



The Council for Persons with Disabilities Presents the 2015 Inclusion Conference

Active Together: Inclusive Sport & Physical Recreation

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Friday May 29, 2015
9:45am - 4:40pm
Fleming College,
Peterborough, ON.



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Morning Keynote • 9:45-10:45 am | Whetung Theatre

Living Life Inspired

Alec Denys - Paralympian, community volunteer, advocate and avid outdoorsman.

Description: Through my story, I will share valuable lessons learned adapting to a world that is disabling, both physically and attitudinally, to persons with a physical disability. I will highlight how becoming involved in sport, both at the recreational level and especially at the competitive level has made it possible to reach my life goals: having a job I love, developing great friendships, and living an interesting, healthy life.

Presenter bio: Alec was born and raised on a mixed farm in southwestern Ontario. A 1974 graduate of Honours BSc. Forestry Program at the University of Toronto, he enjoyed a 34.5 year career with the MNR retiring in June of 2008. Alec has demonstrated a life long passion for sports including a 25-year span on the national archery team where he represented Canada at 5 Paralympic Games, 30 international tournaments including 4 world championships, and has set his sites on competing at the 2016 Olympics in Brazil. In July of 2012, Alec won a gold medal and set a world record in the team event in the Czech Republic and won gold at the National championships. Alec won gold again in 2014 and 2015 at the Canadian Indoor Championships.

Three years ago Alec started competitive wheelchair curling winning the provincial championships in 2011 and 2015; and on a recreational basis Alec participates in sledge hockey, para nordic skiing, hand cycling, and kayaking. When he is not participating in sports, Alec is a strong believer in giving back and he does this both in the area of sports and the local community. Alec was awarded the Accessibility Awareness Recognition Award for Peterborough County 2012, and the Holnbeck Award 2014 for Volunteer Service to the Disabled. His farm background has given Alec a passion for gardening and he spends many hours on his gardens on his property near Warsaw.



Session 1 • 11:00-11:50 am | Classrooms

1a. Moving to Inclusion: Opening Doors to People of All Abilities

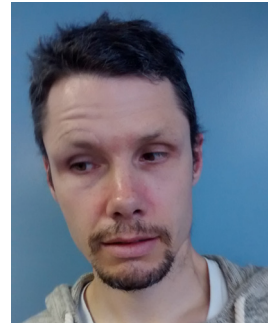
Jason Dunkerly - Program Coordinator, Active Living Alliance for Canadians with a Disability

Description: Since 2008, the presenter has worked as a project coordinator with the Active Living Alliance for Canadians with a Disability (ALACD), a national organization, which promotes increased health and active living opportunities for the 1 in 7 Canadians who have a disability. Physical activity environments are often not developed with people who have a disability in mind. Through the lens of his own experience, the presenter will suggest that meaningful participation in physical activity is a powerful catalyst for individuals of all abilities. He will elaborate on ALACD projects and resources designed to inform physical activity providers about simple adaptations which facilitate inclusive participation. While awareness programs tend to focus on physical activity practitioners, the presenter will suggest that capturing the imagination of those with a disability is critical if we are to create a culture of greater inclusion.



**ACTIVE LIVING ALLIANCE
FOR CANADIANS WITH
A DISABILITY**

Presenter bio: Jason has proudly represented Canada at 4 Paralympic Games. He is a 5-time medallist in middle distance track. Jason grew up with two brothers who were also blind. Encouragement by his parents to play outside with other children, and support from teachers in trying a variety of different sports, instilled a love for physical activity which has been a defining part of Jason's life. He competed in track throughout high school and at the University of Guelph, where he studied international development. Jason also has a Masters in World Literatures and Cultures from the University of Ottawa. He has been a part of the national Para Athletics team since 1998. Through his work with the Active Living Alliance for Canadians with a Disability, as a founding member of the Achilles Ottawa running club for blind athletes, and as a volunteer with the Ontario Blind Sports Association, Jason hopes to encourage people of all abilities to catch the physical activity bug, just as he himself did. With the support of his wife Colleen, coach Ian Clark, and guide runner Josh Karanja, Jason hopes to represent Canada at this summer's Para PanAm Games in Toronto and ultimately in Rio de Janeiro in 2016.



1b. Physical activity among older adults with visual impairment: Considerations for aging well with sight loss.

