



Alessandro Giustini:
Sport as a way to overcome disability

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There are many links between these two words



- **The first idea could be to approach the topic from the perspective of sport activities for individuals with disabilities and functional limitations (an increasingly important and widespread topic in society - Paralympics and other forms of activities for motor -cognitive disabilities). Events and opportunities for aggregation and inclusion, both for participants and as an ethical-cultural indication.**
- **In this context, knowledge of Special Olympics, which is aimed at individuals with intellectual disabilities, possibly associated with motor-cognitive disabilities, should be deepened. Its aim is to involve too individuals without disabilities in the various disciplines.**

Sport Therapy

Or to approach the issue from the point of view of physical and sport activity as a real tool/training for recovery of functioning, therefore as a properly rehabilitative element both in the motor side (musculoskeletal, respiratory, cardiovascular) and in the cognitive-behavioral side (observation, attention, repetition, learning, memorization and retention of activity patterns, observation of others, competition, gratification, self-gratification): Sport Therapy can be a true part in many Individual Rehabilitation Plans (firstly but not only SCI)

Physical Activity and Sport for All in the Community

- So I would like to offer you a brief reflection on Sport as an element of social activities, of stimulation and education of the community, also in this case aimed at protecting health for all and the inclusion of people with disabilities: this is precisely one of the roles that Fish in Italy is trying to play more and more explicitly and I believe very positively.**

Sport is a tool and opportunity (widespread, continuous, and repetitive) to draw attention, both for the individual and for the Community, to:

- **Movement, its value and function in relation to health Movement, its value and function in relation to the relationship with the environment, interpersonally and into the Community .**

- **Movement in relation to changes in the body and its components due to illness, trauma, and aging**
- **Movement even in conditions of limitations of anatomical structure and/or function**
Importance of self-control and control of one's own functions
- **-Importance of personal commitment and interaction with others to improve oneself**

The communicative power of sport is enormous!

- **What's missing and where we need to work together. ?**
- **Objectively, there's too little attention in international documents to the overall value of sport in the social and health fields for the community.**
- **Unfortunately, the system that focuses on the economic value that sport produces tends to prevail.**

CRPD - WHO - WB - UNICEF

Goal N.3 : Good Health and well-being



CBR MATRIX

