Rafrobball: Social participation and citizenship facilitation through sport

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Presentation program

• What’s Rafroball?
• Participation and citizenship through Rafroball
• Rafroball and OT
• Conclusion
What’s Rafrobball?
History

• Created in Switzerland
• 4 friends, including 3 disabled people
  • Thierry Rapillard, Lionel and Jonas Frossard and Prince Ballestraz
• Valid and disabled players
Rules

• Mix of football, handball and basketball rules
• Teams composition
  • 5 players
    • 1 goalkeeper
    • min. 3 disabled players
    • max. 1 pedestrian with a disability
    • max. 2 valid players in wheelchair
• Special rules
  • Possibility to be helped by a "motor"
  • Advantages for the players who have difficulties
  • Adaptation of goals dimensions
• 2 x 15 minutes, with 10 minutes of half-time
Values

• Equality of participation opportunities
  • Valid and disabled people in the same team
  • Various kinds and levels of disability in the same team
• Valorisation of the disabled players
• To increase the awareness of disability among valid people
• Promotion of community integration and participation
Illustrations

Some illustrations of Rafrobball
Playing Rafrobball in Switzerland

- 11 teams in 6 towns in the French-speaking part of Switzerland
- 2 leagues
  - Fun
  - Sport
- 3 championships a year
- Summer camps
- Projects
  - German-speaking part of Switzerland
Participation and citizenship through Rafroball
Reverse-integration

• Definition: able-bodied in a disabled players group
• Improves disabled players’ well-being
  • Level of participation
  • Quality of life
  • Perception of social competences
• Avoids prejudices about disability
Being part of a group

- Associative life in sport clubs
  - Space of expression and participative citizenship
  - Full rights in the decision making process
- Being a team member
  - May help developing social competences
    - Cooperation
    - Respect of rules
    - Frustration
    - ...
  - Possible transfer of these competences in the community life
Occupational participation

- Rafroball as meaningful occupation
  - Doing sport, being a team member and becoming a community member
- Positive influence
  - On physical and mental health
  - On other occupations
- Decreases the awareness of having a disability
Social participation

• Virtuous circle
  • Higher self-acceptance, self-efficacy and body image
  • Improved mental health
  • Enhanced level of community integration
• Produces and reinforces social networks
• Opportunity to keep social roles
• Challenges negative stereotypical conceptions
Rafrobball and OT
Rafroball as a goal of treatment

- Rafroball as leisure activity
  - Personal choice
  - Relaxation
  - Valued activity
  - Social participation
  - Health benefits
- OT can enable the participation
  - Equipment adaptations
  - Training
Rafroball as a mean of treatment

- Rafroball can be used to improve
  - Social interactions
  - Motor functions
  - Well-being
- OT can help the client to transfer these skills
- Change in the routines of rehabilitation
Conclusion
Empowerment

• Rafrobball is a way to empower people
  • Better functional efficiency, feelings of accomplishment and psychological well-being
    • Produces autonomy
    • Enables people to achieve their life goals
Bibliography

Thank you for your attention! 😊