Dr. Meridith Griffin, Assistant Professor, Health, Aging & Society, McMaster University / Gilbrea Centre.



Description: This workshop will outline the findings from a recently conducted research project, where the key objective was to identify the ways in which participation in physical activity for older people (60+), who have a visual impairment can be facilitated and/or prevented. Interviews were conducted with 48 visually impaired adults aged 60+. Findings emerged covering a range of structural, social, and environmental issues, falling under two overarching themes: health characteristics, and accessibility and opportunity. Conclusions include recommendations to address real and perceived barriers and to improve inclusivity, through a consideration of the lived experience of older adults with acquired sight loss.



Presenter bio: Dr. Griffin's research interests are in the social psychological aspects of aging, health and well being, disability, gender and embodiment. She is particularly interested in these issues as they play out in the social and cultural realms of leisure and physical activity. A critical qualitative researcher, Dr. Griffin works with interpretive forms of understanding including life history, ethnography, visual and narrative approaches. Working at the intersection of sociology and psychology, she explores narrative identity and embodied ways of knowing. She has a multidisciplinary background – most recently including a post-doctoral appointment at the European Centre for the Environment and Human Health, based in the United Kingdom. Her research has been published in mainstream peer-reviewed aging and health journals, and has informed health policy and physical activity promotion in various settings and populations. Dr. Griffin also serves on the Editorial Board for the journal Qualitative Research in Sport, Exercise and Health.



1c. Why being Active Together matters: Increasing sport and recreation opportunities and participation rates for persons with disabilities.

Caitlyn Costello, Active Together Recreation Coordinator

Anne Wood; Monique Hartin; Stephanie Smith, Active Together Ambassadors



Description: This presentation will explore the benefits of getting active through first person experience, as well as discuss the very real barriers to participation that currently exist. The Active Together project looks to address barriers to participation and uses Ambassadors (individuals who live with a disability and are actively involved in sport) as mentors to increase 'Awareness' and provide vital 'First Contact' for persons who want to try new sport and recreation opportunities; these are 2 additional steps outlined in Canadian Sport for Life, Long Term Athlete Development (CS4L-LTAD) guidelines. Services and supports will be discussed such as a new community resource hub, outreach presentations and a special focus on AODA Customer Service Training with an emphasis on Sport and Recreation providers. The Active Together project is a cross disability project that draws strength from multiple community partners.

Presenter bios: Caitlyn Costello has a Post Graduate Certificate from Fleming College in Therapeutic Recreation, a Bachelor of Arts Degree from Wilfrid Laurier University, and a background in recreation and leisure. She is also a Certified Personal Trainer.

Monique Hartin is a retired Paralympic Athlete in Shot Put, Discus, and Javelin. Monique was a world record holder in all three of her sports and is currently in transition in sport, but is looking to get involved with Lawn Bowling, Boccia, and Disc Golf. Monique has three college diplomas one of which is in Recreation and Leisure.

Stephanie Smith is a Special Olympic Athlete excelling in Swimming, Bowling, Nordic Skiing, Baseball and Soccer. Stephanie is also active in Kawartha Komets Hockey and Speed Skating. She has won many gold and silver medals throughout her time in Special Olympics in Peterborough.

Anne Wood has an Honours BSc degree and Employment Counselor diploma. She brings to Active Together over 20 years experience in community development. Surviving 4th stage cancer 27 years ago, Anne struggled to become active again without rehab. Her attempts were burdened by barriers and frustration. Anne now mentors individuals so their first contact is positive and leads to a healthy lifestyle. Anne enjoys tandem cycling, nordic skiing, kayaking, aquatic fitness, and teaching hoop fitness/dance. "When I'm active, I feel healthy, confident and grateful."

Awards Luncheon • 12:05 - 1:35pm | Cafeteria

Sponsored by the City of Peterborough

Awards Luncheon celebrating individuals and organizations/groups, within the City and County of Peterborough, who embrace the meaningful inclusion and integration of people with a range of abilities. These champions make our communities stronger and richer so everyone can participate in sport and physical recreation together.



