



CALGARY ADAPTED HUB POWERED BY JUMPSTART

ANNUAL REPORT

2020/2021

ABOUT US

Through this partnership, we are dedicated to our mission of providing quality inclusive and accessible sport and recreation programs for all children and youth in Calgary.

ABOUT CALGARY ADAPTED HUB POWERED BY JUMPSTART

Calgary Adapted Hub is a collective of Calgary-based organizations committed to providing quality sport and recreation opportunities for children, youth, and families living with disabilities in the city of Calgary. The collective is supported by Canadian Tire Jumpstart.

The Hub was founded in 2020 to make sport and recreation more inclusive for children, youth, and families living with disabilities that are physical, intellectual, sensory, developmental, or otherwise. We are made stronger by the contributions of our partners, each of which is a leader in the field of adapted sport and recreation with their own area of expertise. From innovative programming to ground-breaking research, they aspire to be at the forefront of disability servicing. Partners include The University of Calgary, Mount Royal University, City of Calgary Recreation, Sport Calgary, Vivo for Healthier Generations, Repsol Sport Centre, and WinSport.

Together with our partners, we are pathfinders, travel companions, and motivators on the journey to participation. Our goal is to maximize existing programs and create bold new ones through knowledge-sharing, research, education, evaluation, and—above all else—collaboration.

With the support and commitment from Canadian Tire Jumpstart Charities, we're proud to support nationally leading adapted sport and recreational programming to the city of Calgary.



MESSAGE FROM OUR LEADERSHIP

On behalf of the Calgary Adapted Hub powered by Jumpstart Executive Team

As 2020 marked the first year of the Calgary Adapted Hub powered by Jumpstart (CAH), it of course also was the year of the onset of the Covid-19 pandemic. As the sport and recreation industry faced restrictions, lockdowns, uncertainty, and loss, we also witnessed a year filled with unprecedented levels of innovation, collaboration, advocacy, and awareness of social issues.

The Calgary Adapted Hub was no exception to both the highs and lows of the pandemic rollercoaster. With restrictions in Alberta targeting sport and recreation programming for the majority of the year, CAH partners faced facility closures and staff layoffs, preventing the exciting launch of CAH programs that we had planned for.

By late 2020, when all signs indicated that sport and recreation as we knew it was not going to return anytime soon, we shifted our focus internally, turning to the nine recommendations from the LEAD (Leading Equitable and Accessible Delivery) assessment done in partnership with the Abilities Centre. Using these recommendations as our guideposts, our partners embarked on an intensive disability inclusion training journey (with over 100 staff collective-wide), the CAH Executive Team developed a three-year strategic plan and continues to make progress on implementing a sustainable governance structure and partnership framework.

In addition to this 'internal work', our newly onboarded staff team (with the support of Jumpstart's expert marketing team) successfully built a brand and launched a website that is deeply rooted in our values and proves to be a crucial service to our community.

With commitment from arguably 13 of the most dedicated, knowledgeable, and compassionate individuals, we formed the CAH Community Advisory Committee. The engagement and leadership that this group has provided have been truly astonishing, and we cannot express enough gratitude for their advocacy work.

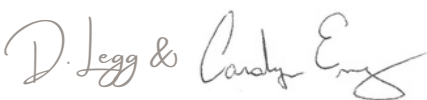
Led by our Knowledge Translation & Research Coordinator, CAH hosted a five-part virtual community engagement and research seminar series, sparking conversations across the nation. In addition, this role has led the collective in an evidence-informed approach to programming. With sights set on developing nation-leading best practices through meaningful evaluation, we have begun two longitudinal program evaluation projects, one cross-sectional, and one qualitative study that will guide the future of adapted physical activity programs for years to come.

All of this took place while we still remained dedicated to the core purpose of CAH - to get more kids with disabilities in Calgary, more active, more often. CAH partners delivered virtual programming in both live and pre-recorded settings. When parents shared that they were 'zoomed-out', the entire collective came together to launch a 'screen-free' Adapted Play from Home Kit. And finally, by summer 2021, we were able to return to in-person programming just in time for two weeks of adapted summer sport camp and one try-it boccia event, both filling to capacity.

As we enter the fall of 2021, we know that our organizations are more knowledgeable and dedicated than ever to bring back a sport and recreation system that is more accessible and more inclusive than ever before.

