

INCLUSION WORKSHOP FOR ALL

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September 17, 2023

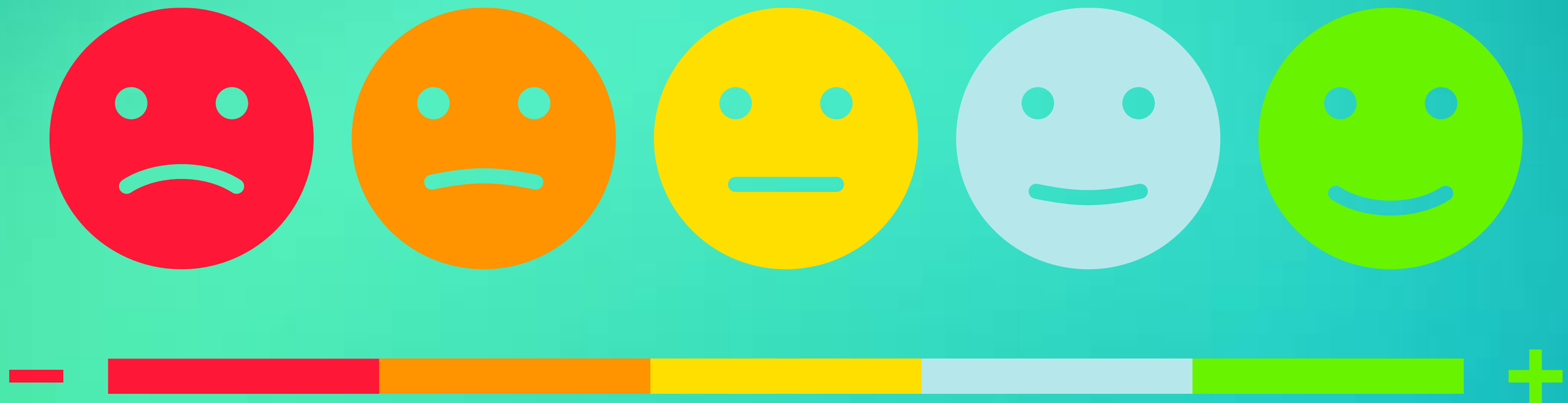


**OF EXCELLENCE
and COUNTING**

IGFOA ANNUAL CONFERENCE

peoria, il september 17-19, 2023

HOW ARE YOU FEELING TODAY?

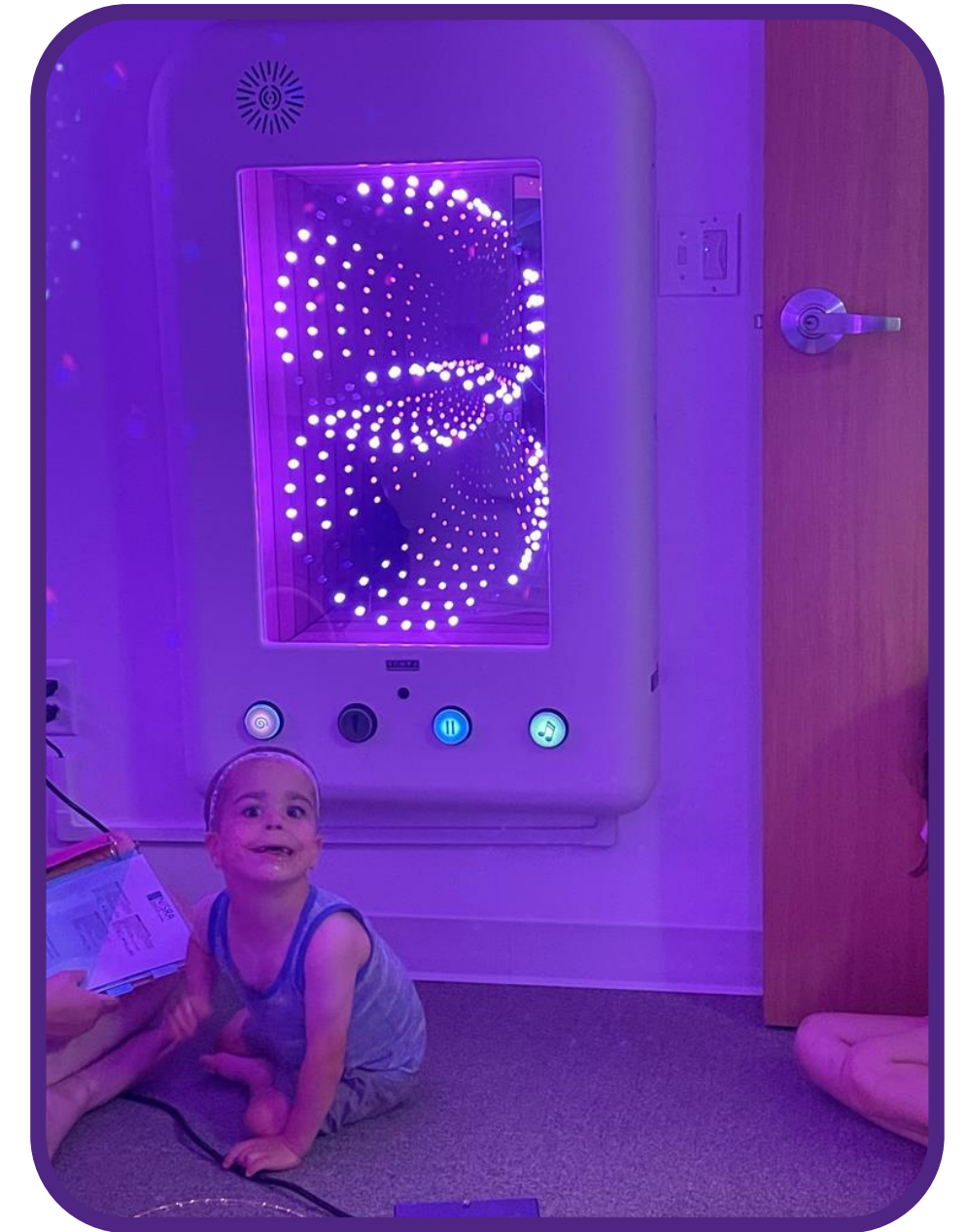


MEET EVE:



