

# For the team, Laurence counts

Because her coaches never shied away from adapting their practices and her teammates learned how to communicate with her, Laurence, who has a hearing disability, became a key player.



**TOGETHER,**

**LET'S BUILD A MORE**

**INCLUSIVE SOCIETY**

Semaine québécoise  
des personnes handicapées

**June 1 to 7**

# LITTLE THINGS BIG RESULTS

No matter what your role in society, you can do little things to increase the social participation of people with disabilities. That way, you can help make our society a richer, more inclusive one.

You are involved in group sports?	Include children with disabilities in your group and help them develop their full potential at their own pace.
You volunteer for cultural, sports or recreational organizations?	Suggest that people in charge of activities or coaching receive specific training in welcoming and serving people with disabilities.
You are part of an event organization committee?	Favour obstacle-free inclusive activities. When required, install an access ramp, put up adequate signage, take security measures, etc.
You provide direct services to the public?	Should a person with a disability come to you accompanied by an assistant or someone serving as an interpreter, you must always speak directly to the person.

[www.ophq.gouv.qc.ca/sqph](http://www.ophq.gouv.qc.ca/sqph)

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