On behalf of the entire Calgary Adapted Hub powered by Jumpstart leadership team, we would like to express our deepest thanks and gratitude to Canadian Tire Jumpstart Charities for their unwavering support and trust in being stewards of our vision during the most unconventional first year!

Sincerely,



Dr. David Legg & Dr. Carolyn Emery
Co-Chairs,

Calgary Adapted Hub powered by Jumpstart



OUR FIRST YEAR

2020-21 marked the first year of a three-year partnership agreement between Canadian Tire Jumpstart Charities and the Calgary Adapted Hub powered by Jumpstart.

Despite the pandemic putting sport and recreation in jeopardy across our nation, the Calgary Adapted Hub powered by Jumpstart (CAH) entered the first year of this agreement focused on building community relationships, educating and advocating for disability inclusion, and connecting with and serving families with disabilities - all of which focused on returning to a sport system where all children and youth have the opportunity to play!

BEHIND THE SCENES

Onboarded Staff Team

CAH welcomed 1.5 staff positions in October 2020



Program Manager
Karen Dommett



Research & Knowledge Translation Coordinator
Elysa Sandron
(October - July)



Research & Knowledge Translation Coordinator
Leticia Janzen
(August - Present)

Implemented Abilities Centre's LEAD (Leading Equitable and Accessible Delivery) Recommendations

106

Staff participated in multi-organizational inclusion training



32 hours dedicated to training



Including Jumpstart's Coaching Kids of All Abilities resources



"The inclusion training was fantastic. It was meaningful learning. It has impacted the way I think and how I will move forward both in the world and at work."

Brand Launch

Creating a hub of information and resources to help children, youth, and families living with disabilities-and the organizations that serve them to learn and grow.



Connecting the Community



Successful platform launch, connecting families with adapted programming throughout the community.

Our Brand Story



The circles represent the seven partners and while no circle is complete, there are no gaps in the whole. The hub is stronger together, overlapping, yet open to each other.

Our goal is to create better pathways to participation in sport and recreation for children, youth and families living with disabilities that are physical, intellectual, sensory, developmental, or otherwise. People are at the core and the partnerships forged within are part of the connection.

GUIDED BY OUR VALUES:

COLLABORATION

We ensure children, youth, and families living with disabilities have access to quality inclusive and accessible sport and recreation opportunities by leveraging the collective strengths of our partners and community members.

OPPORTUNITY

We empower individuals across the age and disability spectrum to get active by creating better pathways in inclusive and accessible sport and recreation programming.

COMMUNITY

We create safe spaces for participation by speaking with the disability community rather than speaking for the disability community.

RESEARCH

We enhance the delivery and development of inclusive and accessible sport and recreation programs through program evaluation, engagement in research, and evidence-informed programming.

AVAILABILITY & AWARENESS

Increase the availability and awareness of evidence informed adaptive physical activity programs that meet the current national physical activity guidelines.

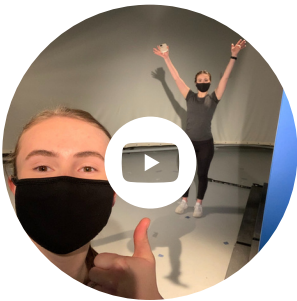


Photo: MRU Virtual Camp content recording

104
Children & Youth participated in
6 adapted sport & recreation programs from CAH partners

- 1 City-wide screen-free adapted play from home kit
- 2 Registered virtual activity camps
- 2 In-person week-long day-camps
- 1 In-person free boccia clinic



30+
new adapted sports and activities introduced to participants



by collaborating with
15
adapted sport & recreation providers/clubs to deliver programming & develop a pathway of participation & amplifying awareness



Photo: UofC In-Person Adapted Summer Sport & Recreation Camp

WHAT WE LEARNED:

- Summer camps are well-loved and quickly filled to capacity. There is demand for more, multi-week options and choice!
- Families were 'zoomed-out' during the pandemic and virtual engagement was low.
 - "Screen-free at-home activity kits" are far more effective.
- There is a need in the community to address the following:
 - More outdoor adaptive sport options
 - More winter adaptive sport and recreation
 - More powerchair user program options
 - More full-family participation options
 - Inclusive options for individuals who are in the "grey zone" between adapted and able-bodied activities

WHAT WE'RE WORKING ON:

- More adapted day camps with options for school closures, winter and spring breaks (with more ability-specific offerings).
- Inclusive and adaptive strength and conditioning programs for children and adolescents, creating social fitness options beyond therapy.
- More full-family & multi-sport adaptive exposure programs that leverage the work of community-based adapted sport and recreation clubs for a stronger pathway of participation.
- Advocating for inclusion for families in the "grey zone", while supporting coaches and club leaders on their inclusion journey to assist them in making adaptations to include individuals who would otherwise be excluded.

