



Canadian Paralympic Committee | Comité paralympique canadien

CHANGING MINDS, >>> **CHANGING LIVES**

Rehabilitation through sport



Canada

THE ONTARIO TRILLIUM FOUNDATION | LA FONDATION TRILLIUM DE L'ONTARIO



The Canadian Paralympic Committee (CPC) is a not-for-profit, charitable, private organization sanctioned by the International Paralympic Committee (IPC). The CPC develops and grows the Paralympic Movement in Canada by delivering programs that empower persons with physical disabilities through sport at all levels, including sending Canadian teams to the Paralympic Games.

1 ENVIRONMENT

Did you know?

Less than 3% of Canadians living with a physical disability are engaged in sport activities.

Sport is good for all Canadians. But there are about 3.6 million Canadians with physical disabilities, 700,000 between the ages of 5 and 45; and only about 20,000 are engaged in organized sport at present.

2 OUTREACH

Changing Minds, Changing Lives is an outreach program aimed at educating healthcare professionals about the associated social and health benefits of regular sport activity, and the potential that resides in all Canadians living with a physical disability.

The goal is to get you engaged in motivating Canadians with a disability to participate in the fun and beneficial activity of sport.

3 BENEFITS

- > Increases motivation, confidence and self-esteem
- > Improves rehabilitation results
- > Facilitates community reintegration
- > Improves overall fitness and health

4 VALUE

"While sport has value in everyone's life, it is even more important in the life of a person with a disability. This is because of sport's rehabilitative influence, and the fact that it is a means to integrate the person into society... sport teaches independence."

International Working Group on Sport and Development

5 PHYSICAL AND MENTAL HEALTH

- > Increases motivation, confidence and self-esteem
- > Improves rehabilitation results
- > Facilitates community reintegration
- > Improves overall fitness and health

6 SKILLS DEVELOPMENT

- > Contributes to personal development and well-being
- > Sport gives participants an opportunity to test their ability by developing new skills and stimulate them
- > Transferable skills

7 SOCIAL INTERACTION

- > Builds character and personal qualities, such as courage and integrity
- > Gives people a chance to give back to their communities
- > Encourages individuals from different backgrounds to play together in a positive way

8 ACTIVE FOR LIFE

We want you to include sport or physical activity as part of the rehabilitation process



"Empowering Canadians with a physical disability to achieve their personal best and live life to its fullest"

*Carla Qualtrough, President
Canadian Paralympic Committee*

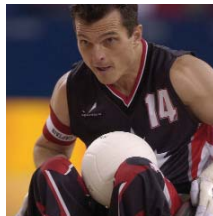


CHANGING MINDS, CHANGING LIVES

Rehabilitation through sport

"While sport has value in everyone's life, it is even more important in the life of a person with a disability. This is because of sport's rehabilitative influence, and the fact that it is a means to integrate the person into society... sport teaches independence."

International Working Group on Sport and Development



"I've been on the Canadian Wheelchair Rugby Team for nine years. I enjoy an active lifestyle and I think everybody should be actively involved in sport."

DAVID WILLISIE, Paralympian



"I think the medical community sometimes tends to tell you what you're not going to be able to do instead of what you can do. If we take the word disability and remove the 'dis' you are left with ability."

KEN THOM, Coach



"Physical activity and sport are not only an essential part of a healthy lifestyle, they also contribute to optimal physical function. Early involvement in sport is a great form of rehabilitation."

DR. GAÉTAN TARDIF, MD FRCPC CHE
Assistant Chef-de-Mission, Canadian Paralympic Team, Beijing 2008



"Sport has been a positive influence in my life, it has taught me self-confidence and gave me the ability to test my skills and discover the thrill of downhill skiing. This would not have been made possible without my guide, Emily, who is a recreational therapist. Sport has given me the opportunity to challenge myself and have an exciting career – I couldn't ask for anything better!"

KATHLEEN FORESTELL, Athlete and **EMILY GLOSSOP**, Recreation Therapist



How we started – 1946



DR. LUDWIG GUTTMANN – A GERMAN NEUROLOGIST, FOUNDED THE PARALYMPIC MOVEMENT AND WAS THE FOUNDING FATHER OF ORGANIZED PHYSICAL ACTIVITIES FOR PERSONS WITH A DISABILITY. HE BELIEVED SPORT WAS A KEY METHOD TO ENHANCE REHABILITATION AND USED IT TO HELP BUILD PHYSICAL STRENGTH, SELF-ESTEEM AND CONFIDENCE.

WE'VE COME A LONG WAY!



To learn more about *Changing Minds, Changing Lives* or to attend a presentation, visit:

www.paralympic.ca

For a sport directory list, visit:
www.paralympic.ca/feeltherush



Canadian Paralympic Committee / Comité paralympique canadien

See what sports can do for you

"Basketball saved my life. It got me out playing regular sports and showed me that it's true – I can do anything I put my mind to. It's given me a lot of confidence and motivation!"

SHAYNE SMITH, Athlete



"Although there is a wealth of knowledge regarding the social and physical benefits of sport participation for individuals with disabilities, information on these benefits is not readily available or consistently taught to healthcare professionals. Changing Minds, Changing Lives fills in those knowledge gaps and encourages the use of sport as part of the rehabilitation process."

DR. NANCY DUDEK, MD MED FRCPC

Assistant Professor – Division of Physical Medicine & Rehabilitation

University of Ottawa

Associate Staff Psychiatrist – The Rehabilitation Centre



Encourage Canadians living with a physical disability to take up sports and **FEEL THE RUSH**

www.paralympic.ca

Canada

THE ONTARIO
TRILLIUM
FOUNDATION



LA FONDATION
TRILLIUM
DE L'ONTARIO



Canadian
Paralympic
Committee

Comité
paralympique
canadien