

# Research **3**

---

## **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**

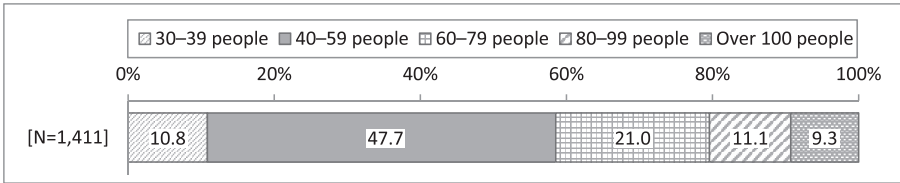
October 18, 2013 – November 26, 2013

## 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**

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 3-1 Average number of employees (by facility capacity)**

		Overall	Facility capacity				
		N=1,411	30–39 people	40–59 people	60–79 people	80–99 people	Over 100 people
Average number of employees	Overall	40.0	24.0	33.4	40.2	52.4	77.5
	Full-Time	33.6	18.8	27.8	34.6	45.5	64.0
	Part-Time	8.7	5.9	7.4	9.0	10.1	15.9

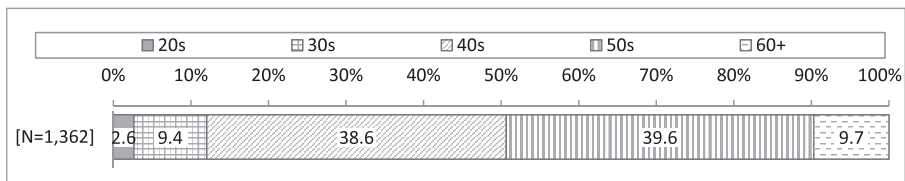
(2) People admitted to the facilities

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)**

		Overall	Facility capacity				
		N=1,411	30–39 people	40–59 people	60–79 people	80–99 people	Over 100 people
Number of individuals admitted to the facility	Overall	81,485	4,511	30,900	18,232	12,481	15,361
	Physical disabilities	23,320 (28.6%)	1,332	9,178	5,289	4,025	3,496
	Intellectual disabilities	57,522 (70.6%)	3,111	21,477	12,812	8,301	11,821
	Mental health issues	437 (0.5%)	66	166	105	57	43
	Intractable diseases or other illnesses	206 (0.3%)	2	79	26	98	1

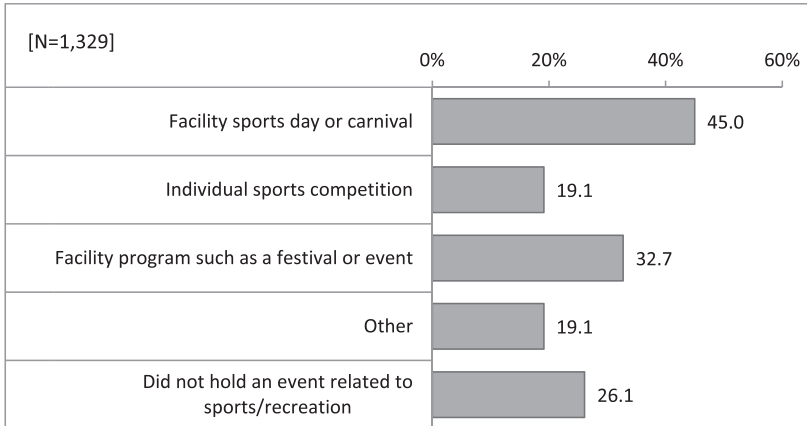
Regarding the average age of individuals admitted to the facilities, 2.6% were in their “20s”, 9.4% in their “30s”, 38.6% in their “40s”, 39.6% in their “50s”, and 9.7% were “60+” years of age; overall, a total of 80% were middle-aged (Figure 3-2). Also, the average age of individuals admitted to the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



