

# DISABILITY



Engaging disabled people means addressing not only the physical barriers, but the psychological barriers that can prevent them from taking part. Here's an overview of how you can adapt your sessions for people with a disability

## THE BARRIERS

*The below are the key barriers identified by EFDS's 'Talk to Me' research:*

- Lack of facilities and accessible equipment**
- Location of sessions and cost of travel**
- Personal perceptions and attitude of others**
- Ability to find information**
- Support to attend from family or carer**

## BREAKING THE BARRIERS!

- Ensure that there's clear, accessible information advertising your sessions
- Don't assume what a player can or cannot do; talk to them about their restrictions
- Run sessions in fully accessible facilities, at appropriate times for your target audience
- Offer support and reassurance that any player is welcome and will fit in

### ADAPTING FOR PHYSICAL DISABILITIES

If the individual is comfortable with it, get all participants to play sat in chairs to level the playing field and understand mobility issues of wheelchair users.

For players who struggle to hold a bat, many players fix the bat to their arm using bandages and elastic grips.

Be aware not all players with physical disabilities use wheelchairs, they may use sticks or crutches, may have restricted movement but play standing or may have poor coordination.

### ADAPTING FOR LEARNING DISABILITIES

Using larger, brightly coloured or slower foam balls can be great to slow down the game.

Getting rid of the net, and starting with players pushing the ball across the table like air hockey to improve hand eye co-ordination.

Poly Bat may be useful as a fun way to improve hand eye co-ordination.

**"I find it best to get rid of the first three letters and focus on the final seven: ability. Everyone has that, but often people will look at the "dis" part first."**

*Inclusive Ping Pong*

## INSIGHT

**1 in 5 people in England have an impairment. 70% of those want to be more active**