AWARENESS:

Research shows that a leading barrier to participation is a lack of information and awareness of program options for children and youth with disabilities. We have purposefully built our website to serve parents who are facing this challenge, featuring a portal for families to work one-on-one with our Program Manager to develop a personalized action plan to get their child on a life-long pathway of participation through adaptive and inclusive sport and recreation.



Step 1: Get in Touch

Get in touch by filling out the 'get to know you' form or contacting a member of our team by phone or email.



Step 2: Meet with Us

Meet one-on-one with our program manager to discuss your interests and abilities.



Step 3: Action Plan

We will create an action plan and put together a list of resources that meet your needs. We'll introduce you to the right people and organizations, too!



Step 4: Follow Up

We'll continue to follow up with you to see if you have any questions or concerns or need additional support and resources. We'll also continue to share resources and opportunities with you as they arise.

To Date: TWELVE KIDS

(who thought sport wasn't an option for them) have successfully entered adapted sport and recreation programs as a result of this personalized service



Effective Marketing & Promotions

CAH partner programs have seen new levels of exposure in the community. Strong relationships with 50+ organizations across medical, education, disability and family servicing, and sport sector have raised adapted program awareness to new heights



900+

Organic followers on social media platforms

WHAT PARENTS ARE SAYING

A collection of kindness received from parents who have connected with Calgary Adapted Hub powered by Jumpstart.



Photo: Federico training with Wolfpack Adaptive Fitness, connected by CAH

Having recently arrived in Calgary, in a COVID-19 ridden moment, we were at a loss for finding a sports opportunity for Federico, our son who lives with mobility impairments adores playing wheelchair basketball and loves sports in general. After three months he was beginning to wane and we worry. That's when we discovered the CAH and have been overjoyed by the attention they have given us!

Within hours of our emailed request for information, we were contacted by Karen who with a professional but very caring demeanour gathered information from Federico about his past sporting experience and his aspirations for the future. Within a remarkably short time, we received emails with the fruits of the research she had done for us and to the utmost joy of Federico we have been in contact with two of his high-ranking choices for sports endeavours.

We cannot thank CAH and Karen enough for the doors they have opened for Federico, allowing him to focus his sights on a brighter future with prospects for better mental and physical health and the possibility of some socialization which could bring a new friend or two!

- Barbara



This service has been life changing! As the parent of a pre-teen with multiple chronic illnesses and disabilities, I still have not become immune to the pain of seeing my child excluded from group activities due to challenges or being told that he cannot participate in an outdoor activity because of medical needs. Then, I was connected to the Calgary Adapted Hub. The intake person spent over an hour talking through my child's strengths, interests and areas for growth. She was so knowledgeable and compassionate. I could not believe how well she understood our hopes and struggles. Within hours we were connected with several organizations and within days my child was participating in an adventure activity we never thought possible! Thank you for supporting this amazing organization which has given us understanding, a sense of belonging, and access to outdoor activity!

We reached out to Karen at Calgary Adapted Hub as we were really struggling to find avenues to get our son with a physical disability active. She was so fantastic and took the time to get to know our son and us, offering so many suggestions, and she continues to send information out way as she finds more opportunities. Such a great organization!!



I am so thankful for the expertise of this group that has helped me to find accessible and meaningful programs for my son who lives with cerebral palsy.

- Candice

- Trina

ADVOCACY

Advocate as a collective voice for accessible, equitable and inclusive environments and places for children with a disability and their families to be physically active.

COMMUNITY ADVISORY COMMITTEE:

Calgary Adapted Hub is guided by a diverse group of community volunteers with lived experience who provide feedback on program development, research focus, knowledge translation, and community engagement.



