled people, report that they are in good or very good health; 34% of disabled people are obese, compared with 24% of non-disabled people)¹³*
- Physical activity levels are worse in areas of multiple deprivation – where a disproportionate number of disabled people live¹⁴
- Disabled people remain significantly less likely to participate in cultural, leisure and sporting activities than non-disabled people¹⁵

10) MVPA guidelines; moderate activity for at least 150 minutes, or vigorous activity for 75 minutes, or a combination of both, per week

11) MVPA guidelines for children; 60 minutes of activity on every day of the week

12) The Scottish Government; “The Scottish Health Survey”, 2012

13) The Scottish Government; “The Scottish Health Survey; Equality Groups”, 2012

14) The Scottish Government; “The Scottish Households Survey”, 2012

15) Taking Part Survey 2011/12

4. THE DISCUSSION

The Think Tank considered how to address the lack of participation of disabled people in sport and sought solutions that would ensure:

- > Equal opportunities for disabled people to participate in both mainstream and specialist sport and physical activity at all levels (to lead, play, compete, attend events, watch etc.)**
- > That sport for disabled people is supported by committed, confident and capable structures, organisations and people**
- > Disabled people in sport are seen, heard and known about (in communities, competitions, professional sport and so on)**

The Chair welcomed the group and noted the importance of physical activity and sport for disabled people. This was reflected in the wide-ranging discussion recorded below, and presents a useful starting point and direction for further work.

a) The pathways to sport for disabled people are not as clear as those for non-disabled people and crucial information that would help this is not readily shared

Pathways to sport for disabled people e.g. from school to community and into competitive sport are not always known about. Some popular sports such as wheelchair basketball have a higher profile and therefore pathways are known about. However, this is not the case for less popular sports and sports for people with greater barriers to participation; **“I took part in skiing, but none of my coaches asked me if I want to take part in disability skiing”**. This means that people can ‘fall out of sport’, where there are no suitable and known about opportunities. More needs to be done in communicating the pathways.

Schools can play a crucial part in this but sometimes people struggle to know where disabled people are within the education system—especially if they are not in some form of segregated education. One sports club ceased when it was reportedly told there weren’t any disabled people in local schools to draw from—which they considered unlikely but had no means to confirm this.

4. THE DISCUSSION *Continued*

Information has to pass through various stages and this causes confusion as to where disabled people are, and what clubs there are to signpost them to e.g. teachers have to first know the pupil is disabled (and this relies on parents disclosing that information, which does not always happen). Active Schools Coordinators do not have access to information about the disability status of pupils.

Lastly we heard that few disabled young people felt they were getting the recommended 2 hours PE per week, and it is not clear whether people were participating, sitting on the side umpiring or time for changing etc.

b) Data collection is inconsistent¹⁶

Due to issues of disclosure and categorisation, it is often difficult to separate data on disabled people from non-disabled people. It is also not clear, where statistics are available, if it is the same few people playing many sports or many people playing a few. There is potential to address this in part, through evaluations of the Active Schools programmes. There are issues with the way disability is defined in data sets and in research on sport. For example, self-definition is used which is problematic as some disabled people, whether consciously or not, do not identify as disabled.

c) Access, attitudes and role models

The fear of being labelled 'disabled' often stems from longstanding negative attitudes towards disability and a belief that disabled people don't want to do sport. These attitudes can hinder some disabled people from participating in sport, particularly in mainstream settings, and affect their aspirations and their attitudes toward sport. These attitudinal barriers are in addition to the barriers that disabled people share with many non-disabled people such as feelings of inadequacy or negative body image.

Some disabled people worry that participating in sport would make it look like they no longer 'deserve' any of the benefits they receive.

Lastly, whilst more role models are needed to help address attitudes (of disabled people themselves and of the general public), promoting elite athletes can result in disabled people thinking that sport means professional sport or nothing at all.

16) The Scottish Government; "The Scottish Health Survey", 2012

4. THE DISCUSSION *Continued*

d) Mainstream initiatives are sometimes “disability blind”

Given the issues highlighted with pathways and data collection (sections ‘a’ and ‘b’) disabled people can get easily lost in the systems, structures and initiatives that surround sport.

There are very few disabled people working in sport—including in elite sport. This means the experience of disabled people is not being used in this sense to its full potential.