**Figure 3-2 Average age of facility admittees**

## 2. Events related to sports/recreation

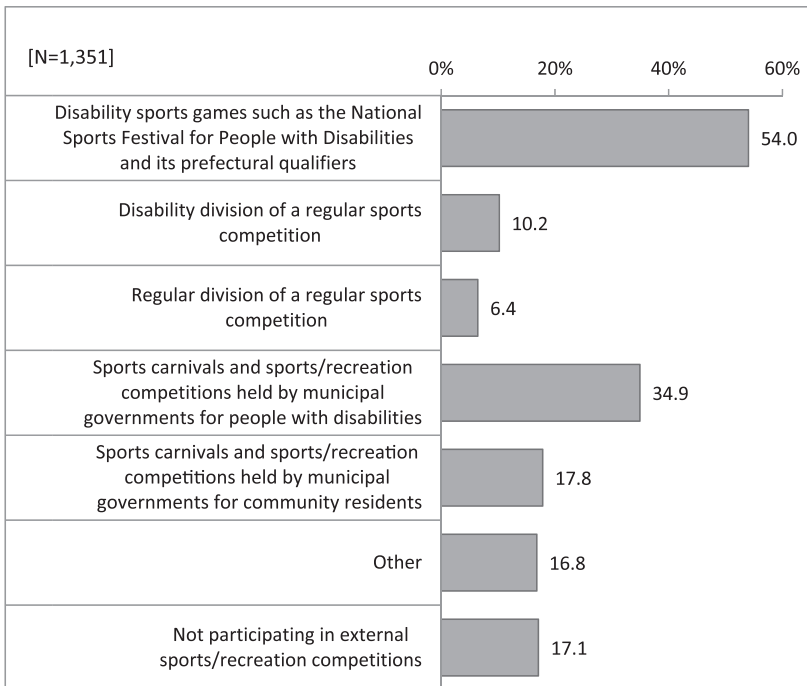
Approximately 70% of facilities held events related to sports/recreation. The most common event was “Facility sports day or carnival” (45.0%) followed by “Facility program such as a festival or event” (32.7%) and “Individual sports competition” (19.1%) (Figure 3-3). About one in four facilities did not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



**Figure 3-3 Events related to sports/recreation  
(multiple responses)**

**3. Participation in external sports/recreation competitions**

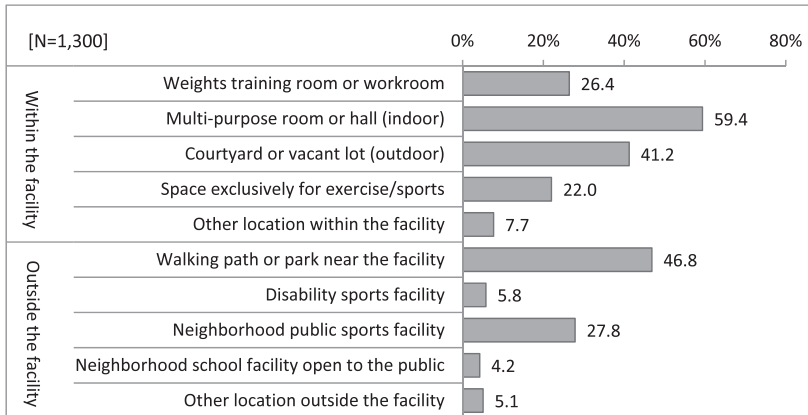
About 80% of facilities participated in external sports/recreation competitions. The most common type of competition was “Disability sports games such as the National Sports Festival for People with Disabilities and its prefectural qualifiers” (54.0%) followed by “Sports carnivals and sports/recreation 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