LEARNING OBJECTIVES:

- Increase knowledge of *disability education*
- Discover *inclusive strategies & techniques* for ALL
- Understand the importance of inclusion and its *impact on the community*
- Develop an environment to *welcome and accommodate all*

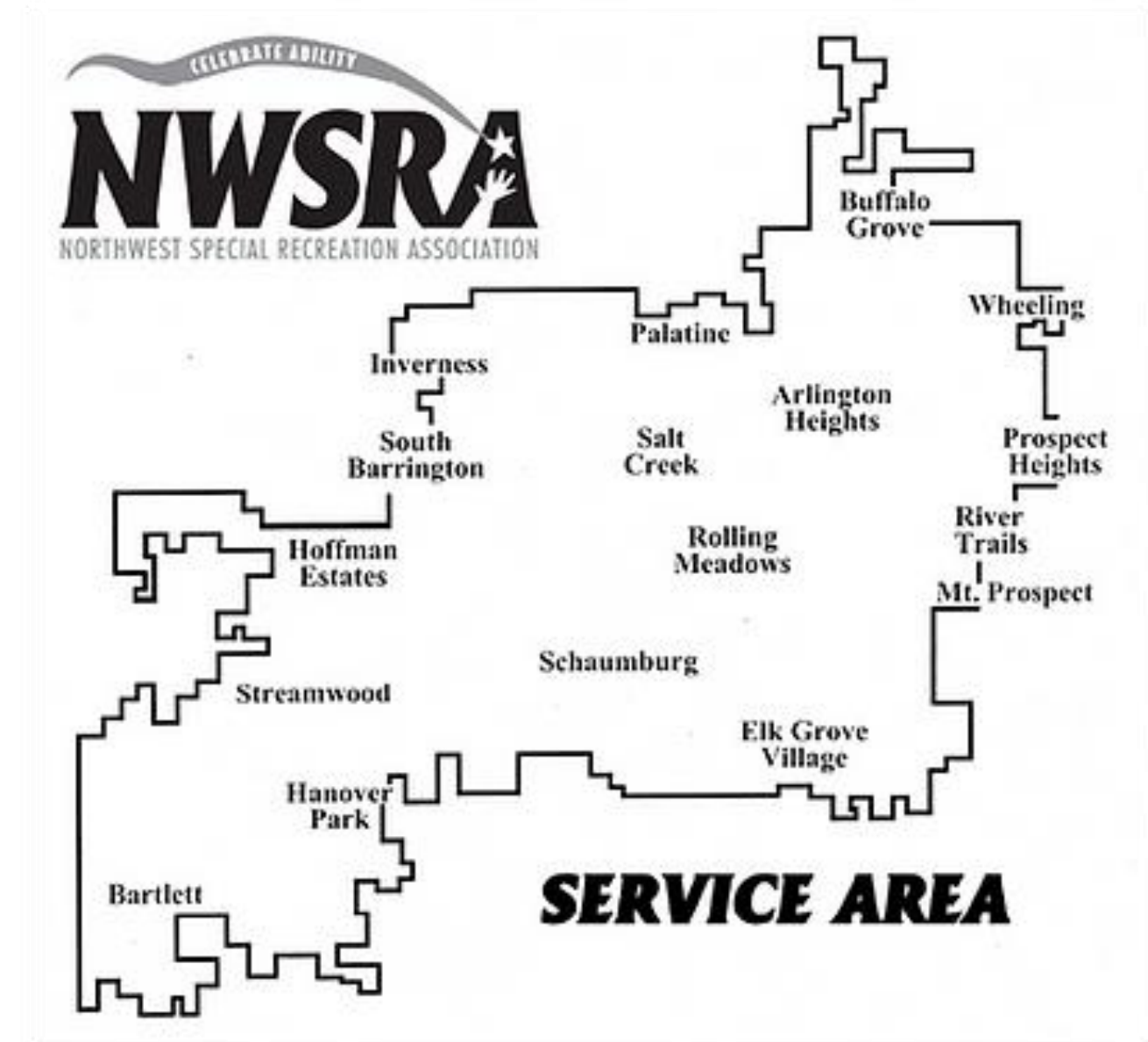
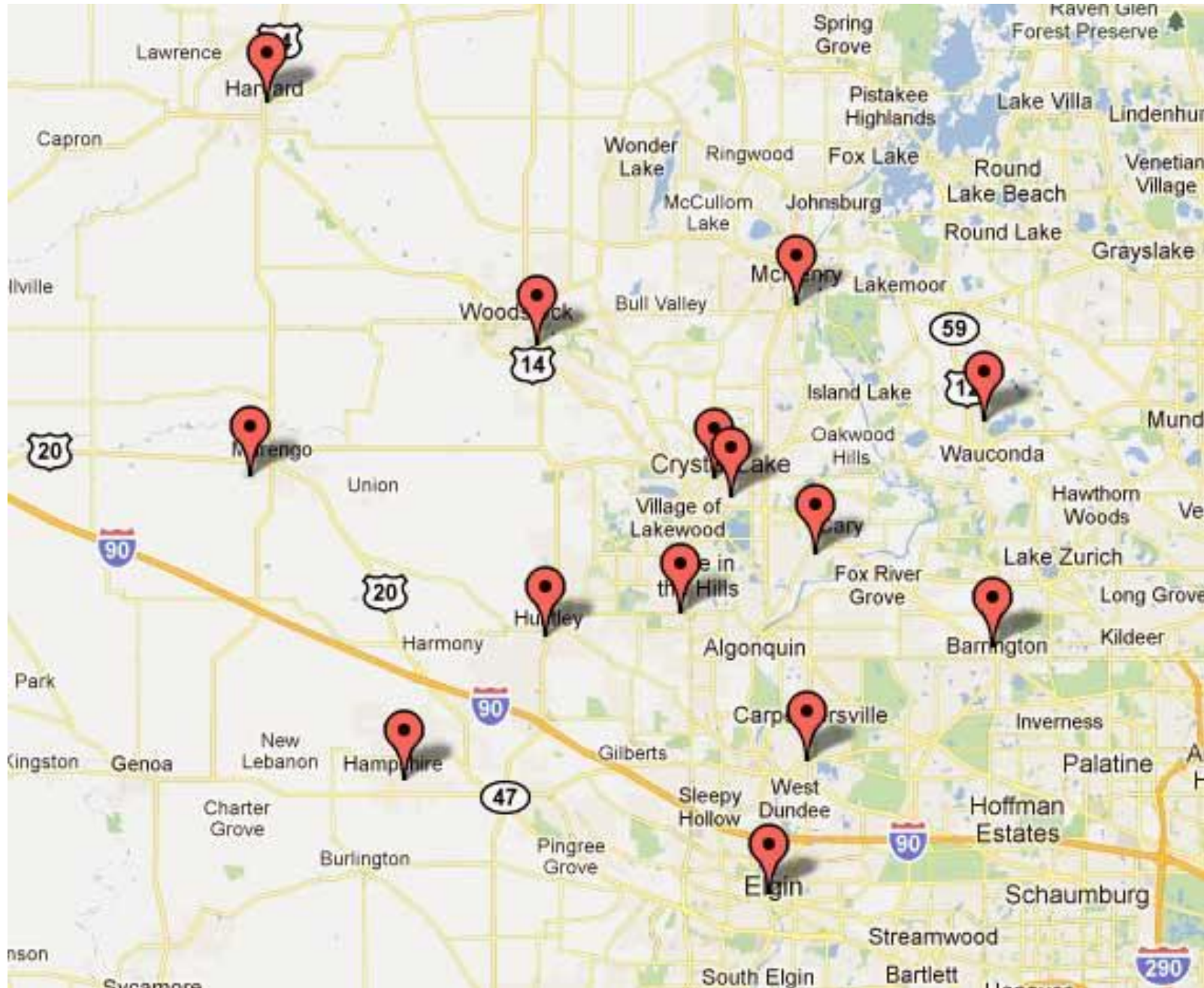


WHAT ARE SPECIAL RECREATION ASSOCIATIONS?

- *Providing year-round recreation services to people with disabilities within our member districts.*
 - Serves participants of all ages and ability levels.
 - Close staff-to-participant ratios
 - Focus on skill development, promote socialization and foster independence.
 - Our #1 objective is to have fun!
- *SRA's are unique to Illinois*
- *Partner with Park Districts, member districts, cities, and municipalities.*



WHAT ARE SPECIAL RECREATION ASSOCIATIONS?



WHAT ARE SPECIAL RECREATION ASSOCIATIONS?

- Weekly Programs
- Special Events
- Special Olympics
- Summer Day Camp
- Day Programs
- Healthy Minds Healthy Bodies
- Inclusion Services



TODAYS SCHEDULE:



PART 1: DISABILITY EDUCATION



Health VS Disabilities:

Although these two are often viewed as separate and opposites, they are part of a whole.

- It is possible to be very healthy and still have a disability
 - For example ADHD
- People also may have a disability that affects health
 - For example, Cerebral Palsy or Lupus.



Disabilities:

- **Intellectual Disabilities**
 - For example, Autism Spectrum Disorder, Fragile X Syndrome
- **Physical Disabilities**
- **Developmental Disabilities**
 - Broader category that can be both intellectual and physical disabilities referred to as IDD
 - For example, Down Syndrome, Fetal Alcohol Syndrome
- **Deaf or Hard of Hearing**
 - *Correct term in their community*
- **Visual Impairments**
 - low visual acuity
- **Emotional Disabilities**
 - Oppositional defiant disorder, anxiety, Behavioral

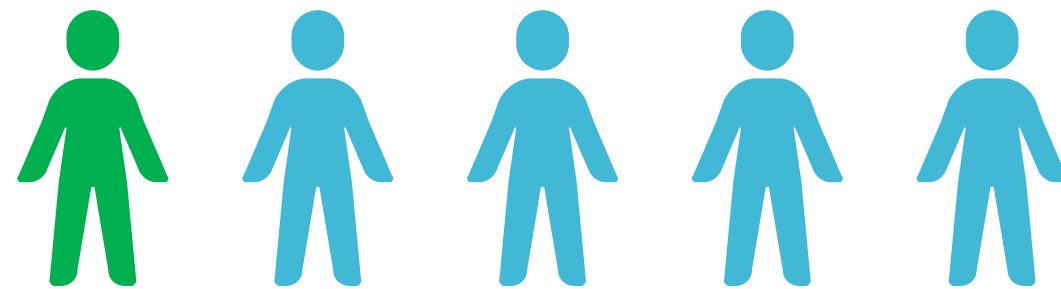


Mental Health:

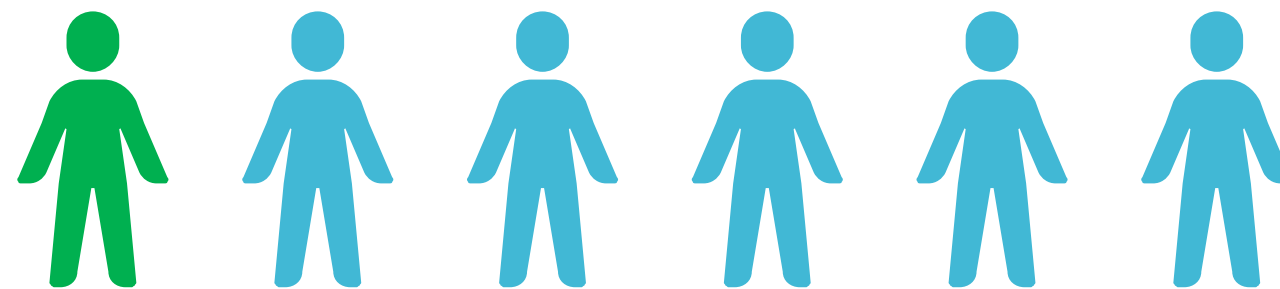
Mental health issues can affect anyone.

In 2020, about:

- **1 in 5 American** adults experienced a mental health condition in a given year



- **1 in 6 young people** have experienced a major depressive episode



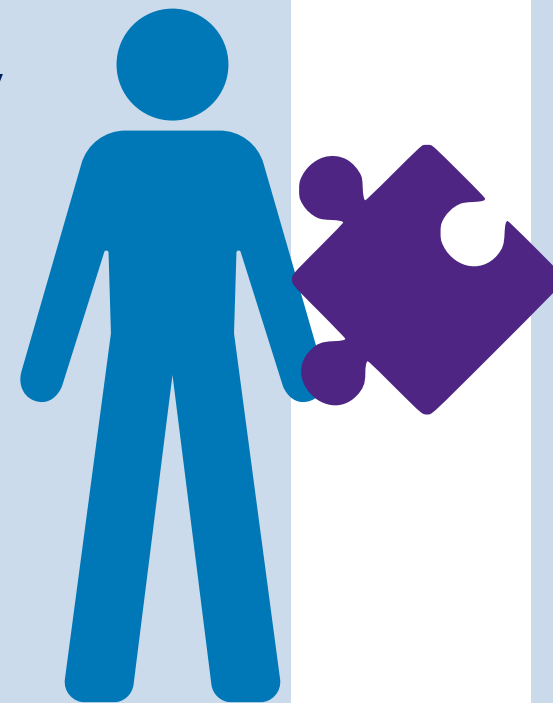
- **1 in 20 Americans** have lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression



LANGAUGE:

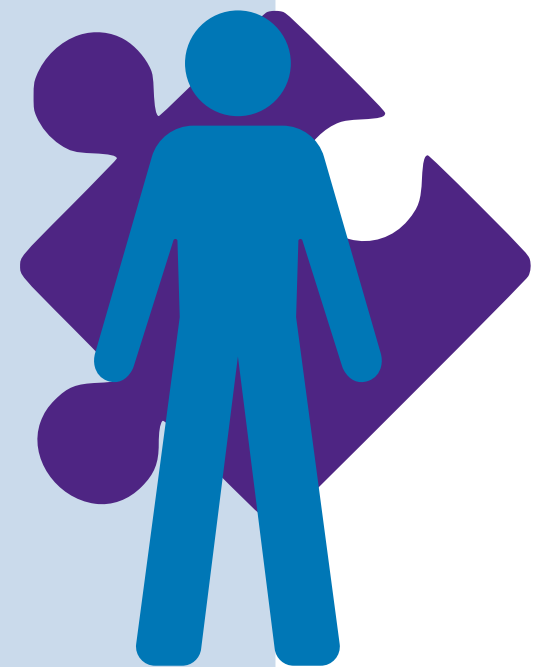
Person First Language:

- Emphasizes the **individuality, equality, and dignity** of people
- Rather than defining people by their disability
- **Recognize the individual**, not the disability
- Say “the PERSON/CHILD with a disability”
not “disabled child”
 - **Remember that a person is not a condition**



Identity First Language:

- Identity First Language puts the **disability first** and it is viewed as part of **who they are** not something that has happened to them.
- For example, in the Autism & Deaf Community
 - Some people refer to themselves as Autistic Person or as Deaf Person.
- **If unsure, ask the person!**



Call the person by their **name!**

Appropriate Language:



Say	Do NOT Say
People with disabilities Accessible “”	Handicapped or disabled
Cognitive disability	R Word
They use a wheelchair	Wheelchair bound
They have a physical disability	They are crippled
They use/ They need	They have problems with

REMEMBER!



- You **CANT** always see disability
- **Be patient**
- If you see someone in need of help, **introduce yourself and ask**
 - They may not want your help
- **Eliminate barriers in your spaces**
 - Environment
 - Entryways blocked
 - Lose Cords
 - Visuals
 - lighting, visual acuity, contrast
 - Hearing
 - sound, volume, closed captioning
 - Offer alternate accommodations
 - EX. wheelchair seating

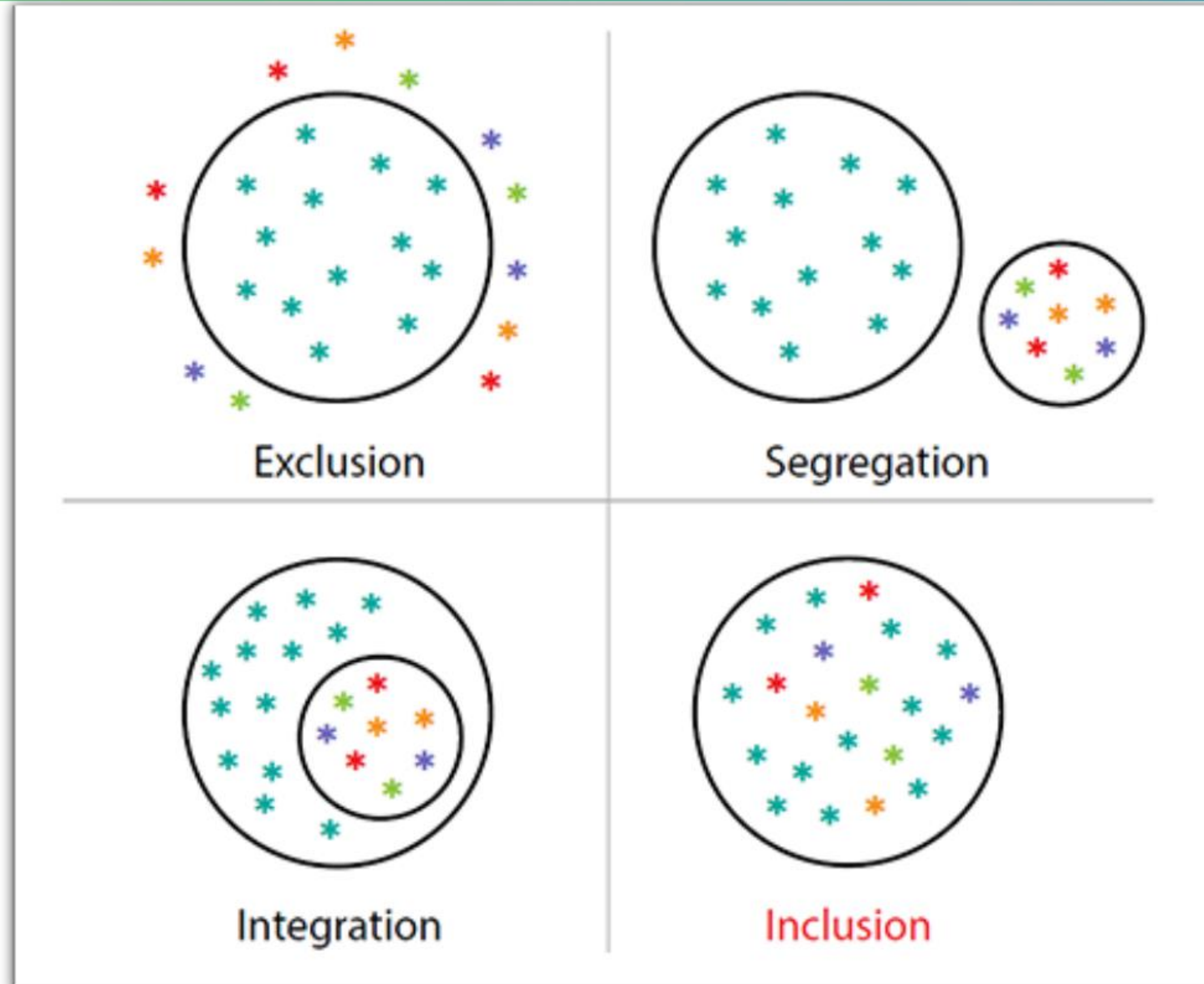
BE PRO-ACTIVE
BE THAT LEADER



PART 2: INCLUSIVE STRATEGIES & IMPACT



Inclusion:



Creating A Welcoming Environment:

- Call people by **their names!**
- **Never** use stereotypical language
- Everyone is different and has **different abilities**
- **Be respectful** of personal space and assistive devices
- **Focus** on Strengths & Not Weaknesses
- **Positively acknowledge** differences
- Find ways to **celebrate/include differences** when appropriate
- Let the person **speak for themselves**
- Make activities are **accessible**
- **Eliminate Barriers / Think Universal Design**
- Get to **know the person** & help foster relationships

BE THAT LEADER!

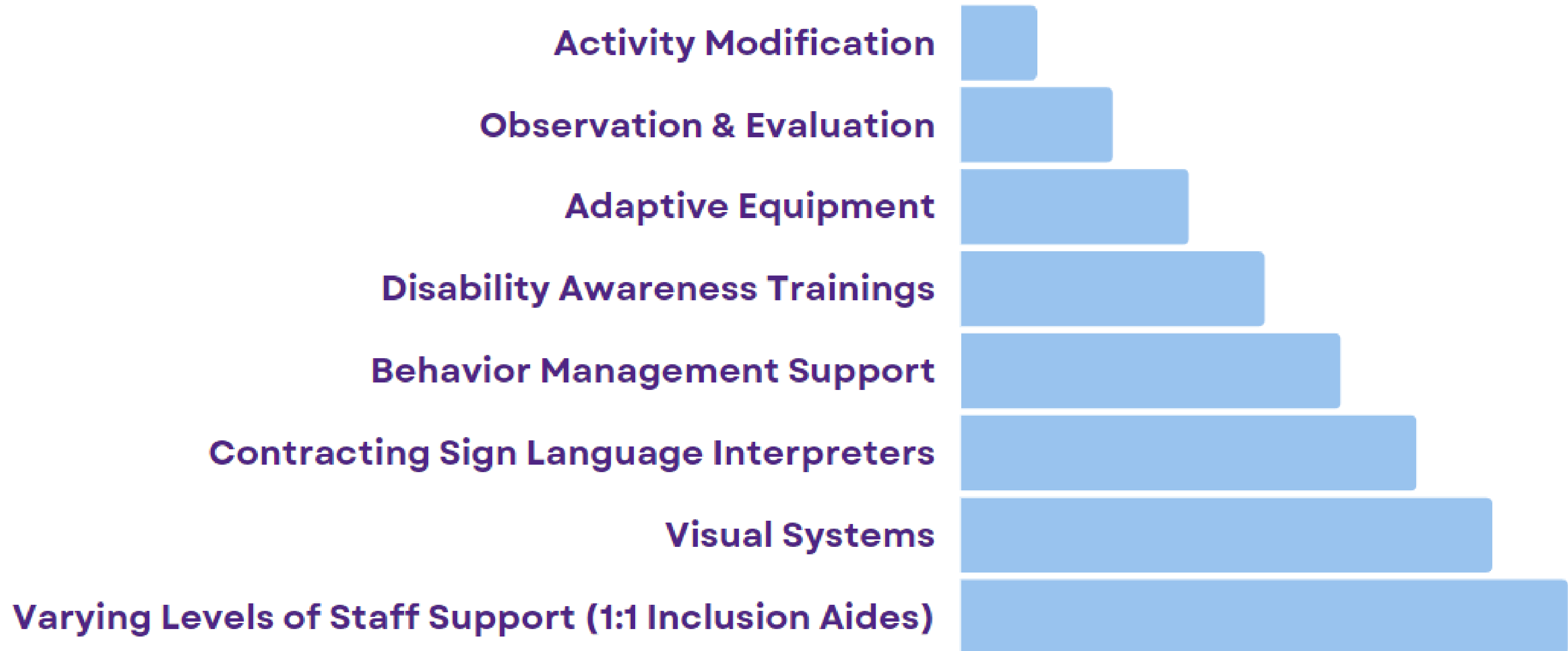
Creating A Welcoming Environment:

