



Bsport+

Who we are



<https://www.bsportplus.eu/>

FUNDACIÓN
Intras



TRENDIUS



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Active lifestyles are associated with numerous physical developments, they enhance feelings of 'energy', well-being and independence, reduce the risk of many diseases including cognitive decline and dementia.

People with disabilities can experience limitations in hearing, vision, mobility or cognition which may impact on the level of activity if appropriate support is not available. In fact, and according to Active Lives Adult Survey November 2017-18, 'Disabled adults are twice as likely as non-disabled adults to be physically inactive (42 per cent vs 21 per cent)'.

BSPORT+ recognizes how important it is to analyse and identify factors that motivate and activate people with disabilities to establish pre-conditions for further actions at all levels.

The Project

B-SPORT+ project is addressed at people with disabilities and all those who work with them. B-SPORT+ tackles the need of better equip facilitators and create collaborative mechanisms across institutions and bodies, seeking to eliminate inequalities between people with disabilities and people without them in the practice of sports and physical activity.

Objectives

BSPORT+ seeks the promotion of an active participation of people with disabilities in physical/sport activities and their adoption of healthier lifestyles through:

Creating a solid knowledge basis and generate evidence on the attitudes, motivations, barriers and habits of people with disabilities, to support the action

Generating a comprehensive provision on all existing assistive sport technology solutions suitable for people with disabilities

Producing a need-oriented capacity building programme tailored-made to professionals working with people with disabilities

Design a policy framework and establish pre-conditions to public innovations and professional initiatives towards the activation of people with disabilities