

COMMUNITY PARTNER DESCRIPTION:

Canadian Association for Community Living (CACL) Antigonish is a non-profit organisation dedicated to providing residential and vocational programs. We support adults with intellectual disabilities from the Town and County of Antigonish in their pursuit of quality living and work experiences.

PROJECT DESCRIPTION:

The CACL Antigonish takes great pride in our Health and Wellness programming; it is one of our four pillars including; Social Enterprise, Supported Employment, Residential Support. Lack of exercise is a serious public health concern for all people, but people with disabilities are at much greater risk of the serious health problems associated with physical inactivity. Conversely, the health benefits of being physically active are many, including physical fitness, improved quality of life and less risk of developing secondary health problems. Increased uptake of effective strategies are needed to improve and maintain function and quality of life among people with intellectual disability in Nova Scotia especially within community living facilities. Therefore, the purpose of this project is to transfer knowledge regarding effective and sustainable health promotion activities among individuals with intellectual disabilities in CACL Antigonish.

PROJECTED BENEFITS:

We believe that the proposed project has the potential to improve the physical and mental health of individuals with intellectual disabilities and reduce health disparities in our communities. Regular physical activity has been associated positively with physical and mental health outcomes, social inclusion and improved performance in daily activities (jobs) among people with disability. We expect that knowledge disseminated from this project will have the potential to transform the daily routines and therefore health of our members through the provision of daily physical activity. It will also provide great health promotion training to our staff who work at CACL daily.

NB: These are excerpts from the Community Partner's original proposal from 2021.