



The Active Living Alliance for Canadians with a Disability (ALACD) is a national nonprofit, voluntary organization which promotes, supports and enables Canadians with disabilities to lead active, healthy lives. The ALACD provides nationally coordinated leadership, support, encouragement, promotion and information that facilitates healthy, active living opportunities for Canadians of all abilities across all settings and environments.

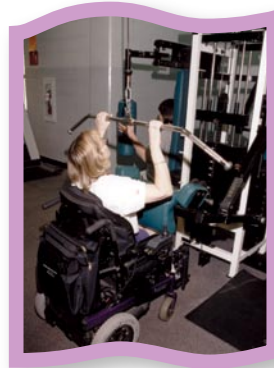
## Vision & Mission

OUR VISION is a society where all Canadians lead active and healthy lives.

OUR MISSION is to enable Canadians with disabilities to lead active, healthy lives.

Our Guiding Principles and Goals for Action were established at the 1986 Jasper Talks - a national symposium on physical activity and disability. They continue to guide our actions and initiatives, and provide a foundation to develop initiatives that promote active living for Canadians with disabilities.

For a full explanation of our guiding principles and goals, please visit [www.ala.ca](http://www.ala.ca).



## Guiding Principles

- ~ Quality of life is a fundamental right
- ~ Empowerment is the key
- ~ Every community should be involved
- ~ Equal access must be guaranteed
- ~ Respect and dignity are the foundation

## Goals for Action

- ~ Self-Empowerment
- ~ Effective Networks
- ~ Better Plans and Policies
- ~ Better Programs and Services
- ~ Effective Leadership
- ~ Public Awareness
- ~ Research and Information

THIS DOCUMENT ALSO AVAILABLE IN ALTERNATE FORMATS



# OUR PARTNERS

ALACD national initiatives are supported at the grassroots level by a committed network of community development partners in each province / territory. Supported by their local committees, ALACD Community Development representatives bring forward local needs and represent community interests.

In addition to our Community Development network, the ALACD has partnered with over 125 local, national and international organizations representing disability, sport, active living and healthcare sectors. We act as a link between these organizations to help develop collaborative programs and share best practices. Through our partners, the ALACD network has grown to more than 1/2 million contacts



**Any organization, community or individual who embraces our principles and goals is welcome to join the ALACD network.**

**Membership is free and comes with no obligation. As a member, you become part of a movement that facilitates healthy active lifestyles for Canadians with a disability.**



**Visit us at [www.ala.ca](http://www.ala.ca) to become a partner of the Active Living Alliance for Canadians with a Disability and give our movement some muscle.**



# MOVING TO INCLUSION

An inclusive physical activity environment is one that provides the opportunity for individuals of all abilities and interests to participate to the fullest extent possible. Regardless of the environment – recreational, competitive, educational, or fitness and wellness pursuits – programs should expect and be ready to offer enjoyable and satisfying opportunities to all individuals, including those with disabilities.



Moving to Inclusion Online is a comprehensive online web-based training resource that identifies inclusion concepts, outlines strategies, provides activity adaptations and provides practical approaches for physical activity leaders to incorporate into their programs. Throughout the resource are a number of interactive exercises that allow you to test your new knowledge in realistic scenarios. Rich with audio commentary, streaming video and comprehensive information, MTI Online is an ideal training tool for university/college courses, school boards, municipal recreation departments, private sector recreation providers and any other context where there is a need for leaders to learn about physical activity and disability .

In addition to MTI Online and a series of MTI manuals, a national network of trained Moving to Inclusion workshop leaders is available to deliver workshops on inclusive physical activity.



**MOVING TO  
INCLUSION**

Whether you are a coach, a teacher, a recreation leader, a health professional, a community leader, an interested parent or volunteer, or a student preparing for a career in one of these areas, Moving to Inclusion will teach you how to create inclusive physical activity environments that provide opportunities for individuals of all abilities and recognize the inherent value of each participant in such activities.





# ALL ABILITIES WELCOME



All Abilities Welcome (AAW) is a campaign that encourages an attitude of openness and cooperation around inclusive physical activity in Canadian communities. All Abilities Welcome creates public awareness, builds a knowledge base, trains and supports community organizations, and informs people of all ages and abilities that active living is for everyone.

## Components of All Abilities Welcome include:

- ~ Radio and television public service announcements
- ~ A network of more than 50 trained speakers across Canada who deliver free workshops on inclusive active living to interested community groups. These sessions educate staff about the importance of inclusive physical activity programming and how to make policies, programs, facilities, events and activities more appropriate for persons with a disability.
- ~ Presentations at conferences and other events that bring together active living program providers to provide these audiences with informative, interactive, practical sessions that are helping these stakeholders make inclusive programming a reality.
- ~ All Abilities Welcome Inclusion Toolkit to assist program leaders as they develop and deliver inclusive activities.
- ~ The All Abilities Challenge, encouraging service providers to submit stories related to inclusive active living, and providing applicants with a certificate of recognition and letter acknowledging them as an inclusive service provider and All Abilities Welcome member organization.



All  
Abilities  
Welcome



The All Abilities Welcome website ([www.allabilitieswelcome.ca](http://www.allabilitieswelcome.ca)) is a great resource for those with an interest in providing programs that are welcoming to persons with a disability.

With its strong base of trained speakers, effective training tools and program promotion, All Abilities Welcome is quickly becoming recognized by community organizations across Canada as very valuable for staff education and program development.



# YOUTH AMBASSADORS ACROSS CANADA



Recognizing the power of youth, the Youth Ambassadors Across Canada project encourages and supports self-advocacy opportunities for young Canadians with disabilities. Working with our provincial/territorial networks the ALACD educates young people with disabilities about the value of physical activity, healthy eating and a healthy lifestyle. The ALACD provides the tools and support required to help stakeholders effectively advocate in their communities.

Currently, there are more than 1000 youth with disabilities who are on board as Ambassadors and active as advocates in their communities.

## Youth Ambassador Activities

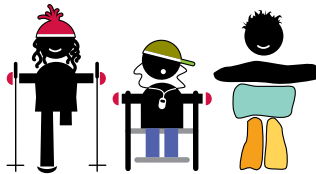
- ~ Presentations to classmates, school boards and municipal recreation departments
- ~ Meetings with community program administrators and politicians to discuss inclusion issues.
- ~ Involvement as members of their provincial/territorial ALACD Community Development committees.
- ~ Participation as leaders at the ALACD Youth Exchange.
- ~ A wide variety of other initiatives within their communities as they advocate for healthy living opportunities for those with a disability.



## The Youth Ambassador Kit contains the following reference guides;

- ~ Accent on Active Living
- ~ Advocacy in Action
- ~ Taking the PATH (Planning Alternative Tomorrows with Hope)
- ~ An Advocates Agenda
- ~ Healthy Eating for Youth with a Disability

**Youth**  
Ambassadors  
Across Canada



The Youth Ambassadors Across Canada Project has had a profound impact on thousands of Canadian youth with a disability and been the impetus for the nurturing of more inclusive communities from coast to coast. Youth are the leaders of tomorrow and we are committed to creating leaders who will facilitate healthy lifestyles for Canadians of all abilities.

