



## Move United: Sports Make Us More

### Will begin at 2:00 PM Eastern Time

- Audio and visuals are provided through the online webinar platform
- Access to presentation handouts was included in the email reminder you received for this session
- This session will be open-captioned



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## Technical Assistance

- If you experience technical difficulties
  - Select the Chat icon and then type your message in the box that appears
  - Call 301-217-0124



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## Audio

- Access audio for the webinar via computer speakers or phone
- Open the Audio Settings window to change audio settings

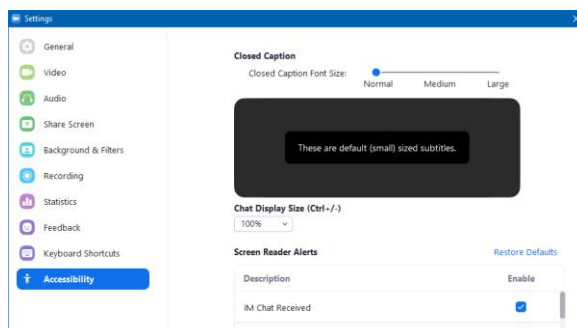


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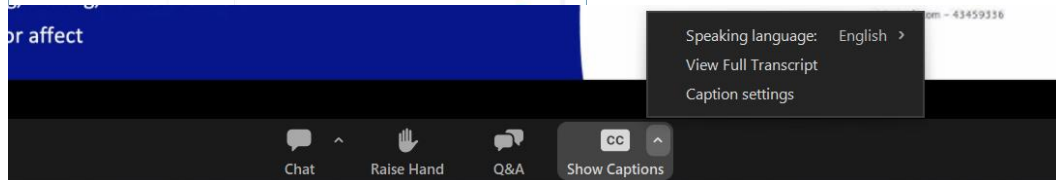


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## Captions



- This webinar is being captioned in real-time
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## Questions and Comments

- Select the Chat icon
- Send your question to [adatrainig@transcen.org](mailto:adatrainig@transcen.org)



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## Archive

- This webinar is being recorded
  - You will receive an email with information on how to access the archive

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## Certificates of Attendance

- Only those who purchased certificates when registering for the session are eligible to receive one
- Certificates are available only for attending the live session; attendance will be verified
- The code to submit for a certificate will be announced later in the session

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## Presentation Accessibility

- For the benefit of participants who are not able to see the presentation slides on the webinar platform, speakers will
  - Announce slide numbers
  - Describe images that are meaningful to the content of the session

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## About Your Hosts...

### TransCen, Inc.

- Improving the lives of people with disabilities through meaningful work and community inclusion

**Mid-Atlantic ADA Center**, a project of TransCen

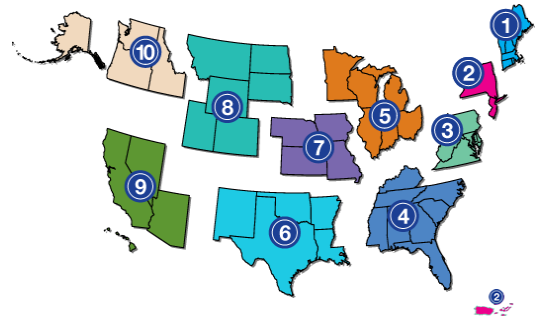
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## ADA National Network

- Ten regional centers provide guidance, training, and materials on the ADA
  - **1-800-949-4232**
  - **ADAta.org**



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## Disclaimer



- The Mid-Atlantic ADA Center, operated by TransCen Inc., provides information, guidance, and training the Americans with Disabilities Act (ADA). The information and/or materials provided are intended solely as informal guidance and should not be construed as legal advice. The Mid-Atlantic ADA Center is funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) (grant #90DPAD0008). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). These contents do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the federal government.

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Building a world  
where everyone's  
included



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## Sports make us more

Let's be real — people are unfamiliar with people with disabilities. They don't know them. They don't get them. And with almost 1 in 5 now disabled, a revolution is decades overdue. We believe sports have the power to change the world, pushing people further and bringing people closer. Through adaptive sports, we show what people with disabilities are capable of so that it's no longer a surprise, so that they're not always an inspiration. We fuel candid conversations and incite the action it takes to build a world where everyone's included.



