



CASE STUDY :: 06

LOCATION

Healthy Paralympians

Tanzania,
Rwanda
and Uganda

OBJECTIVES

To demonstrate how sport can contribute to the building of inclusive communities through including people with a disability

BACKGROUND

A Programme of community-based sports sessions with a health education component that uses sport as a tool to spread awareness about good health to and among persons with a disability, including girls and women, in less developed nations, through education and sport and encourage peaceful cooperation in a region strife with conflict.

PURPOSE

- To integrate persons with a disability with the greater community and create awareness and increase of opportunities, including in sports, for such persons
- To encourage peaceful communities inclusive of persons with a disability
- To transfer knowledge and understanding about good health to persons with a disability in developing nations through sport
- To create sustainable community-based networks to support persons with a disability in their endeavour to become active participants in society, pursue personal goals, and seek opportunities for advancement

PARTNERS

Lead Project Organisation:

The International Paralympic Committee and supported by the Swiss Agency for Development and Co-operation.

Partners:

- Ugandan National Paralympic Committee; Federation Rwandaise Handisport;
- Sports Association for the Disabled of Tanzania;
- African Sports Confederation of Sports for the Disabled
- National Paralympic Committees of Tanzania, Rwanda and Uganda

COST AND DATE

November 2004 – December 2005

50,000 Euros supported by the Swiss Agency for Development and Co-operation

TARGET

Open to all persons, including:

- persons with a disability
- girls and women
- local government officials and health educators

STEPS

- 1 Identified National Programme Leaders and Volunteer Regional Coordinator in each nation and held first meeting of Working Group to finalise Project Plan
- 2 Collated and developed locally a health education curriculum and activities programme, by combining already existing materials (e.g., Right to Play Sport Health Programme) in native language, for inclusion into national sessions
- 3 Initial Regional Training in Tanzania for 2 representatives from each nation to standardise the curriculum and activities
- 4 Followed by National Train the Trainer Sessions to standardise the curriculum and spread the knowledge; each nation to train a minimum of 6 professionals (volunteers and preferably persons with a disability) to conduct the sessions
- 5 Pilot Project: In 2004 in East Africa (Uganda, Rwanda & Tanzania):
- 6 Held 27 health education and sport sessions in every region in the three participating countries
- 7 Working Group meetings for participants
- 8 Sessions' participants attended Regional Disability Sport Event in Rwanda
- 9 Held a Regional Festival to raise awareness about HIV/AIDS education and the importance of including persons with a disability (almost 3,000 persons with a disability participated and almost 1,000 peers)
- 10 Building on the local sport and education sessions, participants were invited to attend a regional disability and sport event from 4-5 December 2005 in the capital of Rwanda. The goals were to:
 - integrate with the greater community
 - increase awareness of abilities, opportunities, and services available for all persons in society
 - increase opportunities to participate in sport
 - build peaceful communities.

OUTCOMES/IMPACT

- First project to target persons with a disability for HIV/AIDS education through sport in the region
- Increased access to HIV/AIDS information for persons with a disability, particularly those deaf and blind
- Increased awareness among governments and NGOs about the need to include and in some cases target persons with a disability in health education programmes
- Delivered awareness raising activities in every region in Tanzania, Rwanda and Uganda, through equal opportunities for all, with particular emphasis on girls and women
- New sports clubs for persons with a disability were created in 2 regions in Rwanda

Next Steps

As a result of the project, the partners have agreed on the following priorities for the future:

- Continue;
- To spread the message to those not reached by the project;

BENEFITS

Greater awareness:

- continuation of programmes and activities for persons with a disability in the region
- community-based support networks for persons with a disability to become active participants in, and to contribute to, society

More inclusive communities:

- Integration of persons with a disability with the greater community
- increased and better opportunities for persons with a disability to participate and advance in society, including in sport

POLICY IMPLICATIONS

- 1 Include people with a disability in all educational activities and sensitization programmes
- 2 Put pressure on Governments to include persons with a disability in HIV/AIDS education and sensitization programmes
- 3 Continue to educate women about the importance of participating in sport as a means to maintaining and improving health
- 4 Continue to advocate for people with a disability to get more involved in community life, including sport

RECOMMENDATIONS

- 1 To adapt and modify activities according to different environments and needs in each region
- 2 To use the respective National Paralympic Committees to reach out further and wider in the communities under such programmes
- 3 More and wider based public awareness programs and greater variety of media for dissemination, to address the diversity in society, to allow for greater access to information (eg blind people cannot read billboards, deaf people cannot hear public service/radio)
- 4 Develop good form of "Monitoring and Evaluation" framework, with progress and impact report for the project to measure progress and success/failure, and to make information and data available
- 5 Fewer, larger sessions, were more effective as the National Paralympic Committees could reach out to more participants and more communities within the timeframe of the project.

FURTHER INFORMATION

International Paralympic Committee
 Adenauerallee 212-214
 53113 Bonn, Germany
 Tel. + 49-228-2097-200
 Fax. +49-228-2097-209
 E-mail: amy.farkas@paralympic.org
www.paralympic.org