Cassandra Murray
Parent Rep



Saheed Alawiye
Youth Rep



Sean Crump
Included by Design



Dean Svoboda
Autism Aspergers
Friendship Society



Suzanna Tangen
Ultimate Para Sports
Association



Jamie McCulloch
Rocky Mountain
Adaptive



Tyler White
Siksika Health
Services



Dr. Nancy Quinn
Para Sport
Medical Services



Eli Wolff
Disability Rights
Advocate



Karen Hurley
Special Olympics
Calgary



Dr. Sarah MacEachern
Developmental Pediatrician
& Clinician Scientist



Dr. Matthew Corkum
Inclusive Participation
Advocate



Dr. Cheri Bradish
Sport Marketing

KEY LEARNINGS FROM THE COMMUNITY ADVISORY COMMITTEE:

Guidance on inclusive program marketing and registration information,

Inclusive program design for children and youth with medical support requirements,

Appropriate language and situational context understanding,

Knowledge sharing on local respite care processes and related barriers that prevent a full-family participation,

Input on built environments (specific to facility upgrades and signage),

Barriers to information access for medical professionals and practitioners.

By speaking WITH the community, rather than FOR the community, we regularly share learnings from this committee with sport clubs and organizations beyond our seven partners, supporting our vision of creating a Calgary where every child, youth and family can belong through quality inclusive and accessible sport and recreation programs.

FUTURE ADVOCACY PLANS:

Addressing the information gap between medical practitioners and community programs

Community Advisory Committee hosted 'How to Adapt' community workshops, addressing a variety of disabilities

Indigenous education for adapted sport and recreation providers.

ADVOCACY IN ACTION:

CAH serves as an active member with the following advocacy/working groups:

- Alberta Ability Network, Recreation Table (Chair)
- Inclusive Sport and Recreation Collective of Alberta (Leadership Team)
- National Parasport Collective
- Pan-Canadian Disability Sport and Rec Hubs network



CAH has also been featured as a presenter, advocating for and promoting accessible and inclusive sport and recreation at the following conferences:

- Catholic School Board, Physical Therapy Team: Professional Development Speaker Series
- Spinal Cord Injury Alberta: Activity-Based Lifestyle
- Ever Active Schools: Shaping the Future Conference
- Measuring What Matters: Accessibility and Inclusion Workshop (by CityXLab)
- Accessibility Renovations for Kids (ARK) Speaker Series

COLLABORATION

Work collaboratively to remove barriers that prevent children with a disability from participating and enjoying sport.



Photo: MRU & ACPSA Boccia Try-It Clinic. Photo courtesy of ACPSA.

Building strong relationships across multiple sectors has been a true 'silver lining' of the pandemic, allowing CAH an opportunity to forge a real sense of community and collaboration among a variety of organizations and sport clubs while programming has been on hold.

RESULTS OF CAH COLLABORATIONS:

- Effective program information sharing across sectors
- Program participant recruitment
- Volunteer recruitment and opportunity sharing
- Program design mentorship
 - Eg. Paralympic Sports Association guided Play from Home Kit design
 - Eg. the University of Calgary (UofC) Adapted Virtual Spring Camp mentored Mount Royal University's (MRU) Adapted Virtual Summer Camp staff
- Leveraging resources
 - Eg. UofC Adapted Summer Camps featured Alberta Cerebral Palsy Sport Association (ACPSA) Boccia by aligning dates with MRU's Boccia Try-It Clinic
 - Eg. Adapted equipment resource database
 - Eg. Amplified story-telling through collaborations with Sport Calgary
- Co-creation of evidence-informed resources
 - Eg. Development of accessible standards for virtual programming (with Abilities Centre, Abilities Centre Ottawa & OneAbility)
 - Eg. Development of standardized inclusive registration questions

EMPOWERING COMMUNITY:

In addition to being a driver of collaboration across multiple sectors, CAH has also served as a great support to leverage additional funding sources for a number of internal and external community partners. By showcasing the power of this collective, CAH has provided letters of support to organizations seeking funding for accessible facility enhancements, inclusive training software upgrades, new adaptive program development, sourcing adaptive equipment, and awareness campaigns.



MULTI-SPORT & UNSTRUCTURED PLAY

Enable partnerships with organizations to deliver quality multi-sport organized programs and unstructured opportunities.

We look forward to bringing back multi-sport programs throughout 2021-22 such as MRU's Children's Adapted Physical Activity (CAPA) program, WinSport's Multi-Sport Adapted program, UofC's Adapted Sport and Recreation Summer Camp and the creation of new multi-sport camps and programs from Repsol Sport Centre. All these programs are deeply rooted in collaboration, partnering with dozens of quality adapted sport and recreation providers in our community.

