



The latest estimates from the Department for Work and Pensions' Family Resources Survey indicate that 16.1 million people in the UK had a disability in the 2022/23 financial year. This represents 24% of the total population.

The prevalence of disability rises with age: in 2022/23 around 11% of children in the UK were disabled, compared to 23% of working age adults and 45% of adults over State Pension age. Two thirds (67%) of people aged 85 or over reported a disability.

With such a high number of disability within this country, there is still a large amount of problems with including people with a disability in sport. It is down to many factors- both individual and social issues. Today I will discuss these and how we all can do better!

Barriers

- **Physical barriers** – many sports/activities need to be adapted in some way to allow disabled participation
- **Access** – special doors and ramps often needed
- **Transportation** – may be difficult; specialised transport and carers often needed
- **Communication** – needs to be appropriate from Coaches/other participants, for example, sign language
- **Psychological** – lack of confidence, unsure of ability
- **Discrimination** – facilities, clubs or organisers not planning or providing for disabled participants.
- **Opportunity** – appropriate sports or sessions need to be local and available
- **Awareness** – disabled people may not be aware of organisations/facilities catering for their needs
- **Lack of media coverage and role models** – this is improving with the inclusion of disabled sports in the Olympic and Paralympic Games



How can we all do better?

1. Make changes to training such as: where it is done; how it is done – for example, roll instead of throw; what is used, for example, a flag instead of a whistle; and who does what – for example, a guide runner.
2. Increase media coverage of disability sport i.e Paralympics
3. More role models
4. Increase campaigns such as 'Kick it Out' Disability Football
5. Challenge stereotyping
6. Improve advertising of sessions/activities in the local area and media
7. Increase para sports in the school curriculum
8. Increase disabled sports clubs across the country
9. Train coaches to be more inclusive for example learn basic sign language.
10. Cost of equipment needs to become cheaper