Session 2 • 1:50 - 2:40 pm | Classrooms

2a. Community Collaboration in Kingston

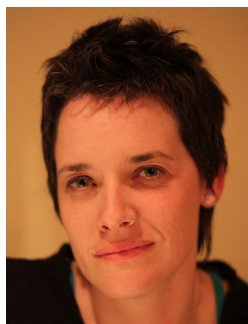
Denita Arthurs, Assistant Supervisor, Recreation Programs (Community Development) with City of Kingston / Project Leader, Canadian Sport for Life Kingston.

Jennifer Asbury, Canadian Sport for Life Project Coordinator, City of Kingston



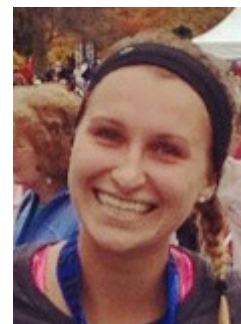
Description: This session will discuss the planning, delivery and review stages for five community development initiatives in Kingston: Kingston Gets Active, Activpass for Grade 5 & 9s, Canadian Sport for Life Kingston, Kingston Gets Active Month and the PLAY Library. All five of these initiatives are being heralded as provincial and national best practices in inclusive community collaboration and capacity building. Come hear how each initiative was received by the health, education, sport and recreation sectors and how we plan to expand on each initiative. We will be sharing electronic toolkits to delegates attending this session.

Presenter Bios: Denita Arthurs has used the CS4L model while coaching in college, provincial, and national basketball programs, teaching university Physical Education courses & in her current position of Assistant Supervisor, Recreation Programs with the City of Kingston. She is the Project Leader for Canadian Sport for Life Kingston.



Denita

Jennifer Ashbury has implemented the LTAD model and CS4L framework into educational and recreational programming. She is a Physical & Health Education graduate and a recent graduate from the Faculty of Education, at Brock University. Jennifer is the Canadian Sport for Life Project Coordinator for the City of Kingston.



Jennifer

2b. Special Olympics: Enriching Lives Through Sport

Hellaina Rothenburg, Special Olympics District Developer, Central Ontario District.

Description: The presentation will describe the history and mission of Special Olympics Ontario. Local opportunities for involvement will be explored, with highlights of success stories for athletes and volunteers from the Peterborough area

Presenter bio: Hellaina has been involved in the Special Olympics movement in many capacities as a coach, volunteer, and member of staff. Having coached Nordic skiing and track and field since 1999, Hellaina has worked with athletes of all abilities and seen them strive for success at the community, provincial, national and even world level of competition. As a member of the District Developer staff team with Special Olympics Ontario, Hellaina supports program development in communities across Central Ontario.



**Special
Olympics
Ontario**



2c. How to create inclusive play and sporting opportunities, drawing on first person experiences of a Paralympian, and Variety Village's Ability in Action program.

Shane Risto – Paralympian and Variety Village Ability in Action Coordinator

Description: I have climbed through the system from recreational activities to earning world champion status as a Paralympian. I could not have done this without advocating for myself and my other athletic colleagues. I have created an atmosphere of inclusion by teaching coaches and clubs how to work with someone as persistent as I am at wanting to participate, and in turn paved the way for many others. I have taken this to a professional level where I am a strength and conditioning coach for other world class athletes and am pleased to pass on a piece of this knowledge daily through my employment at Variety Village in their Ability In Action Program where I get to empower kids and adults on the benefits of inclusive play.

Presenter bio: As an athlete, Shane is a 10-time national champion (throwing) and holds three national records in throwing, 100m sprint and long jump. He won gold at the World Championships in 1997 and 2005 (throwing) and is a two time Paralympian. As a coach, Shane has sent athletes to the Paralympics, CP-ISRA World Championships, World Junior and Youth Championships and Pan American Junior Championships. He has also coached eight national champions and four national record holders (throwing).



Session 3 • 2:55 - 3:45 pm | Classrooms

3a. Changing Minds, Changing Lives

Alec Denys and Michelle Brinklow – Canadian Paralympic Committee

Description: Changing Minds, Changing Lives is an outreach program presented by the Canadian Paralympic Committee that is aimed at educating healthcare, recreational professionals and other key influencers about the Paralympic Movement, the associated social and health benefits of regular sport activity, and the potential that resides in all Canadians living with a physical disability. The goal of the project is to create advocates on the 'frontline' that will use sport as a vehicle for rehabilitation and reintegration of persons with a physical disability into the community, and onto the playing field. This professional development seminar works with key influencers and frontline service providers to support them in realizing the potential that resides within all Canadians with a disability.

