Sporting Opportunities for People with Disabilities in Social Welfare Facilities
I. Overview

1. Purpose
   The purpose of this study is to investigate the current situations of sports and recreation opportunities for people living in social welfare facilities in Japan, and to provide an evidence-based data to the government and relevant sectors for future policy development.

2. Data collection method
   (1) Method
      Written Questionnaire - Responded via mail, FAX, or E-mail
   (2) Questions
      • Facility attributes (facility capacity, number of employees and admittees etc)
      • Events related to sports/recreation
      • Participation in external sports/recreation competitions
      • Staff responsible for sports/recreation activities
      • Management strategies
   (3) Sample
      A written questionnaire was sent to 2,454 social welfare facilities for people with disabilities. A total of 1,494 facilities responded (the response rate was 60.9%). Based on the facility capacity and the average age of the admittees, 1,411 facilities were used for analysis.
   (4) Timeframe
      October 18, 2013 – November 26, 2013
II. Survey Results

1. Social welfare facilities

(1) Basic facility information

Regarding the facility capacity, “40–59 people” was the most common (47.7%) followed by “60–79 people” (21.0%) (Figure 3-1).

![Figure 3-1 Facility capacity](image)

Overall, the average number of staff members at responding facilities was 40.0 people; when viewed according to the type of employment, the average number of full-time employees was 33.6 people and part-time employees was 8.7 people (Table 3-1).

<table>
<thead>
<tr>
<th>Facility capacity</th>
<th>Overall</th>
<th>30–39 people</th>
<th>40–59 people</th>
<th>60–79 people</th>
<th>80–99 people</th>
<th>Over 100 people</th>
</tr>
</thead>
<tbody>
<tr>
<td>N=1,411</td>
<td>40.0</td>
<td>24.0</td>
<td>33.4</td>
<td>40.2</td>
<td>52.4</td>
<td>77.5</td>
</tr>
<tr>
<td>Full-Time</td>
<td>33.6</td>
<td>18.8</td>
<td>27.8</td>
<td>34.6</td>
<td>45.5</td>
<td>64.0</td>
</tr>
<tr>
<td>Part-Time</td>
<td>8.7</td>
<td>5.9</td>
<td>7.4</td>
<td>9.0</td>
<td>10.1</td>
<td>15.9</td>
</tr>
</tbody>
</table>

Table 3-1 Average number of employees (by facility capacity)
(2) People admitted to the facilities

The total number of individuals admitted to the 1,411 facilities was 81,485 people (Table 3-2). As for the breakdown according to the primary disabilities of those admittees, “Intellectual disability” was the most common with 70.6% followed by “Physical disability” at 28.6%.

Table 3-2 Number of facility admittees
(by disability type and facility capacity)

<table>
<thead>
<tr>
<th>Number of individuals admitted to the facility</th>
<th>Overall (81,485)</th>
<th>Facility capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4,511</td>
<td>30,900</td>
</tr>
<tr>
<td>Physical disabilities (23,320 (28.6%))</td>
<td>1,332</td>
<td>9,178</td>
</tr>
<tr>
<td>Intellectual disabilities (57,522 (70.6%))</td>
<td>3,111</td>
<td>21,477</td>
</tr>
<tr>
<td>Mental health issues (437 (0.5%))</td>
<td>66</td>
<td>166</td>
</tr>
<tr>
<td>Intractable diseases or other illnesses (206 (0.3%))</td>
<td>2</td>
<td>79</td>
</tr>
</tbody>
</table>

Regarding the average age of individuals admitted to the facilities, 2.6% were in their “20s”, 9.4% in their “30s”, 38.6% in their “40s”, 39.6% in their “50s”, and 9.7% were “60+” years of age; overall, a total of 80% were middle-aged (Figure 3-2). Also, the average age of individuals admitted to the analyzed facilities was 49.3 years.

![Figure 3-2 Average age of facility admittees](image)
2. Events related to sports/recreation

Approximately 70% of facilities held events related to sports/recreation. The most common event was “Facility sports day or carnival” (45.0%) followed by “Facility program such as a festival or event” (32.7%) and “Individual sports competition” (19.1%) (Figure 3-3). About one in four facilities did not hold events related to sports/recreation.

![Figure 3-3 Events related to sports/recreation (multiple responses)](image-url)}
3. Participation in external sports/recreation competitions

About 80% of facilities participated in external sports/recreation competitions. The most common type of competition was “Disability sports games such as the National Sports Festival for People with Disabilities and its prefectural qualifiers” (54.0%) followed by “Sports carnivals and sports/recreation competitions held by municipal governments for people with disabilities” (34.9%) (Figure 3-4). The “Other” category (16.8%) included responses such as sports competitions held by disabled facilities councils or disability welfare associations.

![Figure 3-4 Participation in external sports/recreation competitions (multiple responses)]
4. Location of sports/recreation activities implemented

Regarding the location where sports/recreation activities are implemented, the most common on-site location was “Multi-purpose room (indoor)” (59.4%) followed by “Courtyard or vacant lot (outdoor)” (41.2%) and “Weights training room or workroom” (26.4%). The most common off-site location was “Walking path or park near the facility” (46.8%) followed by “Neighborhood public sports facility” (27.8%) (Figure 3-5).

5. Sports/recreation activity supervisor

Regarding the supervisor of the sports/recreation activities, the most common was “Facility staff member (as part of work)” (96.0%) followed by “Instructor outside the facility (compensated)” (11.8%) and “Instructor outside the facility (uncompensated)” (9.7%) (Figure 3-6).
6. Management strategies

Regarding the strategies employed when managing sports/recreation activities for admittees, the most common response was “We hold activities that anyone can participate in, regardless of the type or severity of disability” (59.5%) followed by “We hold activities that are easy to instruct even without special knowledge or experience” (39.8%) and “We hold activities that meet the demands of our admittees” (34.3%) (Figure 3-7).

![Figure 3-7 Management strategies (multiple responses)](chart)
7. Support and collaboration network

Regarding the support and collaboration related to the sports/recreation activities, the most common response was “Don’t receive any support or collaborate with other organizations” (51.9%) followed by “Council of social welfare” (12.4%), “Concerned organization or family association of the disabled person” (11.8%), and “Disability sports organization” (10.3%) (Figure 3-8).

8. Interaction with disabled people outside the facility

Regarding the interaction with people with disabilities outside the facility through sports/recreation activities, the most common response was “Admittees of other facilities for people with disabilities” (48.0%) followed by “No interaction through sports/recreation activities” (27.3%) and “Students or children at nurseries, kindergartens, or elementary/junior-high/high schools” (22.8%) (Figure 3-9).
9. Challenges related to sports/recreation activities

Regarding the challenges related to sports/recreation activities, the most common response was “Progression of admittees’ disabilities” (77.4%) followed by “Increased age of admittees” (72.0%) and “Dealing with a wide variety of admittees’ disabilities” (60.0%) (Figure 3-10). Also, about 40% of facilities responded “Facility staff members lack expertise related to sports/recreation” and “We lack staff members (including volunteers) for sports/recreation activities.”

![Figure 3-10 Challenges related to sports/recreation activities (multiple responses)]