GPs are being encouraged to talk more about physical activity with their patients by the Scottish Government, but they have no specific training on what this means for disabled people.

e) Wider barriers to participation in sport

There are many barriers to disabled people’s equal participation in sport that are not sport related—including access to social care, accessible housing, transport, poverty and so on. This is partly due to a lack of joined up thinking across policy areas, which means that healthy and active lifestyles are rarely considered as an integral outcome in wider initiatives or services. The lack of provision in social care for support to participate in the community is one such example.

Not all buildings where sport takes place are accessible—physically or in terms of attitudes, institutions, policies and practices. Many of them also take a narrow view of what ‘accessible’ looks like in practise and thus rarely include things like communication support for people who are deaf and/or hard of hearing or guides for people who are visually impaired.

In many parts of Scotland there are few accessible buses and, where there are, the timetables are not always clear about when accessible busses are operating, and these rarely run at the right time to fit in with evening sports classes. Sometimes it is possible to get there but not back—and welfare reform impacts on this as incomes drop or benefits are removed that mean people are forced to give up their cars—and sporting activities.

Also, where transport provision is improved for high profile sporting events such as Glasgow 2014, it is not always maintained after the event as timetables revert and maintenance standards tail off—and in the example of the London Olympics, ramps were removed.

4. THE DISCUSSION *Continued*

All of this can:

- Limit disabled people's opportunities to pursue a healthy lifestyle
- Limit the positive portrayal of disabled people, and also negatively affect the body image of disabled people
- Prevent sports facilities from gaining the money, knowledge and experience that disabled people can bring
- Contribute to isolation of disabled people
- Discourage inclusion and diversity in the community and limit the progression of good relations between disabled and non-disabled people

5. THE SOLUTIONS

The Think Tank identified a number of possible solutions to the issues identified in section 4. These could work either in isolation or as a parcel of activities towards the changes needed.

The solutions listed here came from different participants at the Think Tank and do not necessarily represent an agreed, nor the only, way forward. They should be considered as some among a number of possible ways to drive forward action.

a) Training and education

Training and education, both on physical activity for disabled people and on disability equality, is essential. Training delivered at the right place, for the right people and at the right time has the potential to address many of the issues and to raise awareness of access, attitudes and assumptions.

PE at school is often people's first experience of sport and sometimes the only time they will ever participate. Therefore, PE should be a core subject of the national curriculum. Doing this would also help to ensure that the target of two hours of PE per week for **every child**—including disabled children—becomes a reality. All teachers have a crucial role to play in encouraging and inspiring young people to participate in sport—including by recognising talent and signposting. As such, all teachers—not just PE teachers—and coaches should be trained in the Sports Inclusion Model. This would help to improve the pathways for disabled people into sport.

More generally, all teachers should also be trained (by disabled people) in disability equality (Disability Equality Training—DET) and this should be a core part of teacher training.

5. THE SOLUTIONS *Continued*

The Equity in Your coaching Training should include an element of DET delivered by disabled people. As well as detail on the law, DET should include: the benefits of, and specific issues around, physical activity and participation in sport by disabled people; and issues of disability equality and history.

It was suggested that **sportscotland** continue to ensure that all bodies it invests in are progressing on equalities, including, where appropriate, through the Equality Standard in Sport.

There are considerable opportunities to leave a legacy through training for the high profile sporting events in Scotland during 2014 (Glasgow 2014 and the Ryder Cup). For example, all volunteers and bus drivers will be trained on disability equality. This should include all the elements outlined above. If this training remains a core part of driver and wider formal volunteer training more generally, there is a huge potential to leave a positive legacy for disability equality.

As part of a targeted approach to disabled people's physical activity, front line health professionals, and specifically GPs, should be trained in the SIM and in disability equality.

b) Data collection and research

It is important to fully understand what the issues are so that they can be addressed. Information on numbers participating, where and in what, is essential so that funding can be prioritised for the best outcomes, and so that these outcomes can be evidenced. This needs robust and up to date data and information, as well as specific research, led by disabled people, on what works, what doesn't and what needs to change. Ad hoc surveys, tailored to measure who is participating in what, where and when, should be commissioned by the Scottish Government.

As well as general statistics on participation, these surveys should aim to highlight the specific successes or otherwise for disabled people, as a result of a particular change or intervention intended to increase levels of participation in sport. Qualitative information is also needed.

