

# Inspire and Include Project 2013-2016



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&

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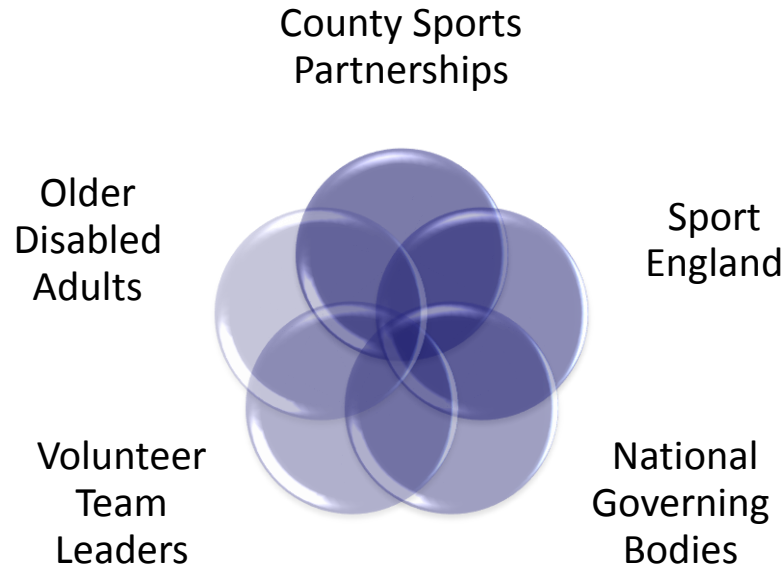
# Inspire and Include Aimed To...

- ✓ Increase the number of older disabled adults engaged in physical activity and sport.
- ✓ Increase the range of physical activities and sports participated in by older disabled adults through local delivery.
- ✓ Increase the health and wellbeing of older disabled adults.
- ✓ Work with Sports Leaders UK to design and gain accreditation for the Level 2 Award in Leadership for Engaging Older Disabled People in Physical Activity.
- ✓ Create sustainable partnerships between Age UK and organisations who are experts in delivering sport and engaging disabled people.