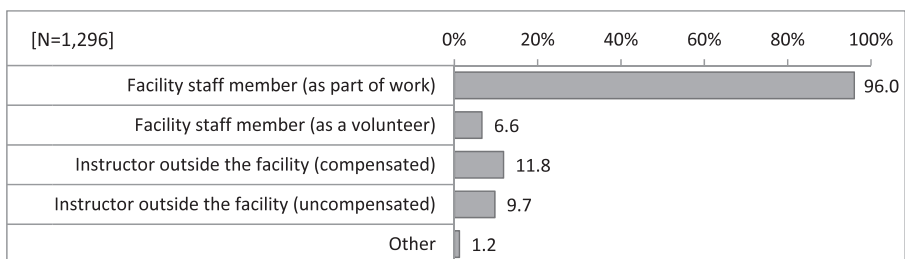
Regarding the location where sports/recreation activities are implemented, the most common on-site location was “Multi-purpose room (indoor)” (59.4%) followed by “Courtyard or vacant lot (outdoor)” (41.2%) and “Weights training room or workroom” (26.4%). The most common off-site location was “Walking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



**Figure 3-5 Location of sports/recreation activities (multiple responses)**

#### 5. Sports/recreation activity supervisor

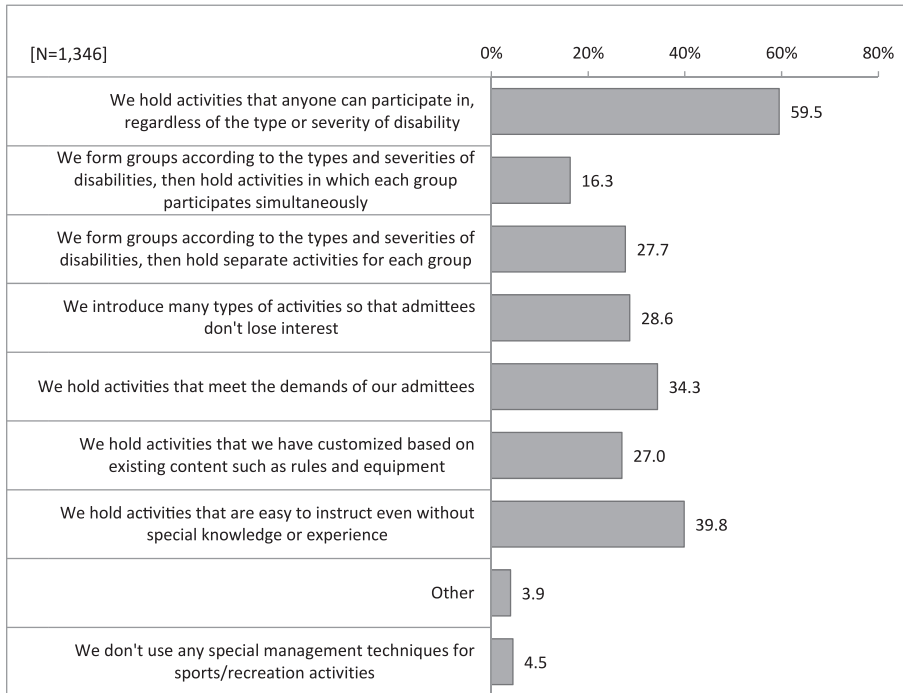
Regarding the supervisor of the sports/recreation activities, the most common was “Facility staff member (as part of work)” (96.0%) followed by “Instructor outside the facility (compensated)” (11.8%) and “Instructor outside the facility (uncompensated)” (9.7%) (Figure 3-6).