Presenter bio's: Alec Denys was born and raised in Chatham Township, Graduating with Honours from University of Toronto, Alec had a successful career with the Ministry of Natural Resources in Forestry. He began his competitive career in archery in 1982, following a Spinal Cord Injury in 1979. He has had a very successful sports career competing in many National and World Championships. Among many accomplishments his sports career includes being a Canadian Paralympic Team member and attending the Paralympic Games in the U.K, Seoul Korea, Barcelona Spain, Atlanta Georgia, and Sydney Australia. His most recent



accomplishment includes being a World Record Holder, Open Compound Team. Alec is very active in his community and enjoys cross country (sit) skiing, biking, hunting and fishing, wheelchair curling, archery, sledge hockey.

Growing up, Michelle Brinklow was an avid rugby player and swimmer. She competed in the sport of equestrian and was introduced to therapeutic riding program at the stable where she kept her horse. Recognizing the benefits of riding to people with a disability she became involved as a volunteer with that program. As a certified ski instructor who has worked at hills across Canada, Michelle has had the opportunity to teach skiers of all abilities. As a result of a sensorineural hearing loss, Michelle is unilaterally deaf. Through her continued participation and involvement in a wide variety of athletic pursuits she proves that adaptations can make any sport possible, despite her hearing limitations. Whether it's mountain biking, skiing, snowmobiling, kayaking, sailing or any of the other sports she's involved in, Michelle is passionate about being active and getting other people involved, regardless of any limitations that they might have.



3b. Evidence-based innovations to enhance physical activity participation among persons with physical disabilities.

Dr. Kathleen Martin Ginis, McMaster University Department of Kinesiology;

Julian Baird, Get In Motion Physical Activity Counselor for Eastern Canada;

Dr Kelly Arbour-Nicitopoulos, Assistant Professor University of Toronto; Adjunct Scientist, Bloorview Research Institute; Co-Investigator, SCI Action Canada.



Description: This workshop will provide an overview of some of the best available research on strategies to increase physical activity among children and adults with physical disabilities. We will also demonstrate how that research is being put into practice to enhance physical activity knowledge and participation in the disability community. A variety of tools and services will be shared including the Get in Motion physical activity counseling service and the Active Living Leaders training program.



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

Presenter bio's: Dr. Kathleen Martin Ginis is a Professor in the Department of Kinesiology at McMaster University. She is also the Founder and Director of SCI Action Canada--a partnership of over 40 community organizations and scientists working together to advance physical activity knowledge and participation in adults with spinal cord injury and other disabilities. She has received over \$10 million in research funding, and has published more than 200 research articles. In 2014, she received the Ontario Medal for Good Citizenship in recognition of her work to put research into practice in the community. She is an avid runner and traveller--two activities she particularly enjoys with her husband and young daughter.



Julian Baird, Get In Motion Physical Activity Counselor for Eastern Canada: Born with spina bifida and hydrocephalus, Julian Baird is a fitness enthusiast and advocate for equal opportunity in recreation and sport for people of all abilities. As a wheelchair basketball player for over a decade and having dabbled in competitive swimming, Baird's passion for inclusive sport and recreation has led him to pursue a health, wellness and fitness co-op diploma from Mohawk College in Hamilton, Ontario. By spreading awareness of local services that cater to the physical activity needs of all, and by teaching both able-bodied people and those with disabilities that all people can enjoy life more by being physically active, Baird's dream is to make the adaptive fitness industry mainstream so that all people feel empowered to safely enjoy healthy active lives together.



Dr Kelly Arbour-Nicitopoulos, Assistant Professor University of Toronto; Adjunct Scientist, Bloorview Research Institute; Co-Investigator, SCI Action Canada: Dr. Arbour-Nicitopoulos is an Assistant Professor in the Faculty of Kinesiology and Physical Education. She is also an Adjunct Scientist at Bloorview Research Institute, and a co-investigator of SCI Action Canada, a community-university research initiative aimed to promote physical activity participation in persons living with spinal cord injury. Her research interests are directed towards promoting community participation, in particular physical activity, in clinical and community-based populations with chronic disability and mental illness across the lifespan, with a focus on (i) identifying social cognitive predictors of physical activity, and (ii) examining the effectiveness of theory-based physical activity interventions. Dr. Arbour-Nicitopoulos has contributed to the development of a national telephone-based physical activity counseling service (Get In Motion), as well as a physical activity toolkit (SCI Get Fit Toolkit). She currently manages the operations of the Get In Motion service. Dr. Arbour-Nicitopoulos is also co-PI of an inclusive, community-based physical activity program (Igniting Fitness Possibilities) for children and youth.



