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SPORTGIVECHANCE

Diabetic runners and cyclists for more sport for all in Europe

Guidelines for vertical mainstreaming ***Policy Goals for Sporting Routes for Diabetics athletes***

“SPORTGIVECHANCE” n° 590518-EPP-1-2017-1-IT-SPO-SNCESE”

Project funded by the Erasmus+ Programme of the European Union

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Social and Health policies

Social and health policies are the subject on which the debates were mainly focused during the four days of the event and that gave the most relevant message. They embodies the effort to go beyond a strictly medical perception of life dimension for people living with diabetes.

Work towards prevention

Facing what appears to be the third sanitary emergency worldwide, cities and social, scientific and medical communities have to develop integrated strategies, fostering especially prevention actions, educating people to healthy life-style and nutrition.

It is worth to highlight that there is a general necessity, not only coming from people affected by diabetes, to approach a more healthy life-style, that prevents the arising chronic diseases like diabetes. Sport activity surely is an answer, through sports people develop and test new knowledge and learn to modify and improve the own therapeutic strategy.

Prevention, intended as an early diagnosis, starts from the immediate measurement of the glycaemic rate in the ambulances, in the emergency medical care centres, in small laboratories and generally during first aid actions. At least a quantity of persons corresponding to 50% of diagnosed diabetes patients are affected by diabetes without knowing it.

Also prevention campaigns have to be reinforced, the information has to be capillary and it is important to start trial campaigns in school (for example, by changing the menu of school canteens or giving more space to sport, even in areas where it is not strictly foreseen). The aim is to have a future generation that is more conscious about the risks of a sedentary lifestyle and bad nutrition, and also to foster the potentialities of people that already have been diagnosed with diabetes.

To introduce Medical Fitness in the treatment plan of persons affected by diabetes

What is important to people with diabetes is: a customized screening, an educational pathway, a personalization of medical instructions that enriches the therapeutic strategy and, of course, Medical Fitness, which is a less medical and more inter-disciplinary approach to the illness. Through the creation of health fitness centres (regulated also by a specific law concerning the region Umbria in Italy), the trial of this kind of approach makes available for people with diabetes a multidisciplinary team, with in its centre the figure of the general practitioner.

It is therefore very important that the general practitioners are updated, becoming more and more prescribers of complex pathways that include also fitness, and not just drug prescribers.

When practicing sport, it is important to measure the blood glucose level before, during and after the training, and analyse which nutrition is suitable for the training. The prescription of sport activity is a topic for which ANIAD (Associazione Nazionale Italiana Atleti Diabetici) (*Italian Association of diabetic athletes*) is standing up for since years, hoping that help from the Ministry of Health could foster this issue.

Indeed, for a long time ANIAD claims that it is important to create a diagnostic therapeutic pathway for physical activity of people with diabetes that can avoid dangerous improvisations, due to confusion between type 1 and type 2 diabetes. The most important elements of pathways like this are:

- preliminary screening of the complications,
- an evaluation of the motivation rate (for example following the PACE protocol: **P**atient centred **A**ssessment and **C**ounselling **E**xercise) and the full emotive involvement of the person with diabetes,
- an accurate educational phase, focussed on the preferential use of nutritional principles when doing sport in relationship with hypoglycaemic agents and/or insulin,

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- the personalization of medical instructions
- the evaluation of the obtained results.

To guarantee an interdisciplinary approach

It is important to consider the patient as the centre, in a context that has to be multidimensional and multidisciplinary. Nowadays, to face diabetes doesn't only mean to speak with a diabetologist, and considering that and the fact that the general practitioner has to be in a preferential role, it is agreed that the approach has to be multidisciplinary and therefore not only limited to medical staff.

The trial of health fitness centres is very important, not only because it represents the concretisation of the multidisciplinary approach, but also because it questions the whole health-care system about prevention costs vs. curing and medicalization costs.

What is also relevant for the cost-context is the problem to guarantee an equal access to all chronic patients that need this kind of procedure as a therapeutic strategy, to avoid the fact that health fitness centres could be too expansive for all, and therefore exclusive.

It would be very important to consider that physical activity could be refunded, when it is fully supported by an expert team for such physical activity, with at least a "diabetic guide" in the group that is trained by the national association for athletes with diabetes or a graduate in "Preventive and Adapted Exercise Science". This requires also the recognition of the therapeutic education activities done by the diabetologist team in the form of "dedicated curing time" and "reimbursement".

