active disability ireland

# TREE Model

A tool to adapt and modify your activities to make them more inclusive and accessible for all ability levels.



t r e e

**Teaching/ Coaching Style:**
You can adapt the way you communicate with participants

**Rules/Regulations:**
You can simplify or change the rules and regulations to make your activities more inclusive

**Equipment:**
You can modify the equipment you use so that participants can access your activities

**Environment:**
You can adjust where the activities happen and how they are structured to accommodate all ability levels