Researchers should work with disabled people on a piece of peer-led, action research that follows a specific initiative from beginning to end.

Scottish Disability Sport and DPOs could work together on this. Sometimes the issue is not that the data doesn't exist, but that it is not readily shared or connected (see issue on data sharing).

5. THE SOLUTIONS *Continued*

Joining up existing data on disability status and disabled people's participation in sport, e.g. from health, education and sport, through the broader data linkage agenda could help with this.

Crucially, this could include aligning, collecting and sharing data, as well as mapping club to school links (subject to data and child protection issues). Doing this also presents opportunities for information on the disability status of disabled pupils to be readily shared, which would be specifically helpful in ensuring the Active Schools programme is used to optimum effect for disabled people. Linking data in this way will help ensure a better understanding of where disabled people are, and where they are missing. It will also help each component organisation e.g. the NHS, schools etc. to understand their role and potential for change on participation levels within it.

There are a few existing opportunities for better data collection and linkage within ongoing work. Data on young disabled people will be collected as part of the Scottish Government's National Play Strategy. This opportunity should be used to ensure the information collected is shared to help the broader agenda on physical activity and sport as well as on play.

In addition, GPs and front line health professionals are now encouraged to ask questions about physical activity, and the NHS in Scotland is starting to monitor who is being asked about physical activity. However these questions are not compulsory, they are not disability specific and there is no specific training on this for front line staff.

This could be a missed opportunity as the data is not likely to be reliable in a disability equality context. Instead, a targeted approach to physical activity for disabled people is needed. This would include the training for front line health professionals suggested at 5a, and development of a set of key questions designed to highlight some of the specific issues around physical activity for disabled people. Scottish Disability Sport and DPOs in Scotland could work with the NHS to develop this targeted approach within the existing work. Whilst data and research is important, change is needed now and as such progress shouldn't be stalled; **“if we don't take a step into the dark, we will never get started”**.

5. THE SOLUTIONS *Continued*

The Scottish Government's Physical Activity Plan, launched in February 2014, takes a holistic approach and includes social care, housing, education and health. The national forum, with input from disabled people involved in the young person's sport's panel, should work with the Scottish Government and their partners to progress the plan.

c) An action plan on disabled people's participation in sport

Joining up thinking and people, to work in co-production with each other, is essential to get the right outcomes, particularly where resources are evermore scarce. Taking a holistic path helps to ensure buy-in by stakeholders and ensures that solutions are grounded in reality.

A national forum, with the support and buy-in of the Minister, should be set up to advise on activity to address the barriers to disabled people's participation in physical activity and sport and to progress the solutions suggested in this report.

This group should include DPOs, transport providers, academics/researchers, education and health professionals (physios, GP's and so on), Scottish Governing Bodies of Sport, **sportscotland**, representatives of elite disability sport, local sports trusts and providers and Local Government. This forum would allow a strategic approach to disability sport at a national level.

To develop local data and to support local solutions, disabled people, Active Schools leaders, Community Sports Hubs, sports clubs, physios, health professionals, carers and parents (of young disabled people) should be connected, in local forums to get the most out of the knowledge and expertise out there. This joined up thinking will include aligning, collecting and sharing data and could lead to mapping 'club to school' links too. Local forums should also link to the national forum suggested above.

5. THE SOLUTIONS *Continued*

The Early Years Collaborative (EYC) is a helpful model for progress. It supports change at the frontline and has ensured staff, like nurses and midwives, are empowered to effect the changes needed—**“no one is looking up to managers before they do everything, they can effect change themselves”**.

This model could help grassroots sport. Scottish Disability Sport, DPOs with input from the EYC should work together to consider the benefits of this approach for sport.

The Young Persons Sports Panel is set up to connect and promote all areas of sport.

Young disabled people can join the Young Person’s Sports Panel. Given the specific issues for disabled people’s equal participation in sport, it is important to ensure that disabled people have the right support to participate fully in this panel, to promote and find solutions regarding sport for young disabled people.

A request could be made to the Young Persons Sports Panel, to specifically focus on disabled people and sport.

