# WHAT TO DO WHEN YOU MEET A PERSON WITH A DISABILITY

**DO YOU?**
Hide?



**OR...**
H.I.D.E
Say "Hello".
Introduce yourself.
Don't panic.
End the awkward.




**ALWAYS**
Be natural but be aware.




**DO YOU?**
Make assumptions about ability or potential problems?

**OR...**
Ask about their interests and goals.





**REMEMBER**
The potential for people with disabilities is limitless!



**DO YOU?**
React negatively?

**OR...**
Make eye contact, smile, be welcoming and open.






**EXACTLY!**

*"Disabilities are just differences."*

## INCLUSIVE SPORTS AND RECREATION FOR PEOPLE WITH DISABILITIES MEANS...

- Increased opportunities to use the skills you were trained for.
- Learning and skills development for your whole team and facility.
- Achievement of personal goals, to make a genuine difference to someone's quality of life.
- Improved physical and mental health, and social connections for all.
- When community members are enabled to reach their potential...

**EVERYONE WINS!**



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