

The background is a solid teal color. In the center is a large yellow circle containing text. To the left of the circle is a vertical trail of black footprints. To the right is a curved path made of small white dots, with black footprints and exclamation marks scattered along it. At the top, there are several white footprints.

Get
Yourself
Active

@GetYrselfActive

Thanks for coming

- Key stakeholders in a room together
- Need your skills knowledge and expertise to make this project happen
- Share our learning with you
- Mark the beginning of this project



The partnership



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Active

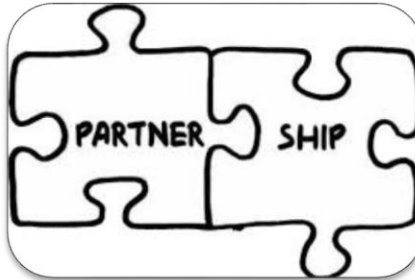
@GetYrselfActive



Project aims



Influence and work with national and local stakeholders



Strengthen partnerships



More people on personal budgets getting active



Work with sports providers



Work with health and social care professionals

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Our outcomes



Disabled people



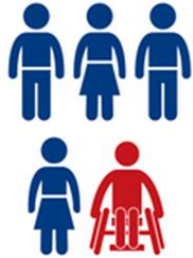
Sports providers



Health and social care professionals



Breaking down barriers



One in five

people in England have an impairment - around **9.4 million disabled people**.
(Census 2011)



Seven in ten

disabled people have **not taken part in any physical activity in the last month** compared to five in ten (48%) non-disabled people.
(Sport England APS8)



Seven in ten

disabled people **want to do more sport**.
(EFDS Lifestyle Report)



Six in ten

disabled people claim that either **not knowing about opportunities** or a **lack of available activities** is what prevents them from taking part.
(EFDS Lifestyle Report)



Psychological barriers

play the **biggest role** in preventing disabled people from taking part in sport. Their **perception of their own abilities matters** as well as others' opinions on whether the activity suits them.
(EFDS Barriers to Participation Report)



**English Federation
of Disability Sport**

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Promoting choice and control

At least two thirds of respondents said their personal budget had made things better or a lot better in 11 of the 15 areas of life we asked about:

Paid relationships

Friendships

Dignity in support

Mental health

Family relationships

Independence

Quality of life

Self-esteem



Feeling safe

Arranging support

Control over life

 **POET**[™]
Personal Outcomes Evaluation Tool

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Promoting choice and control



Personal budget holders who used their budget for personal assistants or **community-based solutions** were more likely to report **better outcomes** than those who used their budget on traditional services



In five of the nine areas asked about (support, quality of life, home, happy and relaxed, fit and healthy) at least 80% said that things were better or a lot better for their children

We want to work together

•Involve us in relevant research that you are part of

Involve



•Inform us about national and local initiatives and projects

Inform



•Share knowledge of good practice

Share



•Promote our work across your networks

Promote



What you'll get out of it

- ✓ Being part of an innovative and pioneering project
- ✓ Knowledge and evidence of how personal budgets can be used for physical activity and sport, the benefits, the barriers etc
- ✓ Benefit from new ideas about increasing participation
- ✓ Hear about ways in which we have brokered partnerships and working relationships across health, social care and sport

