



Everybody Active Social Inclusion Assessment

The goal of Everybody Active is to support community practitioners in promoting inclusion and access to physical activity, particularly for less active, lower income adults. **The questions in this assessment tool will guide the reader to think about inclusion of this group specifically through physical activity opportunities.**

This tool guides the reader through questions based on **FIVE DIMENSIONS OF SOCIAL INCLUSION:**

- VALUING DIVERSITY
- HUMAN DEVELOPMENT
- INVOLVEMENT AND ENGAGEMENT
- ACCESS TO SERVICES
- SOCIAL JUSTICE

HOW WILL I BENEFIT FROM THIS TOOL?

This tool will help you to examine how inclusive physical activity opportunities are right now, and will help you to generate ideas and actions to increase inclusion. These ideas and action can impact programs, practices and policies.

WHO IS THIS TOOL AIMED AT?

This tool is aimed at individuals and organizations providing physical activity opportunities (e.g. recreation providers, decision makers, community service agencies).

WHEN SHOULD THIS TOOL BE USED?

When you want to make physical activity opportunities more accessible and are looking for a starting point.

When you want to identify strengths and weaknesses of work that is in progress.

When you want to develop or re-examine physical activity and access plans.

ANY TIME

For a more general focus about poverty and social inclusion refer to the following recommended resources:

- Health Canada, Atlantic Region, 2002. An Inclusion Lens: Workbook for Looking at Social and Economic Exclusion and Inclusion. www.phac-aspc.gc.ca/canada/regions/atlantic/publications/inclusion_lens
- Social Planning and Research Council, 2006. Everybody's Welcome, A Social Inclusion Approach to Program Planning and Development for Recreation and Parks Services. www.sparc.bc.ca/resources-and-publications/doc/257/raw

Sources

Health Canada, Atlantic Region, 2002. *An Inclusion Lens: Workbook for Looking at Social and Economic Exclusion and Inclusion*. www.phac-aspc.gc.ca/canada/regions/atlantic/publications/inclusion_lens

Donnelly, Peter and Coakley, Jay. 2002. *The Role of Recreation in Promoting Social Inclusion*. Laidlaw Foundation. www.laidlawfdn.org/cms/page1436.cfm

Social Planning and Research Council, 2006. *Everybody's Welcome, A Social Inclusion Approach to Program Planning and Development for Recreation and Parks Services*. www.sparc.bc.ca/resources-and-publications/doc/257/raw



Social Inclusion Assessment

Valuing Diversity

Recognizing and respecting diverse needs of individuals and groups (diversity includes socio-economic status, culture, gender, age, etc.)

Key question: Do physical activity opportunities and policies promote inclusion of diverse community members?

If yes...

What steps have been taken to learn about the diverse needs of the community?

What strategies have been developed to promote inclusion of diverse community members?

How do you know that the diverse physical activity needs of your community are being met?

If no...

Who is currently not physically active in your community?

How could one learn about barriers faced by different community members?

Who could/should be involved in this process?

Areas of strength:

Opportunities for the future:



Social Inclusion Assessment

Human Development

Human development refers to an individual's sense of personal growth and opportunities to nurture one's talents, skills, capacities and choices. Opportunities help participants strengthen connections to people and community.

Key question: Are opportunities that nurture skills and interests available to all community members?

<i>If yes...</i>	<i>If no...</i>
<p>What choices do community members with lower incomes have to participate in physical activity?</p> <p>How do opportunities help build personal skills and/or social support?</p> <p>How do you know these personal development benefits are reaching lower income community members?</p>	<p>What opportunities exist for participants to build basic skills or expand social networks?</p> <p>What can be done to make these opportunities more available to low income community members?</p> <p>Who can be involved in this?</p>

Areas of strength:

Opportunities for the future:



Social Inclusion Assessment

Involvement and Engagement

Being engaged in community life. Having the right and the necessary support to be involved in decisions affecting oneself, family and community.

Key question: Are a diverse range of community members included during the planning of physical activity opportunities or policies?

<i>If yes...</i>	<i>If no...</i>
<p>What opportunities exist for lower income adults to provide input on decisions about physical activity?</p> <p>What are the participation rates of lower income adults in these input opportunities?</p> <p>How do you make sure lower income community members can participate in planning processes?</p>	<p>What opportunities currently exist for the general public to provide input?</p> <p>What can be done to support lower income community members in providing input?</p> <p>Who can help with exploring this further?</p>

List some areas of strength:

Opportunities for the future:



Social Inclusion Assessment

Access to Services

Access refers to the availability and proximity of physical activity opportunities, as well as one's ability to participate with as few barriers as possible.

Key question: Can community members participate in physical activity opportunities without relying on material goods (for example, money for admission, clothing or equipment, a car or bus fare to get there)?

If yes...

What strategies exist to address barriers to participation (include programs, practices and policies)?

Are there any initiatives going on right now?

When evaluating access initiatives, what quantitative (numbers) and qualitative (descriptive) measures are reported?

If no...

What has been done to identify barriers to participation?

What are some ideas to remove cost barriers?

What are some ideas to remove other identified barriers?

Who can help generate more solutions?

Areas of strength:

Opportunities for the future:



Social Inclusion Assessment

Social Justice

- Everyone is treated with respect and dignity, no matter their situation.
- Equity and equality are different but related ideas. We may need to employ different practices for different situations in order to achieve the same outcome. In this case, the outcome we want to achieve is health through physical activity.
- In a socially inclusive environment, these differences are valued because it contributes to an equal outcome.

Key question: Do policies and practices value equity, dignity and respect?

If yes...

Is there a written policy that includes statements around equity, dignity and respect?

What systems are in place to ensure people affected by poverty are treated with respect and dignity?

How do you know these policies and practices are effective?

If no...

What are the guiding values of your organization?

How are these values related to equity, dignity and respect?

How can policy and practices be influenced reflect values of equity, dignity and respect?

List some areas of strength:

Opportunities for the future: