

## Community Inclusion

The United Nations Convention on the Rights of People with Disability (UNCRPD) says that all people have the right to participation and inclusion.

- to be included in the community as a valued member of society
- everyone has the Right to be included in their community

Community inclusion starts with the belief that community inclusion is possible and beneficial for all members of the community including people with a disability.

Many people with disability will need additional support to access and make connections with other community members, but this should not be a barrier to us facilitating community participation.

To be effective, community inclusion activities need to be implemented using **person centred approaches** e.g. person centred meetings, active support, full inclusion of the person in all aspects of the process.

### Best practice in community inclusion

**Meaningful Participation:** seek to develop meaningful connections and friendships that create a sense of belonging in their community.

**Encounter:** provide opportunities for incidental meetings with strangers that may or may not go on to form relationships, e.g. shop staff, local people at libraries, community house.

**Moving from presence to inclusion:** presence is where people are physically in the community but having little or no contact with others.

However, **inclusion** is making sure everybody has the same opportunities to participate in every aspect of life, to the best of their abilities and desires, including meaningful connections and relationships in the community.



## Tips for everyday community inclusion

- identify the activities or hobbies and interests that the person loves
- use these as a starting point for connecting with appropriate and relevant activities and groups
- another good place to start is by, building on existing natural connections and friendships to create greater relationships
- ensure that the person knows the aim of an activity and what to expect using accessible information e.g. easy read plus verbal explanation
- create an action plan to guide significant efforts
- you may identify areas where skill development or capacity building is required, don't forget this can inform funding requests in the NDIS plan e.g. NDIS category 9 *Increased Social and Community Participation*
- at all stages provide opportunity to the person to ask questions and provide feedback on how things are going for them
- start small e.g. have a social meet and greet first; keep it brief first interaction
- build the persons' confidence e.g. familiar person to support them
- appropriate supports in place to ensure a successful outcome
- Be mindful there will usually be some trial and error due to the need to uncertainty of environments and before locking plans in permanently

## Resources

Inclusion Press

<https://inclusion.com/>

Asset Based Community Development

<https://www.nurturedevelopment.org/asset-based-community-development/>