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PRESENTER

# Julia Ray, she/her

## PROGRAMS DIRECTOR, **MOVE UNITED**

- 20 year adaptive sport professional – specialize in inclusive events and adaptive sports education
- Serve on the Paralympic Advisory Council for the USOPC
- Originally from U.K. with BSc in Sports Administration and Management



## Why Inclusion Matters

Which of these facts is true?



☐ 1 in 4 American adults (61 million people) have a disability that impacts major life activities.



☐ 1 in 5 children ages 12-17 have special healthcare needs.



☐ Youth obesity rates are 40% higher in youth with disabilities.







## Why Inclusion Matters (Continued)

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- Benefits of sport and physical activity; *individuals with disabilities often have a greater risk of acquiring a preventable secondary condition such as obesity, mental health issues, and injury among others*
- Despite this, there is a large gap in opportunity; barriers are
  - Awareness
  - Equipment
  - Transportation
  - Systems (Ableism)
  - COMMUNICATION
- Inclusive sport can be a great tool to break the stigma associated with disabilities and remove the barriers to conversations and interactions among groups of people who might otherwise be separated



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### Move United's Vision 2028:

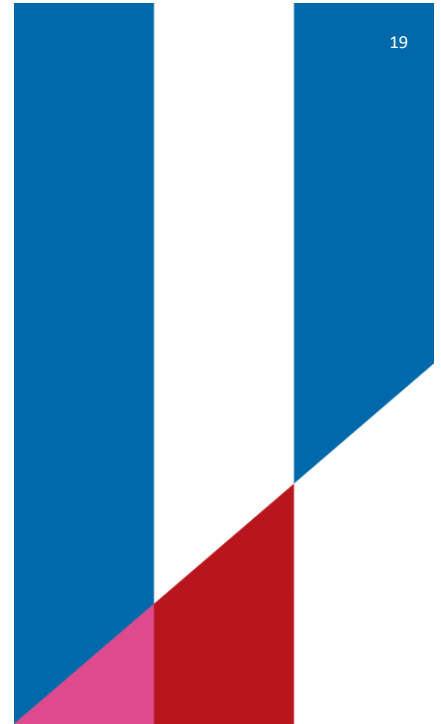
To be the recognized leader in adaptive sport, expanding community-based, local access so that 90% of the U.S. population will live within 50 miles of a Move United member organization.

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## Who we are

- Founded in 1956 – not long after Paralympics in '48 (war wounded)
- 2020 Disabled Sports USA/Adapted Sports USA Merged - Move United.
- National Network of over 225+ Member Organizations in 45 States. Now individual membership available.
- Partnered with dozens of NGB's and sports organizations to create curricula and standards in adaptive sport (USOPC affiliate).
- Within our network we offer over 70 adaptive sports; USA Wheelchair Football and Air Shooting League.
- Warfighter Division.
- Sanctioned Regional & National Competitions.



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## Membership Network

- 225 Member Organizations
  - Non-profits and Clubs
  - Parks and Recreation Departments
  - Rehabilitation facilities
  - Universities
- 45 States
- NEW Individual Membership
- Currently at 77.3% of US population with a 50 miles radius of one of our member organizations.
- Between all of our members we offer more than 70 different sports and recreation opportunities



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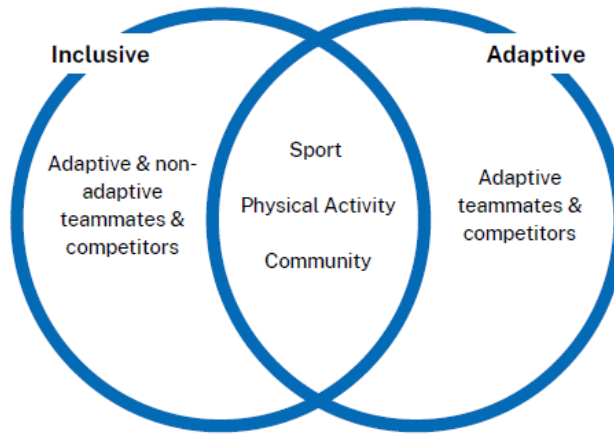