One of the greatest successes in our inaugural year was the launch of a 'screen-free' **Adaptive Play from Home Kit**. 50 kits were spoken for in just a matter of hours and were dispersed to families across Calgary from a variety of CAH partner locations!



Photo: WinSport MultiSport Adapted Program (2019)



PLAY FROM HOME KITS

We were fortunate enough to receive one of your Adapted Play from Home Kits. Thank you! A bit of background on why we requested a kit. Our son Henry has spastic diplegia CP. Henry was born at 27 weeks along with his twin sister Claudia. Claudia does not have physical challenges resulting from her extreme prematurity. They are best of friends but often their differences in physical abilities restricts them from participating in like activities.

As you can see in the picture below, Henry wears AFO's on both his legs. Sometimes we are challenged finding activities to do that are not only accessible but that also offer independence and summertime, unstructured fun. Your kit allowed Henry and Claudia to have guided fun on their own with so many activities. It has really been amazing. We live in Springbank so having the map of places in Calgary was awesome too as often we don't know all the hidden gems of the city.



From a parenting point of view, I wanted to offer my extreme thanks for the thoughtfulness of the activities included. There was a great range and sometimes, fatigue plays a huge factor in what Henry can do throughout the day physically despite wanting to be able to do it all. I hope this makes sense.

We wish you all a wonderful rest of your summer and as always, enjoy following you on Instagram for updates.

Kristine, Henry and Claudia too!

REMOVE BARRIERS

Work collaboratively to remove barriers that prevent children with a disability from participating and enjoying sport.



Photo: WinSport MultiSport Adapted Program (2019)

WHAT WE'VE LEARNED

Thanks to the financial support from Jumpstart, all CAH-supported programs have been able to effectively address historical barriers to adaptive physical activity participation we know of from the literature; such as cost of programs, lack of accessible transportation, and lack of information about program options (Rimmer, 2008).

Our inaugural year has been one of **listening** and **learning** from community members with lived experience. With engagement from our Community Advisory Committee and the brave vulnerability of many of the parents who have utilized our personalized program navigation services, we have gained a deeper understanding of limiting factors to participation across a broad spectrum of disabilities and populations. Some of the most significant learnings are rooted in language. It has been shocking to learn how many families are excluded before even entering a program.

OUR PROGRAM LAUNCH PROCESS

- Program concept consultation
 - Incorporate evidence-informed best practices and procedures
 - Review of environmental considerations (and facilitation of appropriate resources, if required)
 - Terminology and language review
 - CAH Community Advisory Committee review and input
 - Sector networking; connection to expertise
- Implementation of an inclusive registration process
- Parent/caregiver information development (pre-program information sharing, FAQs, etc.)
- Volunteer recruitment support (if applicable)
- Staff and volunteer training support and resources

OLD LANGUAGE

"Please describe your child's current swimming level"

--

"Please describe any restrictions or limitations we should be aware of"

--

"If your child needs personal assistance, please arrange to have an aide attend with them"



NEW LANGUAGE

"Please describe your child's current comfort level with pool activities. If applicable, please indicate their current swimming level"

--

"Please let us know if there is anything else you would like us to know about your child (physically, emotionally, socially) related to their safety and comfort that would help make their experience with our program a positive one."

--

"Please describe what type of physical environment your child performs best in. Please let us know if there are any adaptations or modifications that your child has benefited from in the past or you would recommend to us that would help make your child's experience successful.

Please indicate if there are any medical or personal care considerations you would like us to be aware of. We are happy to explore the option of an aide attending the program with your child."

LEVERAGE

Leverage the work already being done by organizations accessing Jumpstart funding.

CAH has been very fortunate to have been warmly welcomed into the local adapted sport and recreation sector among the plethora of existing clubs and organizations; and in particular, those already supported by Jumpstart.



COLLABORATIONS IN ACTION

4

Community Advisory Committee members from Jumpstart affiliated organizations.



Pathway to Participation: Using the UofC Adapted Camps and WinSport Multi-Sport program models, CAH partners provide a safe and welcoming entry point into adapted sport while collaborating with existing organizations to increase long-term participation.