Diabetes cannot be cured alone and it is not possible to deal with it alone, people need to be supported by a team. In particular, a professional figure that flanks the diabetologist and that deals with the physical activity. It can be decided to train with specific courses the very same diabetologist (in this matter, ANIAD is active in sport subjects on a national basis) or to fill this gap by introducing other specialized figures in this matter. There is a wide reflection to be made about the required professional figures: it is necessary to establish the role of the specialist in "Preventive and Adapted Exercise Science", that should be able to transfer medical instructions to individual practice and to verify periodically the obtained results, in order to correct the training when it is needed.

Another key role is held by the psychologist, which can develop the resilience capacity of a diabetic person, help to reduce diabetes resulted stress, strengthen the role of motivation, and, in case of children with diabetes, offer support to the parents of a diabetic child, in order to foster social inclusion, for example in schools and other social environments.

Psychology could be also the key to reach a better perception of diabetes by the majority of the population.

To involve associations and active citizens

It appears right to foster the role of the associations of athletes with diabetes and, in general, of associations that carry on a different point of view and interests related to diabetes, based as well on the experience of other European countries, in particular the Anglo-Saxons ones, which are doing this a long time. It also seems important to involve citizens in health matters, when it's time to decide. This is becoming more and more an added value from which important solutions can be expected.

The role of citizens can also result in the institution of mutual-support groups, formed on the basis of diabetic subjects 'age. These groups can foster a self-consciousness of the illness and a better and more effective self-control when dealing with the pathway (empowerment).

The educational camps for people with diabetes and/or for people potentially vulnerable to diabetes, organized on a regular basis by ANIAD appear to be fundamental. Here experi-

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ences can be changed and solutions among equals can be found, under the supervision of diabetologists and the “guide diabetics”. Sharing time and experiences helps to understand that a certain problem, that sometimes can be so hard to deal with that it almost impossible to success, is not rare and no reason to be ashamed. In this way the initial anxiety and stress disappear, the subject tends to open up, first in private to whom is close on an emotive basis, and then to the whole group of learners. Self-esteem and trust in the group grows and foster the driving force of continuity.

To use new opportunities given by technology

New technologies offer nowadays the instruments and tool that can improve life-quality of diabetics. Insulin infusion pumps, sensors and supporting instruments are essential when this kind of persons want to engage challenges or trips that can be testing, considering the features of their illness.

It is important though to be aware that the access to these technologies is not a foregone conclusion in all the regions and countries, so there is still much work to do.

Technology helps also to accept the own condition in a different way: many expose themselves to measurement devices and Insulin infusion pumps with no shame at all, unlike in the past. This appears to be quite a cultural step forward in the past years.

To review sport certification of people with diabetes

Even if some important and severe preconceptions that have determined heavy forms of discrimination until some year ago for people affected by diabetes that intent to practice agonistic sport appear to be out-dated, there are still forms of prohibitions that are absolutely anachronistic and incoherent. It is proved that, considering the performance level, there is no difference at all between athletes with or without diabetes.

Moreover, the most recent developments in the pharm-sector (better insulin that are more suitable for the physical needs) and in the technological sector for the control of glycaemia (sensors sending data even through smartphones) made the prediction and prevention of physical activities resulting problems safer.

Therefore, if there aren't any specific problems reported by the diabetologist, there is no reason why a sport doctor should not give the authorisation for physical activity. It is needed though a higher involvement and a full interaction between the involved specialists, in order to foster physical activity among people with diabetes, as a modern therapeutic approach asks for.

To intensify awareness about similarities and differences between type 1 and 2 diabetes mellitus

People with diabetes mellitus type 1, even though for them prevention is impossible, can and must be helped to handle the illness at the best they can following a healthy lifestyle, possibly combined to an insulin therapy, in order to avoid severe complicances, through the use of technology in all regions of Italy. The current patchwork situation is no longer acceptable, it worsen the life quality of some patient compared to others, only because of the region they are living in. It appears to be quite important that a strategy cannot be based only on saving money, but it has to focus on the reduction of expanses on a long term basis regarding complications, guaranteed by a higher usage of:

- i. Insulin pumps;
- ii. Continuous glucose monitoring sensor (CGM)



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On the other hand, type 2 diabetes can be delayed or prevented when starting, by following a healthy diet, keeping weight in optimal limits and, most of all, with a constant and systematic physical activity.