- **Positive peer modeling** to all
- Work on **building skills**
- Setting others up for **success**
- Give **choices**
- Teach **independence**
- Be **supportive**
- Show **empathy**
- **Pick** your battles
- Be **patient and kind**
- Preference for "**person-first language**" or "**identity first**"



**HOW DO YOU
MAKE YOUR
ENVIRONMENT
WELCOMING?**

SUPPORTS SYSTEMS:



Universal Design Environment :

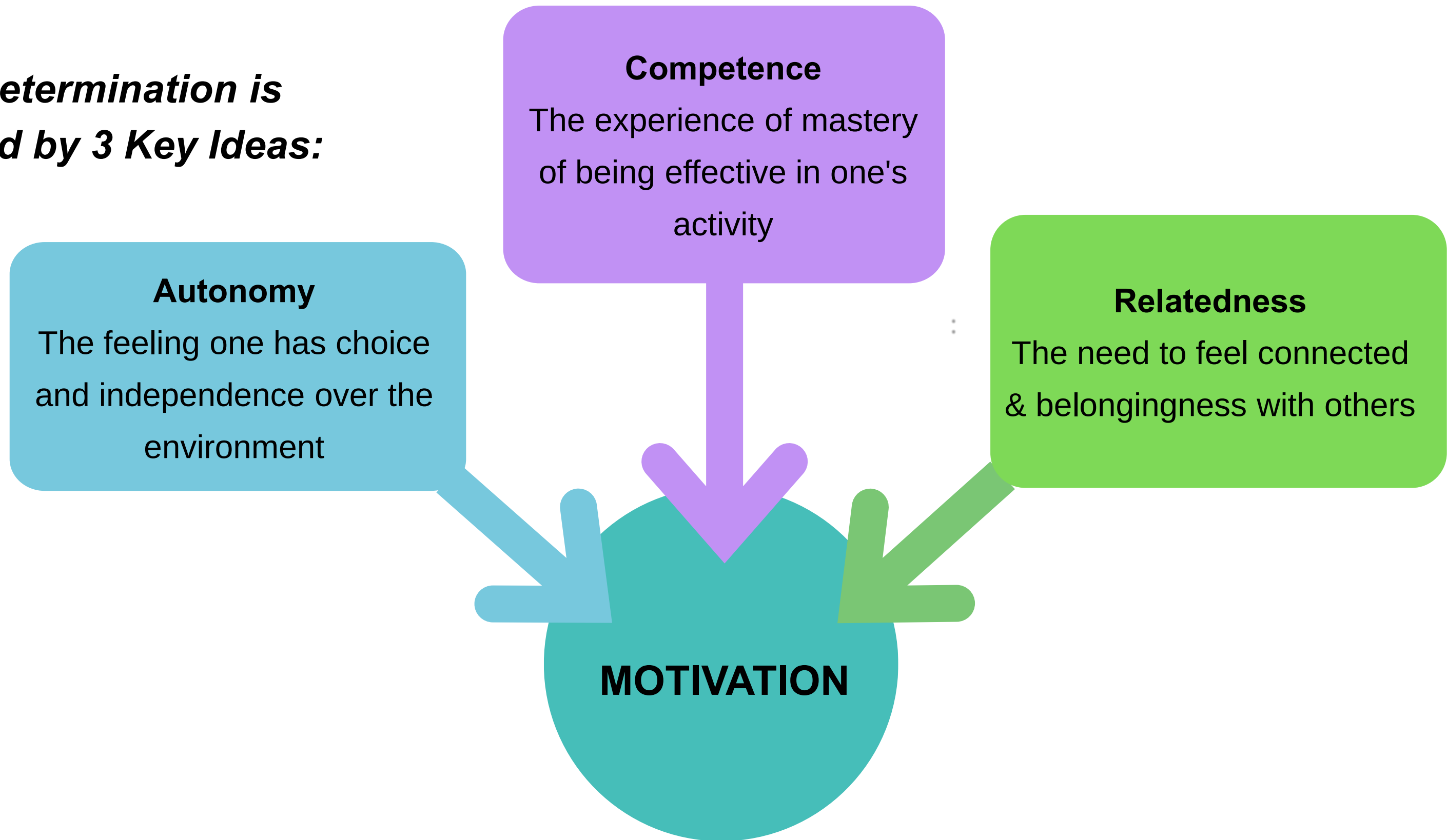
ACCESS REGARDLESS OF AGE, ABILITIES, AND CHARACTERISTICS

- Eliminating Barriers
- Look around!
 - Pathways cleared
 - Ramp or accessible
 - Noise volume
 - Quiet Spot
 - Unsafe boundaries
- ADA accommodations
- Staff diligent for possible barriers
- Communicating accessibility
- Visibility
- Acoustics
- Mobility
- Technology

