

## Resources for Providers

- **National Center on Health, Physical Activity, and Disability (NCHPAD)** provides inclusion resources for community organizations, health care providers, and more. Learn more at [nchpad.org](http://nchpad.org).
- **Institute on Community Integration** provides resources and tools to increase community inclusion of people with disabilities. Learn more at [ici.umn.edu](http://ici.umn.edu).
- **National Inclusion Project** provides trainings, tools, and inclusion support for community organizations. Learn more at [inclusionproject.org](http://inclusionproject.org).

## Benefits of Community Inclusion

Inclusion helps children with special health care needs and their families:<sup>2</sup>

- Build friendships with children without special health care needs and their families.
- Realize that children with special health care needs can succeed in regular classrooms and still get support services.
- Improve health and well-being.<sup>3</sup>
- Develop a sense of belonging.<sup>3</sup>

Inclusion helps the community:<sup>4</sup>

- Create more diverse relationships.
- Teach individuals to value differences.
- Provide opportunities for people with disabilities to share their gifts with the community.

<sup>2</sup> *Arkansas Healthy Children Handbook*. Arkansas Dept. of Human Services, Division of Child Care and Early Childhood Education, Health and Nutrition Unit, 2012.

<sup>3</sup> Wilson, Nathan J., et al. "From Social Exclusion to Supported Inclusion: Adults with Intellectual Disability Discuss Their Lived Experiences of a Structured Social Group." *Journal of Applied Research in Intellectual Disabilities*, vol. 30, no. 5, 2016, pp. 847–858., doi:10.1111/jar.12275.

<sup>4</sup> "Module 5—Community Inclusion". Illinois Department of Human

## Promote Inclusion in Your Community

Make sure your community provides:

- A welcoming and supportive environment.
- Equal opportunity to use all services.
- Accessible and reasonable accommodations.
- Dignity, respect, and privacy.
- People-first language in all settings.
- Ongoing support for inclusion within the community.

## People-First Language

People-first language is a respectful way to speak about people with disabilities. It emphasizes the person first, rather than the disability.

Focus on the person when speaking about people with disabilities. Avoid terms that label, generalize, stereotype, devalue, or discriminate.

## Resources for Parents and Families

Visit these sites to find inclusive programs, events, and sports near you:

- Children with Special Health Care Needs (CSHCN) Systems Development Group (Includes adaptive and inclusive recreation program directory): [dshs.texas.gov/mch/CSHCN/CommunityInclusion.aspx](http://dshs.texas.gov/mch/CSHCN/CommunityInclusion.aspx)
- Texas Parent to Parent: [txp2p.org/resources/resources](http://txp2p.org/resources/resources)
- Navigate Life Texas: [navigatelifetexas.org/en/services-groups-events](http://navigatelifetexas.org/en/services-groups-events)
- Special Olympics Texas: [sotx.org](http://sotx.org)



## What Does Community Inclusion Look Like?

Inclusive communities can meet the needs of all people. They accept and welcome people with physical, intellectual, and developmental disabilities. Examples of community inclusion:

- Accessible playgrounds with playscapes and swings for wheelchairs.
- Children with and without special health care needs learning together in the same class.
- Unified sports where children with and without special health care needs play together.

## About Us

The CSHCN Systems Development Group works to improve care for children and youth with special health care needs. We partner with community-based organizations across Texas to provide support for families of CSHCN.



## Maternal and Child Health

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[dshs.texas.gov/mch/CSHCN.aspx](https://dshs.texas.gov/mch/CSHCN.aspx)

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## Children with Special Health Care Needs A GUIDE TO COMMUNITY INCLUSION



Community inclusion is the ongoing support of children and youth with special health care needs (CYSHCN) and their families to be accepted in all aspects of a community of their choosing without exclusion or judgement.

Inclusive communities are important because they give people with disabilities equal access to opportunities for healthy living. <sup>1</sup>

<sup>1</sup>“Definition of Inclusion: NCHPAD - Building Inclusive Communities.” National Center on Health, Physical Activity and Disability (NCHPAD)



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