Sport policies

The indications for the development of efficient sport policies, even for people affected by diabetes or other chronic diseases, came from a confrontation between single athletes, proper sport teams like Nordisk, members of the organizing committee of sport events, such as the Rome Marathon, or representatives from circuits like the "Eroica", a cycling event that re-invokes cycling of yore. The topic of soft mobility remains central, fostered as a proper innovative life-style.

To use sport as an instrument for education and awareness

First of all, sport is a form of education and participation, useful to confirm that sport is the real answer to a tendency towards physical inactivity and un-healthy life-style.

Positive actions could be education to sports, communication in schools and subsidies for people intending to do physical activity.

Sport venues and events have to be increased.

To organize events suitable for every one

Sport events should be a continuous experimentation, trying to break down barriers (not only the physical ones) and fostering accessibility to all sport categories. A well-organized event is an advantage for all, especially the weaker categories.

To involve in a coordinate way all the interested subjects

The events should be turned in to citywide events, with the most intense involvement possible of local *stakeholders*, including both schools and enterprises. There are no citywide events without the involvement of local bodies. Coordination and synergy are essential condition for a well-managed event.

Touristic and economic development policies

The event gave the possibility for exchange and it determined a tangible experiment for touristic incoming. It was a test bench for the quality of hospitality services of the local touristic network.

To bet on cycling tourism

Territories have to be understood, and if there is the possibility of a match between nature and sport, for example by developing cycling tourism, this must be pointed out and made usable. Cycling tourism is about 3,4 billions of Euros/year just in Italy. If 8% of tourism regards the event sector, 44% of them are about the combination between sport and nature (means, looking for a territory that welcomes)

To foster the integration between public and private partners

Developing such significant segment of tourism presumes the integration and partnership between public and private partners and integrated policies (touristic, sportive, urban, services,

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etc.). With a shared strategy it is possible to achieve a common target that is socially and economically important for the whole city.

To create a bike hotel

A hosting territory offers well maintained green infrastructures and a hotel network that are suitable to host both single subjects and groups willing to practice sports. Private investors are necessary, the investments are not particularly high: following the experience of EROICA, which operates in Italy, the initial one-time investment is about 10.000€, plus about 18.000€ a year, recouping the investment within two years and beginning to earn money starting from the fourth year.

To have seasonally adjusted tourists flow

Approaching to this kind of tourism, together with a good management, allows also to have a seasonally adjusted tourists flow, offering sport events even in periods of the year that traditionally are less touristic.

To insert the events in international circuits

In order to achieve an international incoming, it is necessary to be connected to professional tour operators. The Erasmus+ Sport program experience and the stories from whom took part to important conferences during "SportGiveChance" project shows that hosting larger groups, even if they come from far away, is indeed possible. As well the right use of social networks contributes to state a good local marketing, when it is connected to solid hosting networks.

To sustain sport and well-being enterprises

To be supported by institutions when choosing to do sport or something for the own well-being appears to be very forward-looking, both from an economic and an occupational point of view, and of course for the affirmation of a local model of sustainable development. To achieve that, it may be necessary to redevelop abandoned areas and to recover common goods.

City planning and urban renewal policies

The reflection about spaces and places of a city that pretend to be "smart" led the working groups to the conclusion that a smart city should host a smart community. Therefore, there is going to be a passing from the concept of "smart city" towards "smart community". This is the basic concept that influences governance and the integration of public policies and urban renewal policies.

To guarantee accessibility of the cities

The vision of an "accessible city for all" imposes to apply integrated and systematic policies, the standards that have to be guaranteed can no longer be of the quantity-type, but requires an improvement on a qualitative basis. The actions to carry on regarding this matter can be various. Just for example:

- creation of accessible pathways for everybody, with fees for those who obstacle a barrier-free passage;
- improving of fast tracks (buses and taxis) and lay-bys for buses, as well as free parking lots with better connection to the city centre through buses;
- More information and orientation, as well using new technologies, facilitating the usage of sport paths and venues, suitable as well for well-being and movement.

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It is necessary to improve the road signs for pedestrians and cyclists, demolishing architectural obstacles (physical, sensorial, intellectual and cognitive ones), for example stating how far and high touristic targets are located; road signs have to be improved as well for a better usage of alternative mobility.

Another objective to pursue is the improvement of the promotion of alternative mobility systems. Speaking of concrete actions, it is necessary to increase the number of SOS-Points with defibrillators along urban and extra-urban pathways and to create a local office that co-ordinates the private and public active services.

