

IDEAL PROJECT



What is IDEAL? IDEAL stands for “**I**ntellectual **D**isability & **E**qual opportunities for **A**ctive and **L**ong-term participation in sport”. It is an EU-funded project steered by six research institutions specialized in ID across the EU in collaboration with local and global disability sport organizations.

Why IDEAL? Sport improves your physical and mental health. In the “IDEAL world”, each individual has equal rights to participate in any sport activity of their choice, close to home, at any level (purely recreational or high-level competition). The reality in many EU countries is that the majority of young people with an intellectual disability (ID) still find it hard to access sport, and they have fewer opportunities for full and equal participation, and limited opportunity to specialize/excel in the activity of their choice. More and more adapted sport opportunities arise for people with a disability, but there is need to improve the quantity and quality of the initiatives.

What does IDEAL? To overcome these inequalities by assessing if the currently existing ID-sports programs meet the needs of all people with ID in society, and set-up joint, evidence-based interventions in 4 focus sports: athletics, swimming, winter sport and basketball. Concrete actions will focus on gateways to increase participation, i.e., “coach the coaches”, “motivate the athletes”, and “provide more and better competition opportunities”.

More info? Check www.idealproject.org for news & activities, follow us on  or email: debbie.vanbiesen@kuleuven.be