



Looking for physical activity and sporting opportunities?

There are many opportunities available across Victoria both in sporting groups specifically for people with disabilities and in mainstream sporting clubs. Your local government offices should be able to offer contacts to help you find out about opportunities in your area:



- Contact the Sport and Recreation Officer, or their equivalent, at your local council; or
- Use the MetroAccess or RuralAccess service. These are initiatives of the Victorian State Disability Plan 2002-2012, that aim to build the capacity of local communities across Victoria to be more inclusive of people with disabilities. The DHS Community Building Contacts are listed on the MetroAccess/RuralAccess webpage at: http://www.dhs.vic.gov.au/disability/building_better_communities/ruralaccess_and_metroaccess

The following organisations will also be able to assist you in accessing sport and recreation activities for a family member with a disability:

Ausrapid

<http://www.ausrapid.org.au/>

National organisation which aims to increase the sporting and recreational opportunities for people with an integration disability in Australia. The website includes links to all their partner organisations and to the state organisation:

Victorian Sport and Recreation Association of Persons with an Intellectual Disability

<http://www.vicsrapid.org.au/>

Access for All Abilities (AAA)

<http://www.sport.vic.gov.au/web9/dvcsrv.nsf/headingpagesdisplay/active+communitiesaccess+for+all>

The Access for All Abilities Program builds the capacity of the sport and recreation sector to provide active participation opportunities for people with a disability. A dedicated Access for All Abilities Coordinator is located within each local Government area of Victoria and can assist families in locating local sporting and recreation opportunities. Each AAA program works with a variety of community and sports organisations. To find and contact the AAA provider organisation for your area, visit the website.

Special Olympics Victoria

<http://www.specialolympics.org.au/>

Special Olympics is an international voluntary organisation providing training and athletic competition in a variety of sports for children and adults with an intellectual disability.

Down Syndrome Down Under Swimming Organisation

<http://www.dsduso.org/>

Team Australia: the world champion swimming team of Australians with Down syndrome.

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