

Inclusion of Disabled People Through Basketball

ERASMUS-SPORT-2022-SSCP



Co-funded by
the European Union



Disclaimer



Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Partners



Acpelia
Cyprus



**City of Nis Basketball
Association**
Serbia



Scout Society
Romania



**SC for Disabled
Athletes "IRODIKOS"**
Greece

About the Project

IncDisBas is a project aimed at increasing the inclusion of disabled individuals in sports through wheelchair basketball. The project is funded by the European Union as a part of ERASMUS+ SPORTS and is being undertaken by a consortium of partners from across Europe.

The project's vision was to provide disabled individuals with the opportunity to participate in sports and physical activities. In previous year and a half, we were focused on building a bridge between disabled individuals and the community by allowing them to participate in wheelchair basketball.

Objectives

The project objectives were to:

- Introduce wheelchair basketball, increase knowledge, exchange good practices and increase the participation of people with disabilities in wheelchair basketball;
- Engage and educate more people in wheelchair basketball and inspire people to take up sports;
- Rise the number of wheelchair basketball teams;
- Promote international cooperation through wheelchair basketball to enhance values, citizenship, and a positive EU identity.

Background

The project "Inclusion of Disabled People Through Basketball" (IncDisBas) is set against the backdrop of the significant role that sports play in enhancing the well-being of individuals and fostering social inclusion.

70

million people living with disabilities in the EU

40

% of the EU population engages in physical activities

14

% of respondents with disability or illness do so

The Eurobarometer survey of 2018 indicates that having a disability or illness is a significant barrier to regular sports participation for 14% of respondents. Therefore promoting their inclusion in sports is crucial for fostering equality, combating social exclusion, and enhancing their quality of life.

Wheelchair Basketball

How different it is?

Wheelchair basketball emerged in 1946 in the USA, developed by injured servicemen from World War II. It is a dynamic and inclusive sport played by individuals who use wheelchairs for mobility due to physical disabilities.

The game follows similar rules to traditional basketball with slight adaptations and specific rule variations, with players maneuvering their wheelchairs on the court while shooting, passing, and defending.



Key components of the project scope

01

Research, Training and Education

- needs analysis
- training sessions
- booklet

03

Cooperation and Networking

- exchange of best practices
- strengthen the partnership

02

Participation and Inclusion

- promote inclusion
- increasing the participation
- improving health and well-being

