



**This is an Easy to Read version of
the Cara Strategy 2019 to 2021**

About Cara



Cara was set up in 2007 with the support of Sport Ireland and the Institute of Technology, Tralee.



We support people with disabilities to be active and to take part in sport.



We want people with disabilities to have the same opportunities as everyone else to take part in sport.



Cara works with different organisations across Ireland.
We work with local and national groups.



Our Strategy



This booklet is about our first strategy.
A strategy is a set of plans for the future.
This strategy is for 2019 to 2021.



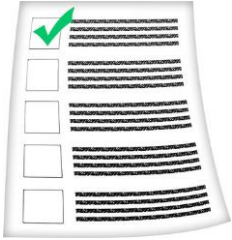
Sport and being active are an important part of our lives in Ireland.
Taking part in sport can help us to have good physical and mental health.



We know that people with disabilities want to be fit and active.
They want to have a healthy lifestyle.



However, research tells us that a person with a disability is less likely to be active than a person without a disability.



What we want to do



Our vision

We want to put disability sport and activity at the heart of our country.



Our mission

- We will work with disability, sporting, community and government organisations.
- We will work together so people with disabilities can take part in the sports of their choice.



We believe:



People with disabilities should be able to take part in sports in their local community.



It should not matter what type of disability you have.



It should not matter what age you are.



Every person with a disability should have a choice about the sports and physical activities they do.



Our Values

Partnership



We will work with individuals and organisations.

We will encourage them to get involved in our work and to share their ideas.



Engagement

We will listen to what people with disabilities want and need.



Advocacy

We will let everyone know how important sport and being active is to people with disabilities.



Our Values



Empowerment

Our work will support others to make more opportunities for people with disabilities.



Quality

We will support all sports organisations to give good quality opportunities for people with disabilities.



A well-run organisation

Our organisation will be managed well.
We will be open and honest about how we work.



Our Goals



Goals are the important things that we want to work on.

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Cara has four main goals in this strategy.



Each one has different actions to help us reach the goal.



Our Goals



Goal 1

We will work with the government and national organisations so there are more opportunities for people with disabilities to take part in sport and physical activity.



Goal 2

We will share the experiences of people with disabilities who take part in sport and physical activity.



We will make sure people with disabilities:

- know about opportunities to take part in sport
- learn about the benefits of being active.



Our Goals



Goal 3

We will improve the quality of the sports and physical activities available to people with disabilities.



Goal 4

We will make sure that Cara is well organised and managed.



Important things to think about



People with disabilities are at the centre of our work.

We will listen to what they have to say and find out what they need.



We want more opportunities for people with disabilities to be active.



We will work with local and national organisations.

Together, we will give more opportunities for people with disabilities to take part in sport and physical activity.



We will need more resources to make our strategy work.

Resources mean things like money or staff.

More information



Institute of Technology Tralee
Tralee, Co. Kerry
Ireland, V92 CX88



066 714 5646



Sport Ireland National Sports Campus
Snugborough Road,
Blanchardstown, Dublin 15
Ireland, D15 DY62



01 625 1160



www.caracentre.ie

