

DISABILITY PLAN

**PLAY, ACTIVE
RECREATION AND SPORT**

—
OCTOBER 2019



“

We want a system that is equitable and where disabled people can be as active as non-disabled people.”

PETER MISKIMMIN
CHIEF EXECUTIVE SPORT NZ



Creating a non-disabling society – a place where disabled people have equal opportunity to achieve their goals and aspirations is what we are focused on.

As a nation, we are clear about our commitment to being inclusive of disabled people.

This is highlighted in our obligations to the UN Convention on the Rights of Person's with Disabilities, Te Tiriti o Waitangi, the Government's Child and Youth Wellbeing Strategy, the New Zealand Disability Strategy and our recently published Strategic Direction to 2032 and 2020-24 Strategic Plan.

Sport NZ has developed its Disability Plan to support these documents and transform opportunities in Play, Active Recreation and Sport for disabled people.

Play, Active Recreation and Sport creates happier, healthier people, better connected communities and a stronger Aotearoa New Zealand. Maximum benefits will come from engaging at all levels of the system – participation, coaching, administration, leadership and governance.

There are, however, inequalities for disabled people when it comes to participation, and their wider involvement and visibility.

This needs to change.

Eleven per cent of all young people under 15 are disabled as well as a quarter of all adults. Sport NZ is committed to ensuring that everyone in Aotearoa New Zealand has the opportunity to be active through Play, Active Recreation and Sport.

We want a system that is equitable and where disabled people are just as likely to be active as non-disabled people. For this to occur, providing inclusive opportunities in Play, Active Recreation and Sport for disabled people needs to be embedded into our way of working.

We want to see everyone developing inclusive opportunities and experiences to ensure that disabled people are enjoying Play, Active Recreation and Sport – for their own wellbeing and the wellbeing of our communities throughout Aotearoa New Zealand.

WHAT WE KNOW

95,000

95,000 New Zealand tamariki and rangatahi under the age of 15 (11%) are disabled, half of whom have conditions that existed at birth.

1,100,000

1.1 million (24%) of New Zealand adults identify as disabled.



15%

At least 15 per cent of disabled tamariki live in households with incomes under \$30,000, and disabled tamariki cost families more than non-disabled tamariki.



The gap is biggest for disabled people on confidence, competence and opportunity to take part in activities of their choice, compared with non-disabled people.

53%

Just over half of all disabled people (53%) have more than one type of impairment.



Disabled tamariki and rangatahi are less likely to participate in a range of sports and activities, particularly play-related activities such as playing on playgrounds and scootering.



Socio-economic status and disability are inextricably linked – disabled adults are more likely to be unemployed or on a low income.

PARTICIPATION AND AGE

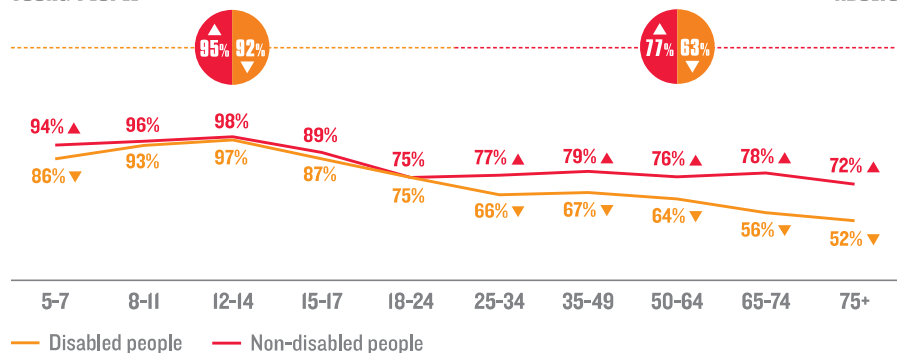
25

From age 25-plus, the proportion of disabled people participating weekly, and the average number of sports and activities they participate in, begins to decline; in contrast to a relatively stable picture for non-disabled up until age 75-plus.

WEEKLY PARTICIPATION

YOUNG PEOPLE

ADULTS



1 For information on the Disability Survey, please refer to: http://archive.stats.govt.nz/browse_for_stats/health/disabilities/DisabilitySurvey_HOTP2013.aspx.

2 Sport New Zealand. *Active NZ 2017 Participation Report*. Wellington: Sport New Zealand, 2018. Retrieved from <https://sportnz.org.nz/managing-sport/search-for-a-resource/research/active-nz-survey-2017> (5 December 2018).

PARTICIPATION AND TYPE OF IMPAIRMENT

+1

Disabled tamariki and rangatahi with one impairment are just as likely to participate weekly as non-disabled tamariki and rangatahi.

