



*Integr8*

## Foreword

Many young people with disabilities would like to get involved in a local youth club or youth service in their area but many times they are excluded. The experience of exclusion, of not being wanted, is a common problem faced by many young people. But a major contributing factor is the fear of some people young and old involved in youth clubs of how to include someone with a disability.

Integr8 has been developed to increase awareness of the needs, desires and wants of young people with physical disability. It is designed to help all young people, youth leaders and those involved in managing youth work to include young people with physical disability. It recognises that some people may be anxious about including a young person with a disability into a club programme or an existing youth group. Integr8, which includes a dvd, seeks to reduce these fears and to change behaviors towards young people with disabilities. As well as proposing ways in which they can be included, it also demonstrates the positive benefits of more genuinely inclusive ways of working with young people.

The Irish Youth Foundation was delighted to be able to grant aid this project. I would like to compliment Muscular Dystrophy Ireland (MDI), Irish Wheelchair Association (IWA) and Foróige for their excellent work in preparing this invaluable resource. I sincerely hope it will be used by a wide range of organisations to involve young people with physical disabilities in their work. I also hope it will encourage more positive and inclusive approaches to all young people throughout the youth sector.

Liam O'Dwyer  
Chief Executive  
Irish Youth Foundation

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## Facilitators Resource Guide

### This resource is designed to

- Combat attitudes
- Increase knowledge and awareness
- Combat isolation
- Promote inclusion

### Equipment Needed

- Television
- DVD player
- Photocopied handouts 1,2 & 3
- Pens

### Hints & Tips

- Familiarise yourself with the Disability Awareness section
- Photocopy the following 3 handouts:
  - Step 1. Big Brother Voting Sheet, to be handed out at start of DVD
  - Step 2. Questions & Answers
  - Step 3. The workshop handout to be used for further discussion

### Message Board

For online support go to the integr8 info yahoo chat group at: [www.groups.yahoo.com/group/integr8info](http://www.groups.yahoo.com/group/integr8info) where you will be able to review reports from other groups who have used the resource, post your own comments/questions and take part in live discussions with young people with limited mobility.

**MDI**  
Tel. (01) 8721501  
[info@mdi.ie](mailto:info@mdi.ie)  
[www.mdi.ie](http://www.mdi.ie)

**IWA**  
Tel. (01) 8186400  
[info@iwa.ie](mailto:info@iwa.ie)  
[www.iwa.ie](http://www.iwa.ie)

## Notes to support the facilitator / leader

### Why make such a big deal of this disability thing?

Young people with physical disabilities are constantly isolated and marginalised from society because of fear and a lack of awareness and understanding among service providers, their peers and decision makers in society. This section will help you to facilitate discussion among your group and hopefully promote inclusion and combat isolation. Start small and think big. Good luck!

### Definition!

“A disability can be defined as any restriction or lack of ability to perform an activity in the manner or within the range considered normal for a human being”.

Or

‘A disability is a lack of ability to perform any activity’

### Why do people have a physical disability?

There are four reasons why someone may have a physical disability.

1. Congenital: this is when the person has their disability from birth, for example cerebral palsy
2. Consider a person’s communication and allow time for them to communicate their way.
3. As a result of an illness, for example multiple sclerosis
4. Inherited, for example muscular dystrophy

### What is a Handicap?

“It is a disadvantage or a barrier to performance imposed by society”.

### Equality?

We need to:

- Consider every person as an individual with a personality, with ambitions in life, with the right to achieve and fail and with the right to make their own choices in life.
- When necessary understand a person’s disability in terms of their communication methods, if they need assistance to carry out certain tasks or help if they need it.
- Remember that it is the environment that disables people. For instance by not having physical access to buildings or activities you are discriminating against certain people.

### Stereotyping!

People with disabilities are often viewed as something other than equal members of society. The media can help to form these stereotypes e.g. A headline that reads ‘Brave cripple achieves life long ambition...’ could be better described as ‘Dublin man achieves life long ambition’. The emphasis is on a Dublin man achieving his ambition rather than a brave cripple man achieving his ambition. He is defined by where he is from rather than by his physical condition.

### Meeting a person with a disability for the first time?

Everyone is nervous meeting new people regardless of who they are or where they are from. This nervousness can be even greater for young people joining a youth group for the first time. If a young person with a disability is treated in a way that draws attention to their disability rather than who they are as a person, the nervousness can be even greater again.

### Here are some dos & don’ts:

#### DO:

Talk directly to me, come down to my eye level if I use a wheelchair  
Allow me the time to communicate my way.