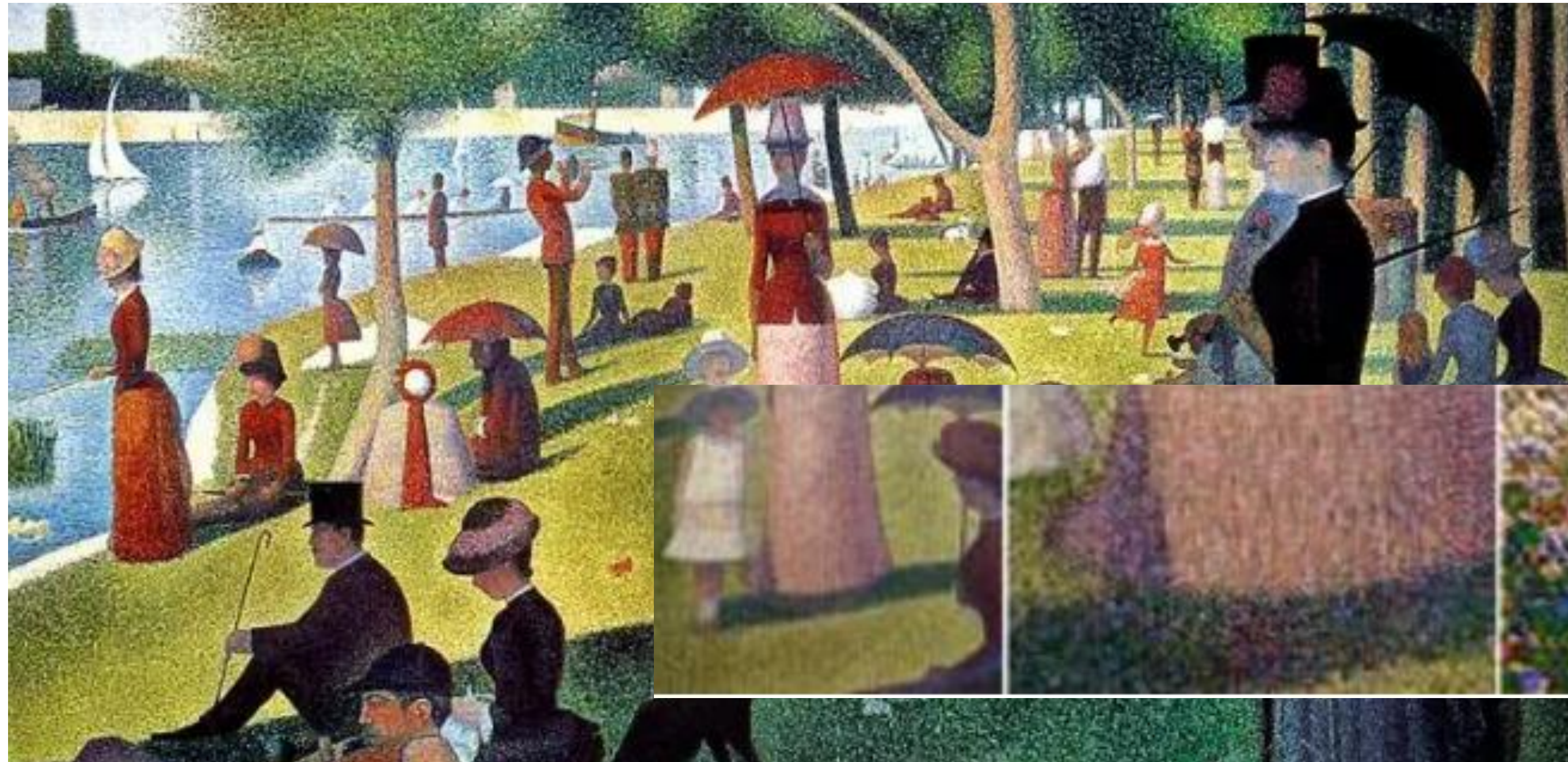


Self Determination Theory:

***Self Determination is
Achieved by 3 Key Ideas:***







Each
of us!

Coming together to make something spectacular!

Benefits of Inclusion

- **Allows people with disabilities**
 - Develop a sense of belonging through building relationships outside of their families.
- **Benefits people without disabilities**
 - By creating an atmosphere that values diversity
- **Benefits ALL parties**
 - Fosters the development of social skills through interaction, collaboration, and peer learning.

WE ALL BENEFIT!!!!





PART 3:

Disability Awareness Activities



Different & Alike

Please rank yourself on how you feel about the statements.

10 being **THE BEST, WE LOVE IT**

1 being **THE WORST NO WAY, HATE IT**

or anywhere in between 1-10



Different & Alike



- Pineapple Pizza
- Sports
- Cats
- Dogs
- Chocolate Cake
- Rock Concerts
- Public Speaking

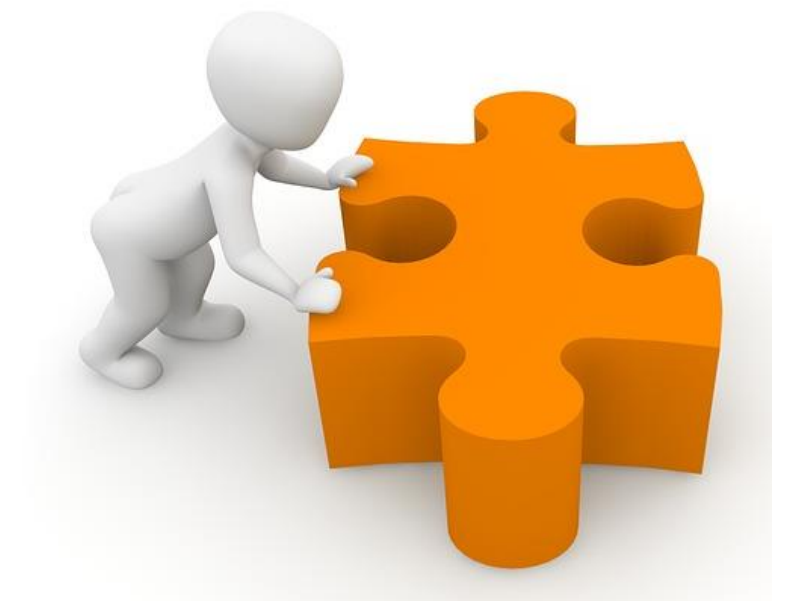


Different & Alike

- Each person may have similar interests or differences.
- We also may have different abilities. We all have things that make us unique.
People may struggle to feel included if they have differences.
- **It is our role to help facilitate inclusion, celebrate differences, and help find similar interests regardless of differences.**

How can we help include people who may be different?