3c. The Adventure Experience Paradigm: Providing Opportunities for Risk for People with Disabilities.

Lisa Hughes - Faculty, Therapeutic Recreation, Fleming College.



Description: This interactive workshop will discuss providing 'risk taking' activities for people with disabilities. Current programs will be highlighted and personal experiences shared. Current literature and research will be discussed. At the completion of the session attendees will: Understand the importance of including risk elements in recreation and leisure. Learn how to shift from being 'risk adverse' to 'risk aware'. Be able to apply the adventure experience paradigm to their current programming. Discuss the therapeutic value of Adventure based programming

Presenter bio: Lisa Hughes is contract faculty for Fleming College, she teaches in the Therapeutic Recreation Post Graduate program; when she is not teaching, she is a professional facilitator for LiftOff Interactive. Lisa has worked as a Recreation Therapist in many different settings. She spent two years working at an Adventure Challenge camp, where she learned how to provide rock climbing, rappelling, spelunking, canoeing and much more for people of all abilities.



Closing Keynote • 4:00-4:40 pm | Whetung Theatre

Penguins Can Fly

Vicki Keith, Founder/Coach Kingston Y Penguins

Description: Vicki Keith takes you on the journey that led her to the top of the marathon swimming world and then on to a career as a coach for young people with physical disabilities. Her accounts of hallucinations, exhaustion, sharks and jelly fish will leave you in awe. The stories of the young people whom she coaches will help everyone begin to understand that with a positive attitude and determination, anything is possible. This inspirational presentation will help participants begin to learn how to face challenges with a positive outlook, and achieve success through hard times and adversity.



Presenter bio: Dr. Vicki Keith C.M., O. Ont., LLD, ChPC Vicki Keith holds sixteen world records and is considered one of the most successful marathon swimmers in the history of the sport. As a swim coach, Vicki coached 4 athletes with a disability to the National level, 3 athletes to the international level, 6 athletes to world records in marathon swimming and one athlete to 3 Canadian Records and 1 Americas Record in competitive swimming. She has been selected to the coaching staff of 3 World Games and a Para Pan Am Games. Some of the greatest honours bestowed upon her include being included as a member of the Order of Canada, and receiving an Honourary Doctorate from Queen's University. In 1996 Vicki was inducted into the Terry Fox Hall of Fame, and in 2007 she was inducted into the International Swimming Hall of Fame. In 1998 her most famous arrival and departure point was renamed after her. The headlands of the Leslie Street Spit in Toronto are officially named Vicki Keith Point. Throughout her lifetime Vicki has raised over one million dollars in support of programs for children with physical disabilities.

Registration Information

Cost of the conference is \$100 which includes lunch and refreshments. We have an early-bird rate of \$90 until April 30th, as well as a limited number of financial subsidies available.

Registration forms are available on our website: www.pcpd.ca and can be emailed to info@pcpd.ca or mailed to:

Council for Persons with Disabilities (CPD)
250 Sherbrooke St. Unit 6
Peterborough, ON. K9J 2N4

Registration can also be done via telephone: 705-874-6960

Personal Support Workers will be present at the conference to assist attendees as needed. Generously donated by Saint Elizabeth.



On Saturday May 30, 2015, CPD and its Active Together project are hosting a free Adapted Sports EXPO with practical demonstrations, try-it sports and coaching/training clinics. Please see next page for more info.



Adapted Sports EXPO

Saturday May 30, 2015

9am - 4pm | Free Event

Kenner Collegiate Vocational School, Peterborough.

**Demonstrations • Try-it Sports
Soccer Training/Special Olympics Coaching Clinics**

Special Olympics Basketball, Soccer, Boccia;
Para cycling, Tandem Eyes Cycling, Bocce, Goal Ball, Athletics,
Sitting Volleyball, Archery, Waterskiing, Golf and more!

For more info, or to register for clinics, visit:

www.pcpd.ca or call 705-874-8661



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