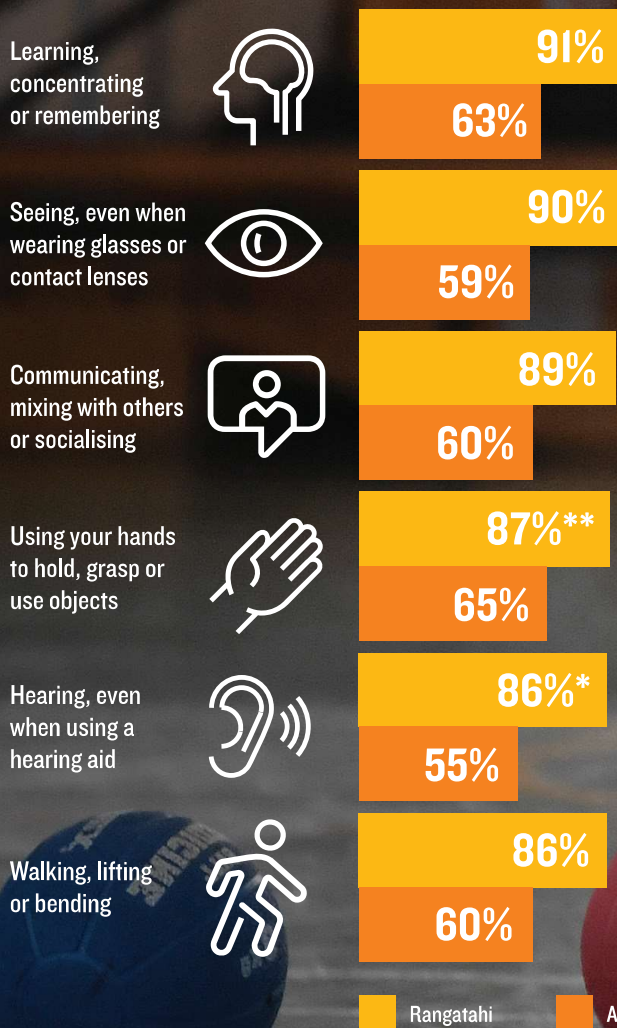
Disabled adults with one impairment are less likely to participate weekly than non-disabled adults.

2+

With two or more impairments, participation for both disabled adults and tamariki and rangatahi drops.



WEEKLY PARTICIPATION BY TYPE OF IMPAIRMENT



** Warning: Small base (n<100) * Warning: VERY small base (n<50)

INTRODUCTION

Aotearoa New Zealand is committed to being inclusive of disabled people. This is highlighted in our obligations to the UN Convention, Te Tiriti o Waitangi, the Government's Child and Youth Wellbeing Strategy and the New Zealand Disability Strategy.

The vision within Sport New Zealand's 2020-24 Strategic Plan is Every Body Active. This means:

- a. All tamariki, rangatahi and adults being physically active through Play, Active Recreation and Sport
- b. No one missing out on the benefits of Play, Active Recreation and Sport, regardless of factors such as gender, ethnicity, disability, sexual orientation or where in Aotearoa they live
- c. Every New Zealander is able to access a quality experience at home, within their neighbourhood and across their community
- d. Communities are collaborating, generating ideas, and owning the creation and promotion of opportunities for all New Zealanders to be active

As part of this and in response to the review of the New Zealand Disability Sport and Active Recreation Review Sport NZ have developed this Plan for Disability.

THE PLAN

The Plan is designed to support the development of an inclusive and enabling Play, Active Recreation and Sport system – a place where disabled people have equal opportunities to achieve their goals and aspirations, fulfilling their potential as a result of those within the system working together.

The plan references:

- An outcomes framework
- A strong commitment from Sport NZ demonstrating leadership of the change
- Sport NZ's commitment to Te Tiriti O Waitangi and the principles of Partnership, Protection and Participation
- Evidence based decision making and outcomes to measure progress against

The focus for 2020 – 24 will be on supporting disabled tamariki and rangatahi.

THE OUTCOMES FRAMEWORK

In order to support disabled people, action needs to be taken across a number of levels. We have worked with our partners to develop the following outcomes framework which articulates how the Play, Active Recreation and Sport system contributes to outcomes in the New Zealand Disability Strategy.

The outcomes framework sets out the long-term outcomes that Sport NZ is trying to achieve. It also provides the basis for us to understand and measure our contribution to the Government outcomes.

To direct how we intervene to impact the long-term outcomes we have used the established socio-ecological model of behaviour change. The model sets out the multiple components that are determinants of physical activity, and provides a means for identifying the levers Sport NZ can pull to affect change in play, active recreation and sporting outcomes.