CAH Partners work closely with external adapted and inclusive sport & recreation organizations to support program facility needs.



Photo: University of Calgary Adapted Summer Camp featuring Ultimate Para Sports Association handcycling session (2019)

INVESTIGATE

Investigate the impact of adapted physical activity programs on health outcomes in children with disability.

MEASURING OUR IMPACT

CAH aspires to create a Calgary where every child, youth, and family can belong through inclusive and accessible sport and recreation programs. We take a holistic approach that focuses on three impact pillars:

OVERALL HEALTH & WELLBEING

We believe active living is essential to quality of life. By creating better pathways in sport and recreation programming, we make it easier for all children and youth of all abilities to stay active, healthy, and connected.

SOCIAL INCLUSION

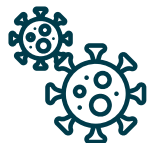
We believe diversity is our greatest asset. Together with our partners, we create opportunities for children and youth living with disabilities to engage in meaningful participation in an environment that fosters a sense of belonging and autonomy.

ECONOMIC IMPACT & QUALITY OF LIFE

We believe all children and youth deserve the opportunity to thrive. Thanks to our supporters, we provide equitable access to sport and recreation opportunities by supplementing the cost of specialized equipment, access to facilities, participation fees, and transportation.

RESEARCH PROJECTS

Leading the investigation of the impacts of adapted physical activity in children and youth with a disability, Dr. Carolyn Emery and the CAH research team have facilitated the launch of five research projects in the past year:



ADAPTED & PARA SPORT & RECREATION INJURY STUDY

STAFF TRAINING EVALUATION STUDY

ADAPTED SPORT, RECREATION & PHYSICAL ACTIVITY CAMPS & PROGRAMS STUDY

FAMILY EXPERIENCES RELATED TO PARTICIPATION IN PHYSICAL ACTIVITY CAMPS FOR CHILDREN & ADOLESCENTS LIVING WITH A DISABILITY

COVID-19 IMPACTS STUDY

Vi Riddell
Pediatric Rehabilitation
Research Program



ADAPTED & PARA SPORT & RECREATION INJURY STUDY:

We want to learn about participation, injury, and concussion rates in Adapted and Para Sport and Recreation. We will also learn more about injury knowledge, safety practices, and who may be at greater risk of injury or concussion. Anyone, 11-25 years of age or their parent, who has taken part in any adapted or para sport or recreation program in Canada can take part in the study, regardless of whether or not they have ever been injured or had a concussion.

This cross-sectional study is currently in the data collection phase.

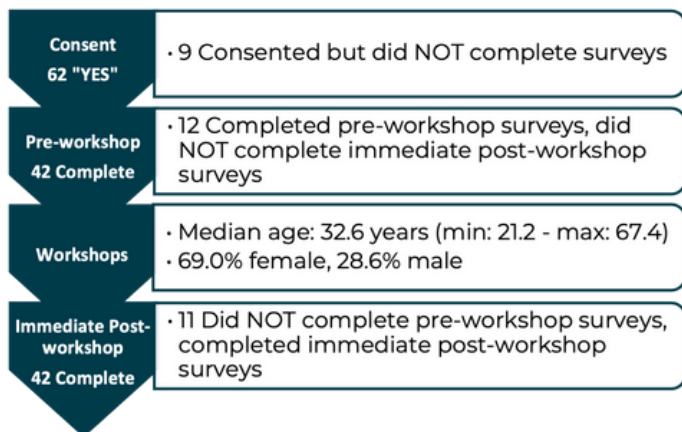
Click [here](#) to learn more about how to help.



Principal Investigator: Carolyn Emery
 Research Team: Christy Fehr, Leticia Janzen, Karen Dommert, Elysa Sandron, David Legg