The countryside offers countless opportunities to encourage physical activity and sport. DPOs should work with Visit Scotland, the National Trust for Scotland and ‘Countryside for All’ to consider ways to make the countryside more accessible (e.g. consider how to develop paths that are easy for wheelchair users to use, create clear signage and so on...) and ways in which the countryside could contribute to encouraging physical activity.

5. THE SOLUTIONS *Continued*

d) Communications, marketing and role models

There is a need for broader and more targeted communications and marketing. Such communications should aim to raise the profile of disabled people's participation in sport, as well as address some of the issues around attitudes and assumptions that prevent participation.

Scottish Disability Sport, **sportscotland** and DPOs should continue to work together in coproduction to spread the word on sporting opportunities for disabled people.

Further, and more specifically, Sports Link Workers within GPs surgeries should be developed. These would be much like Active Schools Coordinators and could help support disabled people not of school age or not in school to link with and know about sporting opportunities.

The media are a useful way to get messages across. A coordinated and combined approach, across print, radio and television media is essential. 'Channel 4' have covered a lot of competitive disability sport recently.

This coverage has been well received, and helps to address some of the assumptions and stereotypes around disability whilst raising awareness.

In addition to covering competitive sport, it is important to show disabled people participating in non-elite and also non-competitive sports e.g. at a class in their local gym, school, community.

Some media coverage around the Glasgow 2014 Commonwealth Games should be dedicated to the broader legacy of the Games especially encouraging physical activity by disabled people in the longer term. One way to do this is to show people doing sport at local level e.g. people taking swimming lessons—as part of the media coverage during throughout the Games.

A long term marketing plan could also help. Around the Games 2014, and continuing beyond them, Local Councils could ensure every postal address in their catchment gets information on sports and physical activities taking place in their area, including both mainstream and specialist. It should also include information on what training and support coaches have in relation to equalities, so that disabled people reading it can feel confident about participating.

5. THE SOLUTIONS *Continued*

Community sports hubs are another way for people to find out what is happening and when. Communities are working with their local authority and local people to develop these hubs. Local DPOs should be involved in these. The development programme should also include setting up local disabled people's sports forums

Signposting is also an effective way of letting people know what is out there. This needs a joined up approach so that all teachers, health professionals, parents and coaches—including in a mainstream environments—know what is out there. Within the sports field specifically, coaches should be educated to ensure they can 'signpost' individuals to a local Scottish Disability Sport regional manager, and ultimately into a pathway where they can reach their full potential. A map, showing how clubs and schools link, should be developed. This map should also be available online and searchable so that disabled people can easily see what is out there. DPOs could work with sports bodies on this, e.g. by helping to ensure that map(s) are published in accessible formats. Once developed, links through the forums suggested above (which include health, education, DPOs and so on) should be used to promote it widely.

sportscotland and DPOs should work with Scottish Governing Bodies of Sport to identify possible ambassadors for DPOs. This will help to raise the profile of disability, disability in sport, and of DPOs.

Ambassadors for sport and for disabled people are important. Sir Chris Hoy is an ambassador for a mental health organisation. This has not only raised awareness of the organisation but has also raised the profile of sport within mental health.

5. THE SOLUTIONS *Continued*

Disabled people in competitive and non-competitive sport should be supported and promoted as role models. This could include identifying local disabled people involved in sport (via schools, local clubs, leisure centres) and supporting them to 'tell their story' in schools and to create peer networks. Parents who support their children to participate in sport should also be supported as role models for other parents, to help alleviate fears and challenge some of the barriers to participation.

Scottish Disability Sport, teachers and Active Schools Coordinators could help to identify the young people and the parents to do this. They could also pair up parents of young disabled people who are already active, and the young disabled people themselves, with other parents and young people (including those who are not active) to encourage peer support.

e) Getting the most out of national sporting events

In addition to the various opportunities presented by Glasgow 2014 and the Ryder Cup, there are other significant opportunities to leave a legacy for disability equality.

Volunteering opportunities during large scale sporting events should be used to maximum effect. Recruiting disabled people as volunteers can help disabled people understand the sporting options available, and gain work experience. In addition, the training offered to all volunteers as part of Glasgow 2014 should be included in all formal volunteer training going forward. DPOs should work with Volunteer Scotland to develop a strategy for doing this.

Improvements to transport provision put in place for sporting events should be permanent and working with DPOs at planning through to delivery stages will help with this. Transport Scotland should build on the links made with DPOs, built as part of their plans for Glasgow 2014, to continue the work beyond the Games.

6. Next Steps

The importance of partnerships and holistic approaches were considered crucial to all of the solutions. For this reason it is suggested that the first step should be to develop the national and local forums on disability sport. A starting point for this could be for local authorities, Scottish Disability Sport, a national DPO, **sport**scotland and the Scottish Government to get together in the first instance.

Several of the solutions outlined could be made to work in isolation if necessary, or together as part of a combined approach towards making change happen. ILiS will aim to work with key stakeholders to help progress some of the solutions suggested and it is hoped that this report will also inspire others to act together towards change.

6. Next Steps *Continued*

The ILiS project June 2014

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APPENDIX 1

Independent living, equality and human rights – an understanding

Independent Living is defined by disabled people themselves as meaning “disabled people of all ages having the same freedom, choice, dignity and control as other citizens at home, at work, and in the community. It does not mean living by yourself, or fending for yourself. It means rights to practical assistance and support to participate in society and live an ordinary life”.

For many disabled people, this practical assistance and support (such as access to the environment, advocacy, personal assistance, income, and equal opportunities for employment), underpinned by the principles of independent living, **freedom, choice, dignity and control** is essential for them to exercise their rights and duties of citizenship, via their full and equal participation in the civic and economic life of Scotland.

Without it, many disabled people cannot: enjoy the human rights they are entitled to on an equal basis to¹⁷ others (as set out in the Human Rights Act and the European Convention of Human Rights); live their lives free from discrimination and harassment as the Equality Act 2010 promotes; nor contribute to a wealthier and fairer, healthier, safer and stronger, smarter and greener Scotland¹⁸.

Independent living thus promotes a modern understanding of disability and disability equality that can support policy and practice to protect the human rights of disabled people. It achieves this by recognising the essential role of “material support” in ensuring disabled people can “participate in society and lead an ordinary life”.

The role independent living plays in protecting the human rights of disabled people is recognised and underpinned by international human rights and equalities obligations to which the UK and Scotland are party to; including the recognition that all of the rights outlined in the ECHR and Human Rights legislation belong to disabled people, and that these are further strengthened and contextualised by the rights set out in the UNCRPD.

17) ILiS; “ILiS Response to the JCHR Inquiry into the Implementation of Article 19 of the UNCRPD”, 2011

18) ILiS; “Response to the SDS Strategy in Scotland”, 2010

APPENDIX 2

Alan Oliver	Sport Development Officer, Borders Disability Sport
Baroness Tanni Grey Thompson	Chair person
Brian Delaney	The Celtic Foundation
Colin Young	Reporting for the event
David McArdle	National Development Manager – Disability, the Scottish Football Association (SFA)
Debbie O'Brian	Operations Group Manager (East), Glasgow Life
Dr Sue Kelly	Outreach and Development Worker, Inclusion Scotland
Eric Mitchell	Policy and Project's Manager, Capability Scotland
Fiona Tall	West Area Manager, Penumbra
Gavin McLeod	Chief Executive Officer, Scottish Disability Sport
Gordon Gilchrist	Commonwealth Games Legacy Team, Scottish Gov.
Gordon McCormick	Senior Sports Development Officer – Disabilities, Glasgow Life
Heather Fiskien	Manager, Independent Living in Scotland project
Jacqui Stone	Partnership Manager, sportscotland
Jill Stevenson	Accessibility and Inclusion Manager, Glasgow 2014
John Finlay	Transport Scotland 2014 Team, Transport Scotland
Julie McElroy	Independent Disability Rights Activist
Martin Summers	Youth Support Manager, Young Scot
Mary Colvin	Physical Activity team, Scottish Government
Norma Pilcher	Sport Policy, Scottish Government
Pam Duncan	Reporting the event
Patricia Ferguson MSP	Shadow Cabinet Secretary for Culture and External Affairs
Prof. David Legge	Mount Royal University
Prof. David McGillivray	University of the West of Scotland
Prof. Gayle McPherson	University of the West of Scotland
Sandy McPhee	Statistician, Scottish Government
Stew Fowlie	Chief Operating Officer, Scottish Student Sport



Solution Series: 6

**On your marks ...
disabled people's equal
participation in sport**

The ILiS project 2014

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