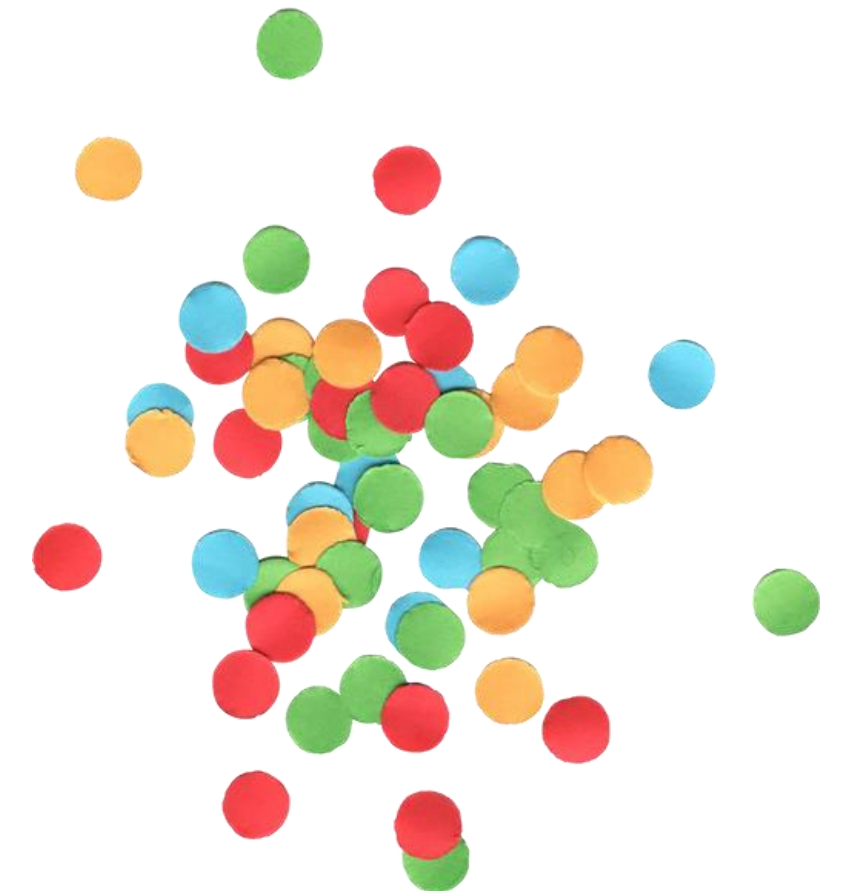
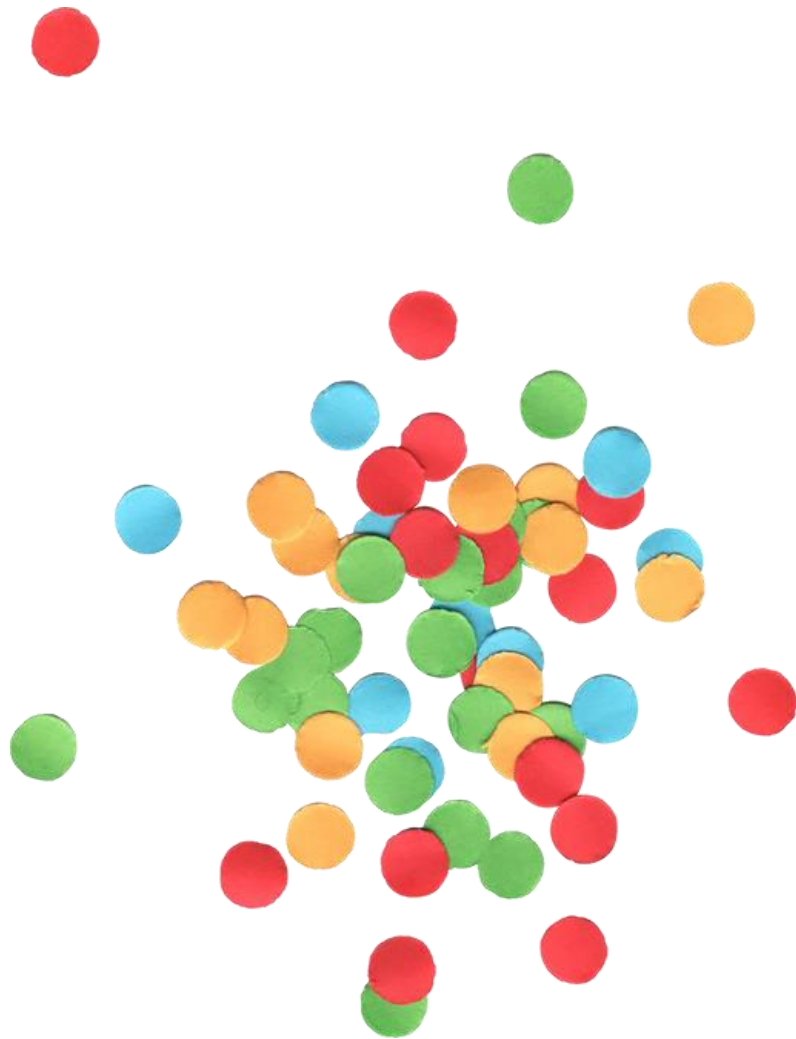
How can we facilitate similar interests and celebrate differences?



Mismatched

Name each color the word is written in....

3...2...1...GO!



RED GREEN BLACK BLUE

ORANGE PURPLE BLACK

YELLOW PINK BROWN

WHITE PURPLE GREEN

BLACK ORANGE BLUE

PINK YELLOW GREEN

RED BROWN PURPLE

ORANGE BLACK GREEN

RED GREEN BLACK BLUE

ORANGE PURPLE BLACK

YELLOW PINK BROWN

WHITE PURPLE GREEN

BLACK ORANGE BLUE

PINK YELLOW GREEN

RED BROWN PURPLE

ORANGE BLACK GREEN

Mismatched

- Each person may learn at different paces
- **1 in every 5 US children has a learning disability**
- It is important to be patient
- Understand you cant always see disability!

How can we help include people with learning disabilities?





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