This strategy may promote the suburbs regeneration, as a new central point that fosters physical activity and health.

To increase bike and pedestrians lanes, make them usable permanently

This strategy should make the city more accessible, adaptive, inclusive and attractive, in full coherence with the urban health approach. Safeguard and promotion of health have to interact with actions of urban regeneration. It is known that urban green, the fact to be able to walk around in the city by foot and the quality of urban spaces affect the psychological and physical well-being of people, help to contrast sedentary life-style and in general arise the quality of the urban environment for a better quality of life of the community.

The progressive extension of *green pathways*, as stated also by the European Cycling Federation from the Czech Republic, represents a relevant element regarding this kind of this way of thinking.

To increase services and equipment of urban and extra-urban soft mobility pathways

The accessibility topic has to be connected to the equipment topic (system of services). The pathways have to be equipped, for example, with rest areas, focussed also on special needs (like for persons affected by diabetes), or they can be turned into intersections with other transportation situations, like school-transportation or the public and local one.

The urban cycling paths, if they are already integrated with the regular roads, have to be equipped with cycling traffic lights and safe and free parking lots along the pathway itself.

Vocal emergency points and handrails (if possible, on both sides) have also to be installed along the main pedestrian routes, more benches have to be installed along the uphill pathways, in order to facilitate the usage. It must be possible to transport bikes on public buses; the public illumination of cycling pathways and sport infrastructures during the night has to be increased, using also "smart" devices.

The position of pharmacies or public/private spots with health and emergency kits has to be planned. For example the distance between one of this points and one other should be 10 Km. This project was useful to make clear how to turn a sportive target "permanently accessible" for people with diabetes. If one extends this whole way of thinking also to other aspects of life, the given indication are potentially useful to plan a city that is built on a human scale.

To integrate and combine policies

Every project has to be inserted in an integrated system of interventions. As example on an international basis could be useful to quote the *best practice* of the alternative mobility, that was realized in the very same Spoleto and called "Spoleto – city without cars", an integrated system of escalators, elevators and moving pavements that "erase" the elevation of the city. This project will be successful if it will be combined to policies that limit the access of cars to the historical city centre, that foster the re-population of the centre and renews the urban spaces.

To harmonize times and places of the urban environment

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It is important to think about the scheduling and management of the time of the urban mobility in all its aspects.

This planning has to be aware of the real needs of a diabetic person when using the urban (or extra-urban) pathways.

To guarantee safety

Safety rules are basic both for sport events and for every day's sport venues. Safer pathways need to be planned, for reaching schools, public structures and working places. All of this should happen as well increasing the usage of bicycles.

Safety in places where sport and physical activity is done need to be safer, observing as well national regulations regarding this sector, that give prescriptive instructions on this matter.

To create and maintain permanently green infrastructures

Institutions should increase suitable places and infrastructures for sport and physical activity. They have also to maintain them constantly. This is the only way to keep cycling pathways efficient and avoid that nature, by taking back its space, destroys in a short time what was made with a significant investment. The maintenance topic, that can be done even with a partnership between public and private, is a priority topic.

To use new resources and technological instruments

It is necessary to foster the usage of *Mobile Apps* and smart *Infopoints* that have to be dislocated in the city; create *Apps* that can monitor the traffic live; develop *Apps* that facilitate an easier communication between bodies, institutions and athletes and that allow to report problems or damages. The daily users through their points of view of the pathways become part of a dynamic and interactive data system.

I°) To foster horizontal subsidiarity actions

Involvement of citizens and synergy with political, sport and private institutions have to be increased, both during the planning phase and during the realization of the planned actions. Local bodies and institutions, if necessary, must be helped using every possible legislative reference, **ITALY**.

In Italy, it is the article 118 of the Italian Constitution that could turn this suggestion into concrete actions: "Le funzioni amministrative sono attribuite ai Comuni salvo che, per assicurarne l'esercizio unitario, siano conferite a Province, Città metropolitane, Regioni e Stato, sulla base dei principi di sussidiarietà, differenziazione ed adeguatezza."

II°) To foster horizontal subsidiarity actions

Involvement of citizens and synergy with political, sport and private institutions have to be increased, both during the planning phase and during the realization of the planned actions. Local bodies and institutions, if necessary, must be helped using every possible legislative reference, **Cyprus**.