**Figure 3-6 Sports/recreation activity supervisor (multiple responses)**

**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).

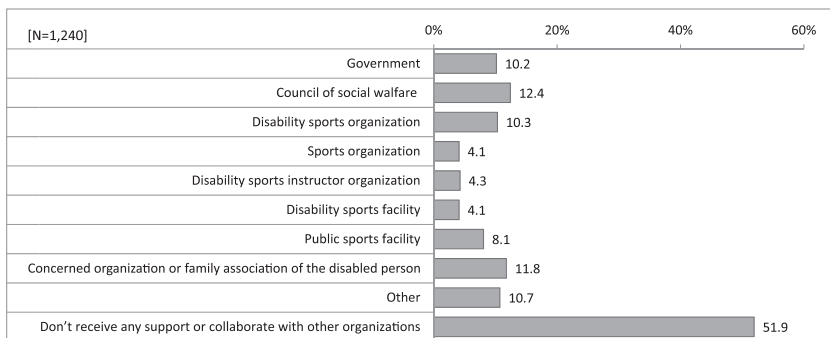


**Figure 3-7 Management strategies (multiple responses)**



## 7. Support and collaboration network

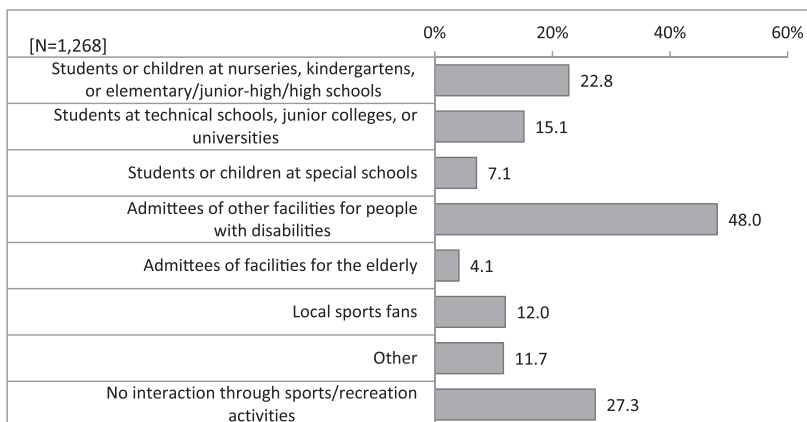
Regarding the support and collaboration related to the sports/recreation activities, the most common response was “Don’t receive any support or collaborate with other organizations” (51.9%) followed by “Council of social welfare” (12.4%), “Concerned organization or family association of the disabled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



**Figure 3-8 Support and collaboration network (multiple responses)**

## 8. Interaction with disabled people outside the facility

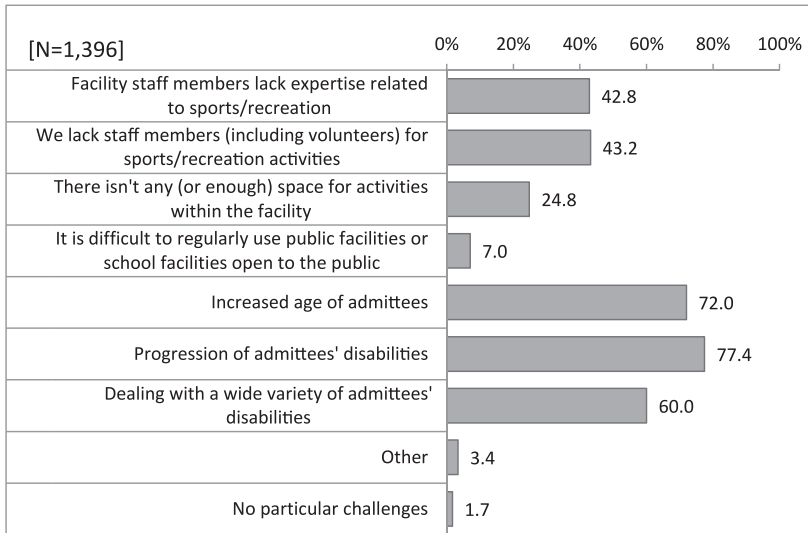
Regarding the interaction with people with disabilities outside the facility through sports/recreation activities, the most common response was “Admittees of other facilities for people with disabilities” (48.0%) followed by “No interaction through sports/recreation activities” (27.3%) and “Students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



**Figure 3-9 Interaction with disabled people outside the facility (multiple responses)**

**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)**