#### DON’T:

Be patronising  
Talk over me  
Treat me differently

### Fact!

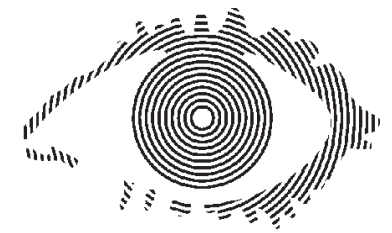
A person with a disability in a group has as much to offer as anyone else and can gain in many ways from being involved in their own community.

### Something to think about!

Words are powerful - negative language results in labels but positive language changes attitudes.

Attitudes are the real disability!!!

# BIG BROTHER



Please tick

Vote who you would like to join your youth club  
Choose 5 from 7 listed below

Laura

Likes hanging around with her friends at the Plex, dancing and playing rave music. She hates maths and english and really hates school. She would like to get a good job after she finishes school.

Ciaran

Likes rude T-shirts playing computers and has an earring in his ear. He really likes rock music like Ozzy Osbourne and Marilyn Manson. He really hates Westlife.

Barry

He has an earring in his ear. He likes going out, rave music and likes to go to gigs. Barry doesn't like fighting and rows. He would like to get a job helping others.

Dennis

He is into sports and has played since he was 6. He hates Westlife, George Bush and war. He does not like smoking as he has asthma. Oh, and he hates cabbage.

Patrick

He likes computers, movies and music especially rock. Holly Valance drives him mad! He would like to become a computer teacher.

Kim

Also known as "KiKi" with blonde hair and likes a wide range of music from Andrea Bocelli to Enrique Iglesias. She'd like to be an interpreter for the Spanish police. She hates boy bands.

Eoin

Likes playing Playstation 2 and sports such as basketball and football. He hates George Bush, Kylie & Westlife, pierced lips and can't stand beards.

Was there anybody who you particularly wanted to join, if so who and why?

# Questions & Answers

Please tick



yes



no

Right answers = 1 point

## How accessible is your club?

Does your venue have ramps?

Are your toilets wheelchair accessible?

Is your club on the ground floor/ if not does it have a lift?

At club outings do you check that the venues are wheelchair accessible?

## How accessible is your club's programme?

Do your posters state that your group is open to people with disabilities?

Do you advertise that your club is accessible?

Have you taken part in disability awareness activities in your club?

Would a young person with a physical disability feel welcome in your club?

Can young people with physical disabilities actually take part in your activities?

**Yes or no questions and answers!**  
**For discussion, circle yes or no**

Do we need special equipment to include a person with a physical disability?  
**yes / no / not sure**

Do we need special training?  
**yes / no / not sure**

Do we need special insurance?  
**yes / no / not sure**

Do young people with physical disability need special treatment?  
**yes / no / not sure**

Can we include a young person with a physical disability?  
**yes / no / not sure**

Ask yourself why you answered the way you did. What factors influenced your answers? Do you think you know enough about disability issues to make an informed answer? If you need more info then make contact with the organisations and yahoo chat group listed on page 2 of the booklet.

## Answers to the Q&A

- Does your venue have ramps? **Yes = 1 point.**  
If you don't need a ramp and have access **Yes = 1 point.**
- Are your toilets wheelchair accessible? **Yes = 1 point.**
- Is your club on ground floor level? **Yes = 1 point.**
- If you meet upstairs does your venue have a lift? **Yes = 1 point.**
- If you go on a club-outing, are these venues accessible? **Yes = 1 point.**
- Do your posters state that your group is open to people with disabilities? **Yes = 1 point.**
- Have you taken part in disability awareness activities in your club? **Yes = 1 point.**
- Would a young person with a physical disability feel welcome in your club? **Yes = 1 point**
- Can young people with physical disability actually take part in your club's activities? **Yes = 1 point.**

## How did you do?

**1 - 4 points - poor, 5 - 7 points - good, 8 - 9 points - very good**

# STOP & Think

## What about transport?

Planning and consultation with the young person and their family can help with solving any transport problem that may arise.

## What if someone can't talk?

Some young people with physical disability can't physically talk but they can communicate...take a moment to find out how.

## How will they take part in the group?

Just like any other new person...gradually

## Do we get special awards for including a person with a disability?

No, it is their right to be included in youth activities in their area.

## I don't know anyone in my area with a disability, what do I do?

You could advertise that your club is wheelchair accessible by using posters or local media. You could have an open night inviting all young people to your club. You could also contact IWA or MDI for links to youth in your area.

## Our building is not accessible, what do we do?

This can be a major decision for some groups. Here are some choices; look for funding to make it accessible or move to a different building that is accessible.

## What happens if it doesn't work out?

You can start with a trial period to see if it suits the young person and the other participants in the group. Make sure the young person is consulted and asked for input at every stage.

## Is there any support for the leaders in case we have questions?

Yes, for more discussion and information check out the integr8 yahoo chat group and contact MDI & IWA details on page 2 of booklet.