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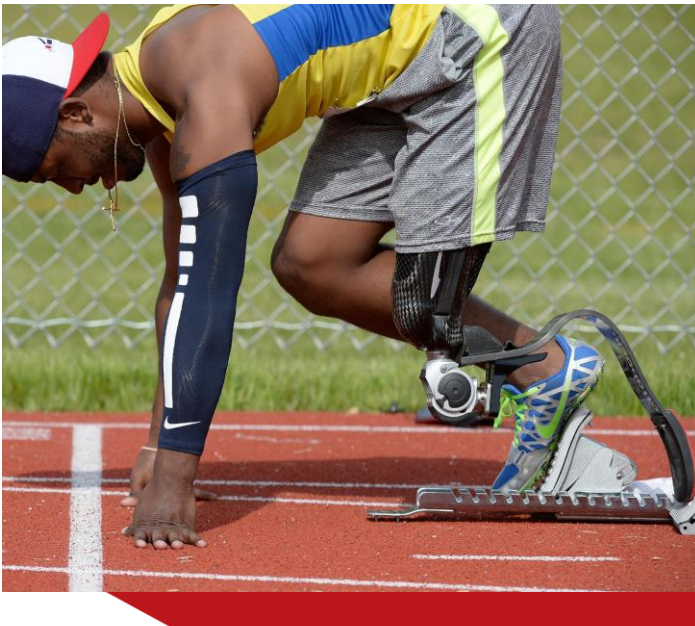


## SPORT EXPERIENCES

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## Competition and leagues

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- Sanctioned competitions
- U.S. Wheelchair Football League
- Adaptive Shooting League
- Classification

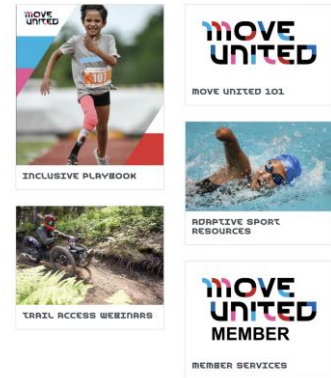
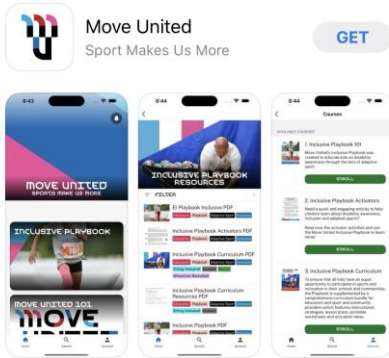




## The Education Hub

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Access the Education Hub or download the App – [hub.moveunitedsport.org](https://hub.moveunitedsport.org)



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## RESOURCES IN THE HUB

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- Inclusive Playbook, curriculum, activators
- Inclusive Sport Fundamentals
- Sport Specific Courses
- Specialized content



TRAIL ACCESS WEBINARS



INCLUSIVE PLAYBOOK



MOVE UNITED 101



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## Get involved!

- **Join** as a member
- **Attend** an Event / Volunteer
- **Connect** to a Local Program
- **Watch** Athletes, Ableism and Advocacy (YouTube)
- **Subscribe** to our Magazine and Newsletter
- **Listen** to our Podcast
- **Participate** in a Training
- **Follow** us on Social Media



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## Q&A

**MOVE UNITED** SPORTS MAKE US MORE



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## Certificates of Attendance: Code

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- If you paid for a certificate of participation, check the reminder email you received about this session for instructions
- Please email the code above to [ADAtraining@transcen.org](mailto:ADAtraining@transcen.org) by **5 PM E.T. on March 4, 2024**
- Certificates are emailed 1 – 2 weeks after the session

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# Thank You for Joining Us!

## Mid-Atlantic ADA Center

Toll-free: **800-949-4232** (DE, DC, MD, PA, VA, WV)

Local: **301-217-0124**

[ADAinfo@transcen.org](mailto:ADAinfo@transcen.org)

[ADAinfo.org](http://ADAinfo.org)

**Join us for our next webinar on March 20 at 2:00 p.m. Eastern:**

**Intentional Inclusion: Creating Workplaces Where People with Disabilities Thrive**

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