In Cyprus, the involvement and active participation of the citizens is rather a 'fresh' action, however, it has taken a great importance during the last few years. Until 2018, citizens' involvement in the decision-making procedure was not existent, and any actions are based on the decisions undertaken by the authorities; Municipalities, Regional, and/or, Central Government. Provided that these are democratically elected, it can be argued that the citizens' participation is active. However, in 2018, the Council of Ministers approved a Bill whose purpose is to establish the right of citizens to demand and require the government to promote, either legislative measures or other forms of measures, to produce policies that concern them. The Bill has been

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drafted after consultation with non-governmental organization, as well as with the Interior Ministry Electoral Commissioner who is the competent authority in Cyprus in relation to the European Citizens' Initiative. This e-petitions tool, both in the European Union and in many states of America, is a positive policy that the Republic of Cyprus needs. Through the Bill, citizens will be given the option to invite the government to take action or amend existing policy / legislation in areas of interest provided they collect 8000 statements of support from citizens of the Republic of Cyprus or EU nationals registered in the electoral roll.

The government will be obliged within three months either to notify the implementation of the request or to reject the request. The whole system will operate online and the signatures will be controlled by a 5-member committee, chaired by the Secretary of the Cabinet. The whole project is promoted as follows: If 100 signatures are received within one month, the initiative will be publicly posted on an official website for a period of four months. The aim here is to collect 8000 signatures in four months. At the same time, the signatures will be certified by the Ministry of the Interior.

Based on the above actions, and despite that the Constitution of the Republic of Cyprus does not contain any provisions that will ensure the citizens' active participation outside the formal and democratic procedures in terms of electing the several Authorities, the new Bill is in full alignment with the best practices developed and applied in the European Union, as well as in other contemporary and developed societies that wish to promote their citizens' active participation.

III°) To foster horizontal subsidiarity actions

Involvement of citizens and synergy with political, sport and private institutions have to be increased, both during the planning phase and during the realization of the planned actions. Local bodies and institutions, if necessary, must be helped using every possible legislative reference, **BULGARIA**.

В Република България:

А) Конституцията;

- чл.4 алинея 2 „Република България гарантира живота, достойнството и правата на личността и създава условия за свободно развитие на човека и на гражданското общество.“

- чл. 48 алинея 2 „Държавата създава условия за осъществяване на правото на труд на лицата с физически и психически увреждания.“

- чл. 52 алинея 3 „Държавата закриля здравето на гражданите и насърчава развитието на спорта и туризма.“

Б) Закон за младежта и спорта;

- чл.5 алинея 1 точка 14 „Държавната политика в областта на физическата активност, физическото възпитание, спорта и спортно-туристическата дейност се осъществява чрез: осигуряване на достъп на хората с увреждания до спортните обекти – държавна собственост.“

- чл.6 точка 6 „Общинската политика в областта на физическата активност, физическото възпитание, спорта и спортно-туристическата дейност се осъществява чрез: осигуряване на достъп на хората с увреждания до спортните обекти – общинска собственост.“

В) Закон за хората с увреждания;

Проектът на Закон за хората с увреждания е разработен в изпълнение на Програмата за управление на правителството за периода 2017 - 2021 година, в която са

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заложили мерки, свързани с усъвършенстване на законодателството в областта на политиката за интеграция на хората с увреждания, се посочва в мотивите на законопроекта. Той е съобразен с изискванията на Конвенцията за правата на хората с увреждания на ООН, ратифицирана със закон на 26 януари 2012 година.

Г) АГЕНЦИЯ ЗА ХОРА С УВРЕЖДАНИЯ (национална институция);

- Създава и поддържа информационна база данни за хората с трайни увреждания;
- Регистрира лица, които осъществяват дейности по предоставяне на помощни средства, приспособления и съоръжения за хората с увреждания и медицински изделия, посочени в списъци по закон;
- Контролира дейностите по предоставяне на помощни средства, приспособления и съоръжения за хората с увреждания и медицински изделия;
- Води регистър на специализираните предприятия и кооперации на хората с увреждания;
- Участва и дава задължително становище при изготвянето на проекти на нормативни актове, свързани с хората с увреждания;
- Разработва програми и финансира проекти за стимулиране на стопанската инициатива на хората с увреждания и стопанската инициатива в интерес на хората с увреждания;
- Разработва програми и финансира проекти за рехабилитация, интеграция и за изграждане на достъпна среда за хората с увреждания;
- Изготвя обобщени годишни отчети и анализи за дейността по интеграция на хората с увреждания.

In the Republic of Bulgaria:

A) The Constitution;

- Article 4, paragraph 2 "The Republic of Bulgaria guarantees the life, dignity and rights of the person and creates conditions for the free development of man and of civil society".
- Art. 48 paragraph 2 "The State shall create conditions for the exercise of the right to work of persons with physical and mental disabilities."
- Art. 52 paragraph 3 "The State protects the health of citizens and promotes the development of sport and tourism."

B) Law on Youth and Sport;

- Article 5, paragraph 1, point 14 "The state policy in the field of physical activity, physical education, sport and sport-tourism activity is implemented by: ensuring access of disabled people to state - owned sports facilities."
- Article 6, point 6 "The municipal policy in the field of physical activity, physical education, sport and sport-tourism activity is implemented by: ensuring the access of persons with disabilities to the sports facilities - municipal property."

C) Disability Act;

The Draft Disability Act was developed in implementation of the Government's Program for the period 2017-2021, which includes measures related to the improvement of the legislation on the policy of integration of people with disabilities, it is stated in the statement of reasons of the bill. It complies with the requirements of the UN Convention on the Rights of Persons with Disabilities, ratified by law on January 26, 2012.

D) AGENCY FOR PEOPLE WITH DISABILITIES (national institution);

- Creates and maintains an information database for people with permanent disabilities;
- Registers persons who carry out activities for the provision of auxiliary means, devices and facilities for people with disabilities and medical devices listed in the law;

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- Controls the activities of provision of auxiliary means, devices and facilities for people with disabilities and medical devices;
- keeps a register of specialized enterprises and cooperatives of people with disabilities;
- Participates and gives a mandatory opinion in the drafting of normative acts related to people with disabilities;
- Develops programs and funds projects for stimulating the economic initiative of people with disabilities and business initiative in the interest of people with disabilities;
- Developing programs and funding projects for rehabilitation, integration and building an accessible environment for people with disabilities;
- Prepares aggregated annual reports and analyzes of integration activity for people with disabilities.

IV°) To foster horizontal subsidiarity actions

Involvement of citizens and synergy with political, sport and private institutions have to be increased, both during the planning phase and during the realization of the planned actions. Local bodies and institutions, if necessary, must be helped using every possible legislative reference, **Nederland**.

Artikel 144: Verdediging locale belangen

De gemelde besturen kunnen de belangen van hunne gemeenten en van hare ingezetenen voorstaan bij den Koning, bij de Staten-Generaal en bij de Staten der provincie waartoe zij behooren.

Article 144: Defense of local interests

The notified administrations can represent the interests of their congregations and of their residents in the King, in the States-General and in the States of the province to which they belong.... in update....

V° - n.°) To foster horizontal subsidiarity actions

Involvement of citizens and synergy with political, sport and private institutions have to be increased, both during the planning phase and during the realization of the planned actions. Local bodies and institutions, if necessary, must be helped using every possible legislative reference, **Other Countries**.

The work to update the rules of the countries of the sending bodies is currently being collected.

Special Bookmark

With some sending bodies, the results of the Guidelines and the Policies emerged will be implemented in a new project *Erasmus+ - Sport - Collaborative partnerships EAC/A03/2018*, in the context of the priority "*support the implementation of EU policy documents in the field of sport and other relevant policy areas such as recommendations, guidelines, policy strategies, etc. (e.g. EU Physical Activity Guidelines, EU Guidelines on Dual Careers of Athletes, Principles on good governance in sport, etc.)*" , paying attention to the sentence: "*A particular focus will be put on projects that address grassroots sports*".

Final Conclusion

As a conclusion, one of the participants of the meetings said that: "life quality is made also out of dreams and passions, things you want to carry on, and when this is somehow made impossible by the missing usage of technology or simply given by ignorance (meaning that people with diabetes ignore what their possibilities are), than it becomes frustrating".

"SPORTGIVECHANCE" n° 590518-EPP-1-2017-1-IT-SPO-SNCESE"

Project funded by the Erasmus+ Programme of the European Union

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These guidelines consist of the indications emerged from an earnest and deep debate, even if it is far from being exhaustive.

They have to be an answer and a practical tool to overcome this issue. It means to tackle with the challenge of improving people's lifestyle and to empower the possibilities to live everyday with diabetes.

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