

Supporting a person with disability to have a voice.



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Being a part of a club or team gives us a sense of community that unites us no matter our background, age or ability. It allows us to connect with others and is a safe place for some to be their authentic selves. For a person living with disability, joining a new club can be a little nerve-wracking. A warm welcome and open communication will play a significant role in making individuals, their family or support network feel valued and confident to have a voice in your club.

Tips on how to make a person with disability feel valued in your club:



Be prepared to have to communicate in a range of different methods, such as writing, speaking or using a communication board... Ask the person what form of communication works best for them.

Be genuine in your approach and encourage open and honest conversations.





Provide opportunities for private conversations and feedback such as monthly face-to-face catch-ups, check-in emails or text messages.

Be patient – some people with disability may take more time to communicate and complete tasks. It can be stressful for the person with disability to keep up to the speed as others. Some people with disability will need supportive staff around them to allow them to fulfill their potential.

On the first attendance of a new member, introduce them to existing staff and regulars. This creates a sense of comfort and a welcoming environment from the first time they enter the club.



Pay attention to members – recognise their efforts and improvements in their hobby / sporting. Check-in from time to time to help people feel valued.



Create opportunities for everyone to shine – whether in a sporting event hosted by your club or a bulletin board / newsletter. Allow people to feel proud to showcase their talents in a playing or non-playing role.



Allow people with disabilities to be a part of the solution.

People with disabilities are ready to contribute their lived experiences to problem solving and deserve a seat at the table.

If you see or hear something not quite right, for example, someone bullying or making fun of a person with a disability – don't be afraid to step in and call it out. It is essential to create a safe and inclusive environment.

It is common for people to come across condescending or patronising to people living with disability, ensure that players and staff members treat everyone the same and offer support if required.



Provide staff with disability awareness training to allow all to feel comfortable and confident in communicating with people with disability.

Increase disability representation within the club – whether in the diversity of staff members, volunteers, players or using marketing materials and photos showcasing people with disability around the club premises, website and social media.





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