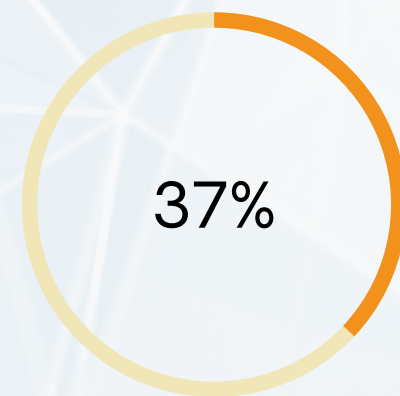
04

Awareness

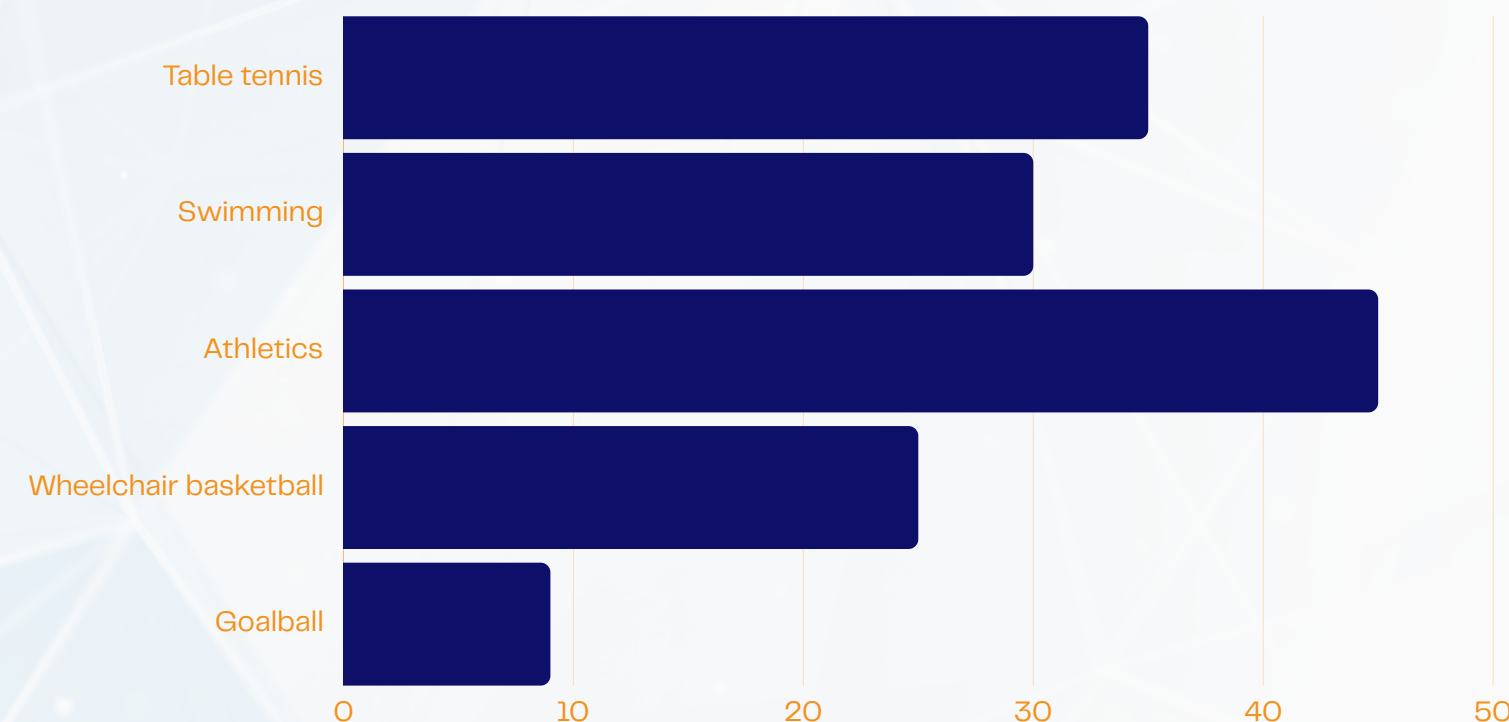
- exchange of best practices
- stakeholders engagement

Research Findings

Participation levels



The overall level of participation in physical activities among disabled individuals is seen as low. Approximately 37% of people with disabilities are engaged in sport and physical activities. Most of them are involved in therapy and recreation.



Predominant sports

A variety of sports are practiced by disabled individuals, with wheelchair basketball, athletics, swimming, and table tennis being prominent.

Existing Barriers

- Significant barriers include insufficient financial support, infrastructural challenges, psychological barriers, and a lack of awareness and accessibility.
- Availability of specialized infrastructure like accessible courts and gyms is rated poorly, indicating a need for improvement.
- There is a lack of trained coaches and instructors specializing in working with disabled athletes.

Existing Barriers

- There are mixed perceptions about societal support and recognition of disabled athletes.
- Stereotypes and low public awareness of disability sports persist.

Project's Impact



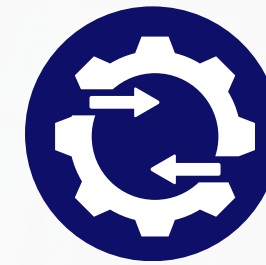
Increased Participation

- The project contributed to increased participation of disabled individuals in wheelchair basketball.



Policy Influence

- We highlighted the need for better infrastructure and policies to support disabled athletes



Community Integration

- Inclusive events and training sessions fostered a sense of community and social integration among participants.



Awareness

- Project activities and campaign helped challenge stereotypes and advocate for disability rights and inclusivity.

Achievements

Training



The project successfully organized training courses on wheelchair basketball, equipping participants with the necessary skills and knowledge.

Booklet



A booklet was produced, summarizing the project's findings, activities, and recommendations, and serving as a resource for further initiatives.

Awareness



Online campaign and various events were held to promote awareness and foster inclusivity.

Network



The project established collaborations among organizations working in the field, to exchange practices and provide better support for athletes.

Objectives Achievement

Improved Wheelchair Basketball Knowledge

Achievement: High

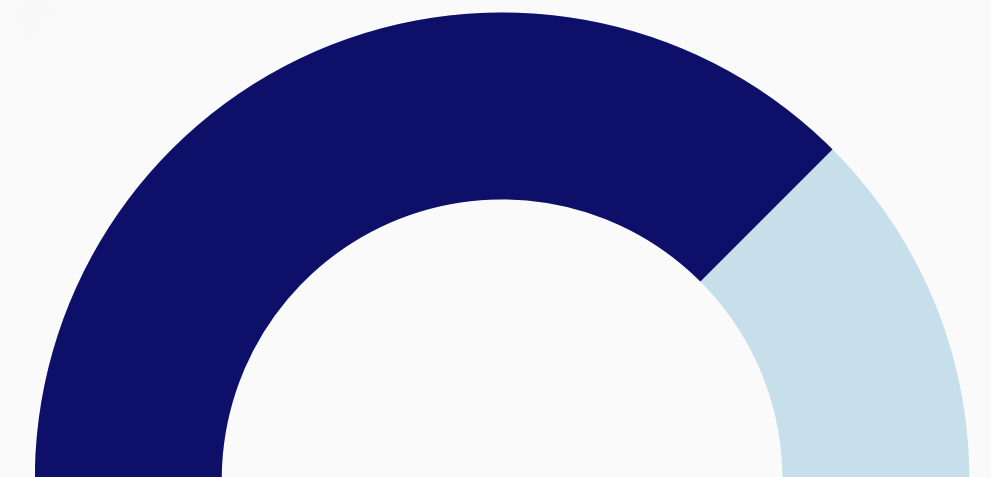
- The project successfully conducted training courses and educational sessions, introducing participants to wheelchair basketball rules, techniques, and benefits.



Increase Participation of Disabled Individuals in Wheelchair Basketball

Achievement: Moderate to High

- The project increased awareness and participation through training sessions, camps, and events. However, long-term sustained participation will require ongoing efforts.

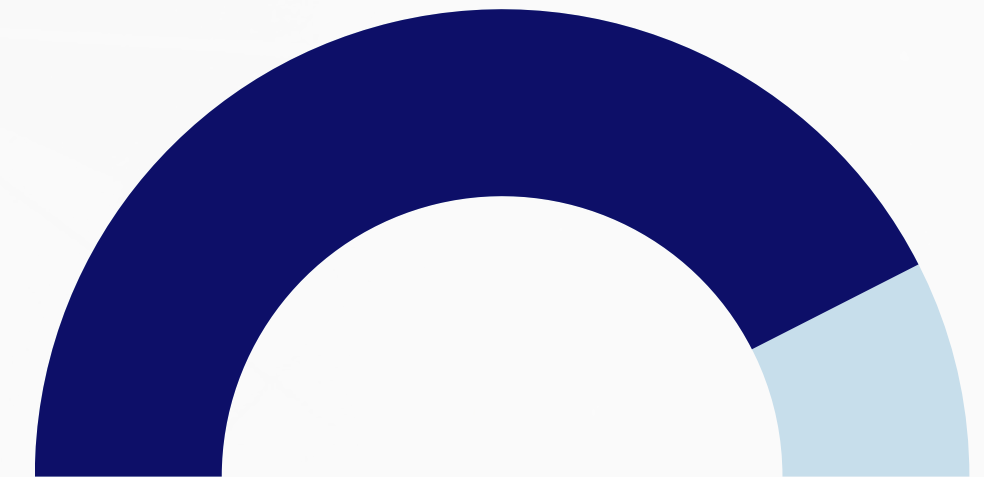


Objectives Achievement

Promote Inclusion through Wheelchair Basketball

Achievement: Moderate to High

- The project successfully promoted inclusion by organizing inclusive events, fostering community engagement, and challenging societal stereotypes.



Promote International Cooperation

Achievement: High

- By involving partners from multiple countries, establishing stakeholder's network, and emphasizing EU values, the project fostered international cooperation and strengthened EU identity through sports.



Recommendations



In project's booklet, we present a comprehensive set of guidelines derived from insightful discussions with professionals deeply engaged in the field of disability sports and inclusion. Through collaborative efforts and firsthand experiences, these professionals have provided invaluable insights into the challenges, opportunities, and best practices for fostering a more inclusive and equitable environment in sports and physical activities.

Recommendations

No	RECC	HOW
1	Enhance Accessibility	Authorities should prioritize making sports facilities accessible, including ramps, elevators, and accessible restrooms, to ensure full participation.
2	Awareness Campaigns	Launch comprehensive awareness campaigns to educate the public about the benefits of sports for disabled individuals and promote inclusivity.
3	Support Networks	Develop and support networks among organizations working with disabled people to share resources, best practices, and innovative approaches.

Recommendations

No	RECC	HOW
4	Education	Provide specialized training for coaches and ensure sports organizations have the necessary adaptive equipment and resources to include disabled athletes.
5	Inclusive Events	Organize more inclusive sporting events, workshops, and training camps that bring together athletes with and without disabilities to foster mutual respect and collaboration.
6	Policy and Funding	Advocate for policies and funding that support the development of disability sports programs, ensuring sustainable growth and continued impact.

Check out our booklet!

The authors of the document, representing organizations from Greece, Cyprus, Serbia, and Romania, discuss the general situation of people with disabilities in sports across Europe, highlighting the progress and persistent challenges in achieving inclusivity and accessibility. We examined the barriers faced by individuals with disabilities in participating in sports, existing policies, support systems, and areas for improvement. The booklet sets the stage for discussing the role of basketball, specifically wheelchair basketball, in improving inclusion, community engagement and breaking down stereotypes about disabilities.



Questions and Answers...





Thank You!