OUTCOMES FRAMEWORK FOR DISABLED PEOPLE IN PLAY, ACTIVE RECREATION AND SPORT

NZ DISABILITY STRATEGY OUTCOMES	HEALTH AND WELLBEING Disabled people have the highest standards of wellbeing		LEADERSHIP Disabled people have the opportunity to demonstrate leadership		ACCESSIBILITY Disabled people access places, services and information with ease and dignity		
	PHYSICAL ACTIVITY Improved frequency, intensity, time and type of physical activity for disabled people			EXPERIENCE Improved experience of participants, supporters, volunteers and workforce for disabled people			
	CULTURAL VITALITY Increased variety of culturally distinctive pathways in physical activity for tangata whenua (Tū Te ihi, Tū Te Wēhi, Tū Te Wana) and all New Zealanders						
SPORT NZ LONG-TERM OUTCOMES	SYSTEM Improved system that is capable, diverse, trusted and reflects Te Tiriti o Waitangi and the principles of Partnership, Protection and Participation						
	SPORT NZ INTERMEDIATE TERM OUTCOMES FOR DISABILITY						
INDIVIDUAL FACTORS (e.g. knowledge, confidence, motivation, competence) Improved: = confidence and competence to participate in physical activity		PERSONAL RELATIONSHIPS (e.g. friends, family, whānau, teachers, coaches) Improved: = support for disabled people to participate in physical activity by those around them		SOCIAL AND CULTURAL NORMS (e.g. organisational practise and culture, community structures) Improved: = organisational knowledge and skills necessary to include disabled people = organisational inclusive attitudes towards disabled people = provision of quality opportunities to be active for disabled people		PHYSICAL ENVIRONMENT (e.g. physical environment, facilities) Improved: = physical environments that enable disabled people to fully participate	
POLICY (e.g. national regulations, organisational policy) Improved: = co-ordination between organisations providing for disabled people = leadership and advocacy to support disabled people to be active							

OUR VISION

EVERY BODY ACTIVE

“

No one missing out on benefits of physical activity regardless of gender, ethnicity, disability, sexual orientation or where you live”

STRATEGIC DIRECTION 2020-2032

THE OUTCOMES WE ARE WANTING TO ACHIEVE:

01

PHYSICAL ACTIVITY

Improved frequency, intensity, time and type of physical activity for disabled people

02

EXPERIENCE

Improved experience of participants, supporters, volunteers and workforce for disabled people

03

CULTURAL VITALITY

Increased variety of culturally distinctive pathways in physical activity for tangata whenua and all New Zealanders

04

SYSTEM

Improved system that is capable, diverse, trusted and reflects Te Tiriti o Waitangi and the principles of Partnership, Protection and Participation



SPORT NZ

COMMITMENTS:



Work in partnership to create a more inclusive play, sport and active recreation system



Invest to create better quality experiences for disabled tamariki and rangatahi with a range of impairments



Build system wide capability to deliver better outcomes for disabled people

OUR COMMITMENTS

01

Ensure an inclusive approach to strategy, policy, marketing and communications, and resource development within Sport NZ and our partner organisations.

02

Be an advocate for policies and programmes that support disabled tamariki and rangatahi to be actively engaged in play, active recreation and sport.

03

Leverage existing cross-government (local and national) relationships to promote the value of participation in play, active recreation and sport and influence government policy across disability, health, education, social welfare.

04

Understand and articulate the roles and responsibilities of different agencies working across disability play, active recreation and sport. Highlight the gaps, identify potential partners and create a clear participant road map for disabled tamariki and rangatahi.

05

Gather and share insights, data and case studies to inform better decision making.

06

Recruit a Disability Consultant to lead the delivery of the Sport NZ Disability Plan.

07

Invest in partnerships, funds and programmes supporting disabled tamariki and rangatahi.

08

Advocate for well-designed, inclusive and fit for purpose facilities, accessible parks, playgrounds and open spaces.

09

Provide training to support the development of a skilled and confident workforce that enables play, active recreation and sport for tamariki and rangatahi with a range of impairments.

10

Support play, active recreation and sport partners to reach and engage less active disabled people in quality experiences.

COLLECTIVE ACTION

Creating change starts with reflection and review. The following questions are posed for Sport NZ and others to consider how we can collectively contribute to improving outcomes for disabled people in Play, Active Recreation and Sport.

- What do you know and don't know about disabled people?
- What does an inclusive Play, Active Recreation and Sport strategy mean for you and your organisation?
- How are you ensuring that disabled tamariki have the right to play?
- Who are your partners in this work?
- How can you partner with disabled people as leaders, advisors, facilitators of change?
- What networks, links or systems can you connect with in our community?
- What strengths do your partners have and how can you use them?
- Where is the disability community excelling in your area? What can I / my organisation do to help build on this?
- What role can you play? What is the role of others?
- How can we use principles, such as collaboration, co-design and collective action to create positive change?
- How can you give effect to Te Tiriti o Waitangi and the Principles of Partnership, Protection and Participation?
- How can we keep track of how well we are doing in this area?
- What is your unconscious bias? How can we learn more to change this?

GLOSSARY

- **Disabled People** – In this document, we use the term 'disabled people' rather than 'people with disabilities'. This references the contemporary social model of disability as opposed to the traditional medical model of disability. From a social model viewpoint, disability is not something people have, but is something done to people with impairments.
- **Sport NZ 2020 – 2024 Strategic Plan**
- **Disability** – An impairment that has a long-term, limiting effect on a person's ability to carry out day-to-day activities. Active NZ uses the Washington Short Set of validated questions to classify disabled New Zealanders.
- **Te Tiriti o Waitangi** – Refers to Māori version of the Treaty of Waitangi
- **Tamariki** – children aged 5-11
- **Rangatahi** – young people aged 12-18







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