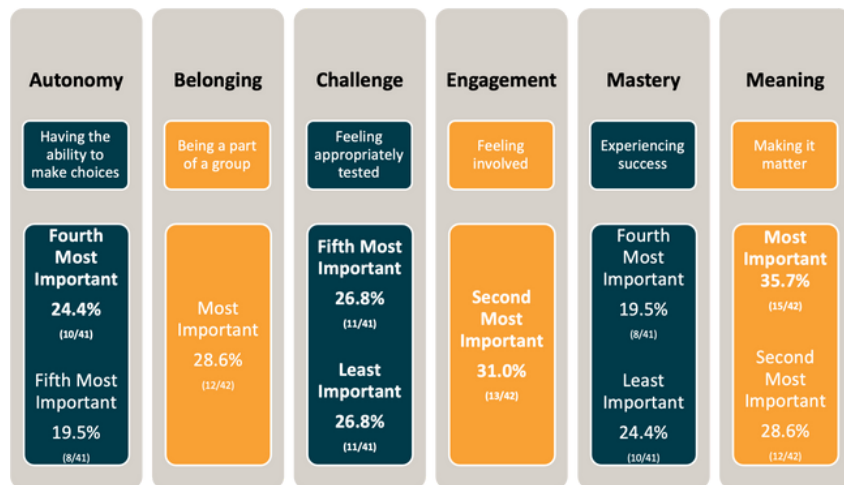
STAFF TRAINING EVALUATION STUDY

We want to learn if the Calgary Adapted Hub's Inclusive Staff Training Program creates allyship for persons with disabilities through intention, self-efficacy, and motivation. We will learn how providing staff inclusion training impacts their beliefs about people with disabilities and their inclusion within society and whether the training was useful immediately, 6 months, and 12 months later.



This longitudinal study is progressing to the 6-month follow-up stage and results for the immediate impact are presented here and will be presented at the 2021 Alberta Recreation and Parks Association conference.

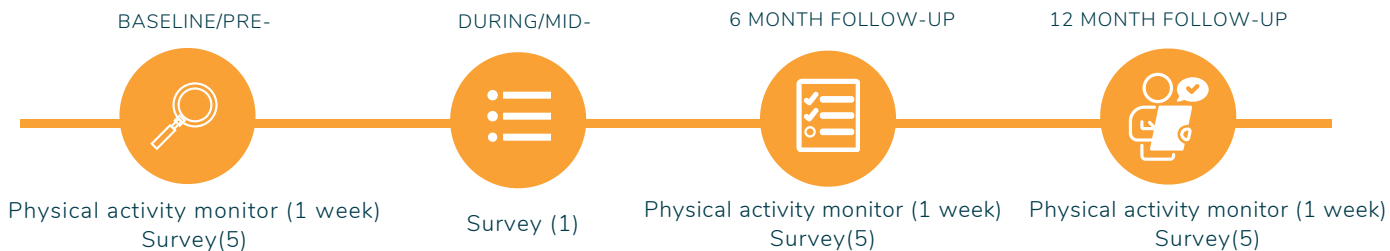
Each staff member was asked, before inclusion training, to rank the following based on which was the most to least important for them to take away from the training experience:



Principal Investigator: Carolyn Emery
 Research Team: Elysa Sandron, Karen Dommert, David Legg, Leticia Janzen, Amy Latimer, Nancy Quinn

ADAPTED SPORT, RECREATION, AND PHYSICAL ACTIVITY CAMPS AND PROGRAMS STUDY

We want to learn how the introduction of adapted sport, recreation, and physical activity opportunities to children, adolescents, and young adults impacts physical activity levels, quality of life, and quality of participation in different domains.



2018 ✓ UofC Summer Camp

2019 ✓ UofC Summer Camp

2021

- UofC Summer Camp
- MRU Children's Adapted Physical Activity Program
- WinSport Multi-Sport Adapted Program

Principal Investigator: Carolyn Emery

Research Team: Meghan McDonough, Elizabeth Condliffe, Elysa Sandron, Catherine Tremblay, Jessica Youngblood, Shane Esau, Leticia Janzen, David Legg

FAMILY EXPERIENCES RELATED TO PARTICIPATION IN ADAPTED PHYSICAL ACTIVITY CAMPS FOR CHILDREN AND ADOLESCENTS LIVING WITH A DISABILITY

Families with a child with a disability often experience additional barriers to accessing recreation programs when compared to parents of typically developing children. These barriers can place a strain on families. It is important for adapted physical activity practitioners to understand how programs can impact family relationships. The purpose of this research was to examine family members' perspectives regarding family relationships as they relate to participation in an adapted summer camp for children and adolescents living with a disability.

Two collective case studies were conducted examining two adapted physical activity camps environments: one where the child living with a disability participated at the camp on their own, and the other where the child living with a disability and their family members participated in the camp together.