# Project Evaluation

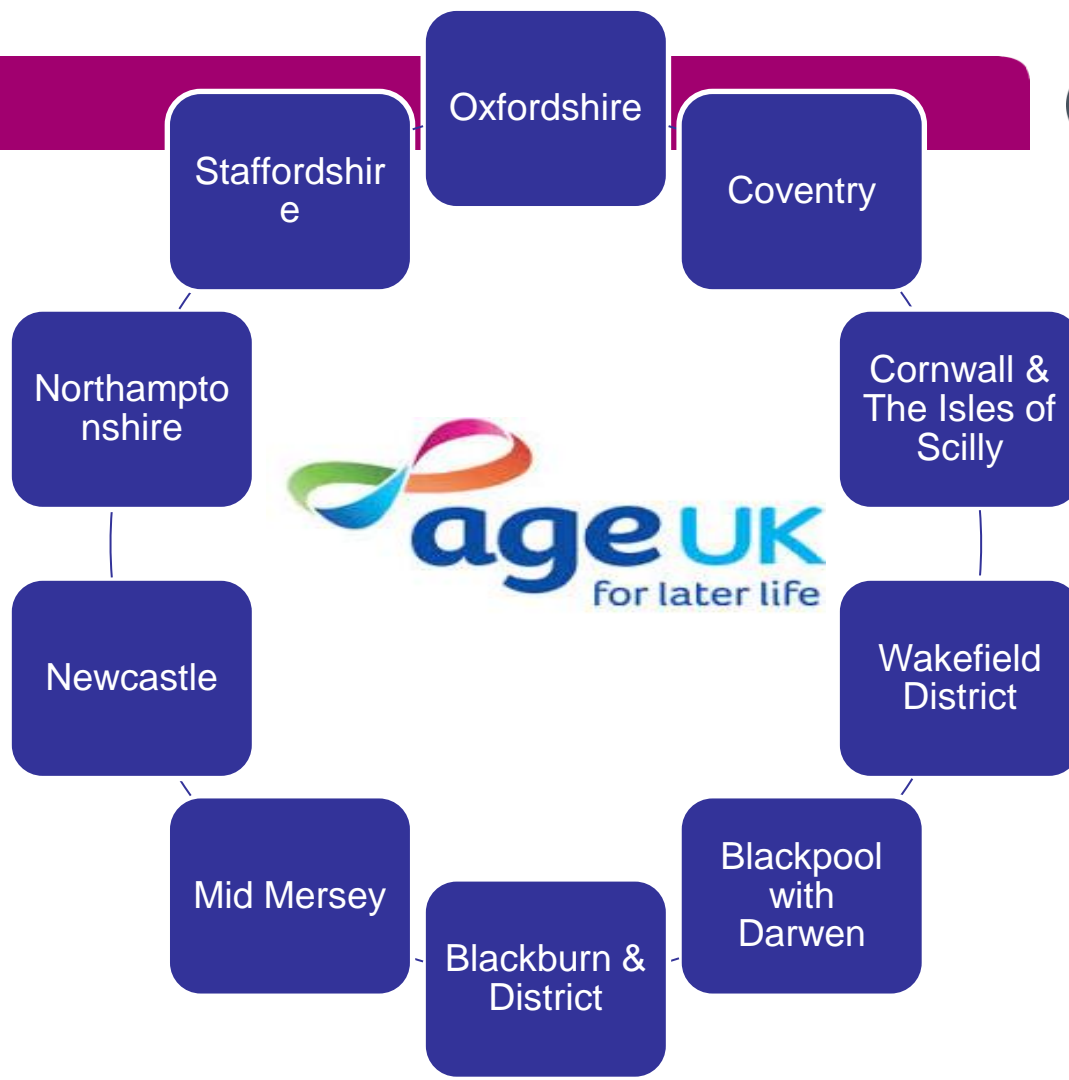
- Predicated on *older disabled adults'* voices and involvement.
- **Theory of Change** approach recognises the importance of *collaborative* knowledge generation in order to identify a long-term goal



# Research Questions



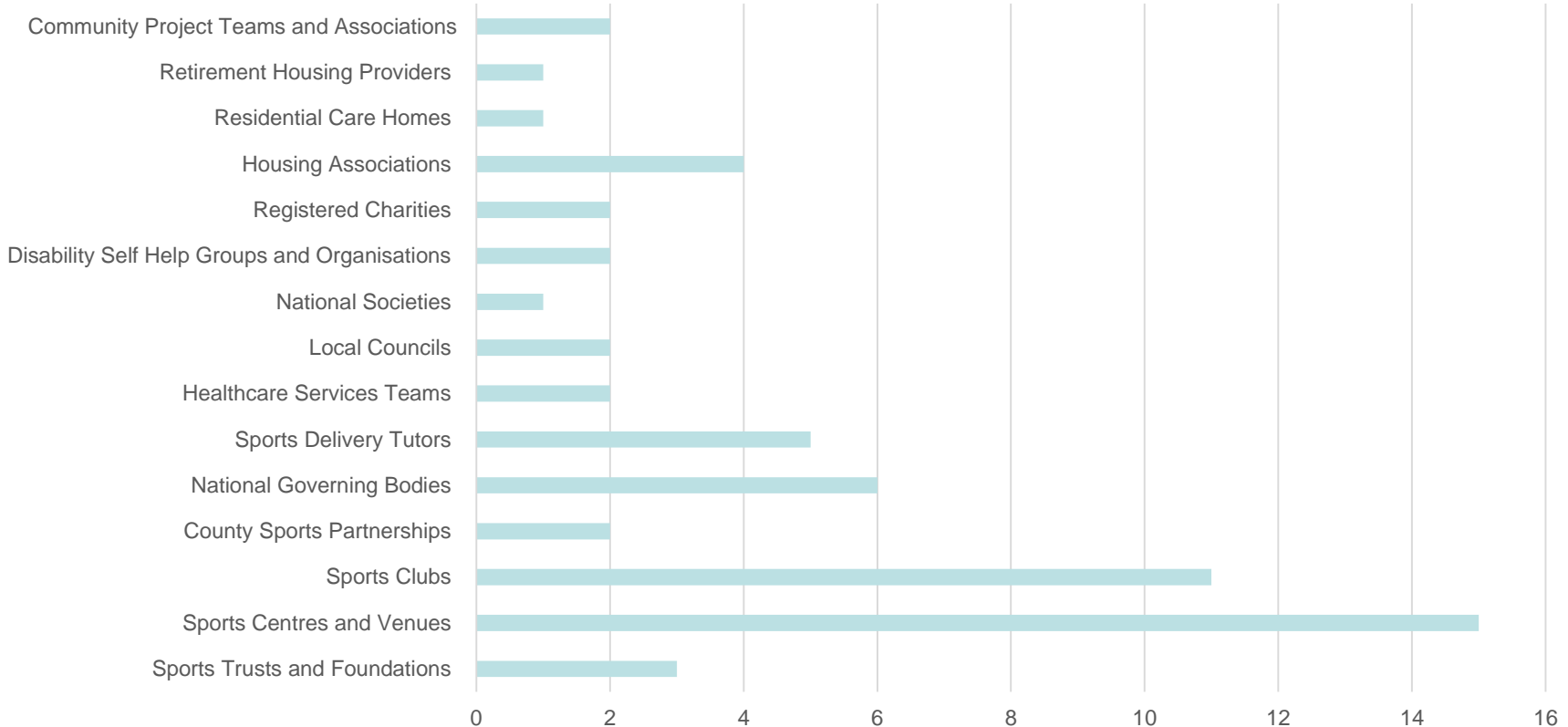
- RQ1:** Has this project increased the number of older disabled adults regularly participating in sporting activities?
- RQ2:** Has the intervention increased the choice and accessibility of sporting activities for older disabled adults?
- RQ3:** What have been the experiences of older disabled adults participating in this project?
- RQ4:** Have older disabled adults participating experienced improvements in their health and wellbeing?
- RQ5:** How successful has the training programme been in increasing awareness of the issues faced by older disabled adults wishing to participate in sporting activities?
- RQ6:** What affect has the volunteering participation had on the volunteers?
- RQ7:** What has been the impact of the project on County Sports Partnerships, National Governing Bodies and Sport England?
- RQ8:** How effective has the partnership working encouraged during this programme been in addressing the problem of poor participation of older disabled people in sports/activities?



# Partner Evaluation: RQ7 & RQ8



Type of Partners



## RQ7: Perceived Current Impact

*“We have focused on needs of disabled participants and thought more in depth about their needs”*



*“The project has helped us forge a stronger working relationship with Age UK, [Name of sports club] and the [name of sport] fraternity. The project has also helped us work with a cohort group (older people with Dementia) that we have never worked with previously and engage with other organisations that we have not had previous involvement with”*

## RQ7: Perceived Current Impact



*“It has made me look much more closely at the opportunity that sport can bring to the older age groups, even in a 'light' form. The sport [Name of Sport] gives older people the opportunity to interact in ways that they may not of thought of”*

*[It] has given us greater evidence as to what interventions work with the audience; what sports/activities, key messages, local networks that can support the roll out and NGBs that have contributed. It has given us a greater understanding of the infrastructure of Age UK both at a national and local level. **Given the great insight now available we can confidently justify investment and interventions into this audience”***





## RQ7: Perceived Future Impact



Sport  
England

County  
Sports  
Partnership

National  
Governing  
Body

## RQ8: Effective Partnership Working?



**All 13 nominated partners were asked if they felt, in their partnership with their local (or central) Age UK, they had improved the problem of poor participation of older disabled adults in sports activities.**

- Offering regular, accessible and somewhat innovative activities
- Staff training, awareness and experience
- Honest self-reflection and subsequent tailoring and appropriate advertising
- Sustainability?

## RQ8: Partnership Strengths and AFI?



Strengths	Areas for Improvement
Sharing the Load	Future Opportunities
Innovative Offering	Referrals
Co-operative Partnership	Information Sharing
New Contacts	Involvement in Project



**Thank you for your time**



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