After attending an adapted physical activity camp, families experienced:

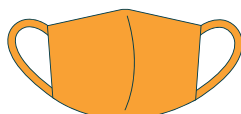
- A decrease in stress and worry
- An increase in communication and support
- Increase in family bonds and family physical activity
- Increase in confidence and independence for the individual living with a disability
- Creating these opportunities may be important for decreasing parental stress which may have an impact on family relationships and interactions

Principal Investigator: Carolyn Emery

Research Team: Meghan McDonough, Elizabeth Condliffe, Jessica Youngblood, Elysa Sandron, David Legg

COVID-19 IMPACTS STUDY

We want to learn how the COVID-19 pandemic has impacted the physical activity habits and social connections of youth with disabilities. We are also learning from youth what if any virtual programming they would be receptive to in the future.



A total of 20 interviews were completed:

13 & 7
YOUTH PARENTS



The data is currently being analyzed.

Principal Investigator: Carolyn Emery

Research Team: Meghan McDonough, Amanda Black, Elysa Sandron, Jessica Youngblood, Heather Shepherd, Leticia Janzen, Karen Dommert, David Legg

EDUCATE

Enhance adaptive physical activity education, training, and knowledge translation opportunities for children with disabilities, their families, clinicians, and the community.

RESEARCH & COMMUNITY ENGAGEMENT SEMINAR SERIES

The seminar series aims to bring current research to families and the sport and recreation programming community in an easy-to-digest community based approach.



475+
Total Seminar Registrations



Over **250** (to date)
Seminar rewatch YouTube views



Dr. Cheri Blauwet

"From the Paralympics to Public Health: The Impact of Sport & Physical Activity for People with Disabilities"



Dr. Nancy Quinn

"Too Many Chairs: Spatiality & Disability in Sporting Spaces"



Eli Wolff

"Seperate is Not Equal"



Dr. Kathleen Martin Ginis

"Evidence-Based Strategies for Designing Effective Physical Activity-Enhancing Interventions for People with Disabilities"



Dr. Kelly Arbour-Nicitoplous

"Quality Play in Children & Youth with Disabilities - A Right or a Privilege?"

DISABILITY INCLUSION TRAINING

Using the collective to execute multi-organizational training provided by Respect Group Inc., Between Friends, and INclusion INcorporated, we are sharing information and resources to help children, youth, and families living with disabilities—and the organizations that serve them—learn and grow. Our knowledge translation and research team are conducting an evaluation of the short-term and long-term impacts on an individual's competency, confidence, and motivation to work with children and youth with disabilities, related to this training series.

Some initial feedback from the training indicated that there is a need for sport/activity-specific mentors to provide real-time context-specific advice and leadership, as there is often a gap in support from their sport/activity-specific governing body. Some individuals expressed that although they feel much more knowledgeable, they also experienced feelings of intimidation of all the elements to consider.

This will be a continued area of focus and growth for the CAH collective as we develop solutions to best support the staff who are developing and executing adaptive programs.



Photo: Screenshot of organizational leaders disability inclusion training facilitated by INclusion INcorporated

60%
OF PARTICIPANTS ARE IN PROGRAM DELIVERY POSITIONS

seven
ORGANIZATIONS CAME TOGETHER THROUGH THE CALGARY ADAPTED HUB POWERED BY JUMPSTART

40%
OF PARTICIPANTS ARE IN ORGANIZATIONAL LEADERSHIP POSITIONS

THANK YOU

On behalf of the families that we have the privilege to serve, the staff across the partner organizations who have grown both personally and professionally on this journey to inclusion, and the seven founding partners of this collective -
THANK YOU Jumpstart for trusting us and supporting us in our vision to make Calgary a better place through the power of sport and recreation.



Jumpstart[®] Bon départ^{MD}

FROM OUR EXECUTIVE TEAM

Co-Chair: Dr. David Legg, PhD, Mount Royal University

Co-Chair: Dr. Carolyn Emery, PT PhD, Faculty of Kinesiology & Cumming School of Medicine, University of Calgary

Cassandra Murray, Parent Representative

Saheed Alawiye, Youth Representative

Catriona Le May Doan, Sport Calgary

Aimee Johnston, Vivo

Bjorn Billehaug, Mount Royal University

Logan Jones, University of Calgary

Jeff Booke, Repsol Sport Centre

Jennifer Konopaki, WinSport

Judy Black, WinSport

AJ Matsune, City of Calgary

