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Balanced lifestyle is essential for health and wellbeing. Previously, attention has been directed to self care and work while that to leisure is comparatively less particularly in the adulthood. Today, it is generally accepted that opportunities of accessing leisure are an integral part of the quality of life among people with intellectual and multiple disabilities (Sivan, 2000). However, these population groups are usually have limited access to leisure (Zijlstra and Vlaskamp, 2005). In the past decade, SAHK has been involved actively in developing and promoting a range of adaptive sport and recreational activities like photography, Taekwondo, painting, dancing that constitute an essential part of the conductive lifestyle of our adult clients.

Recently, the concept of inclusive recreation emerged rapidly, especially in North America. It advocated that every person, with or without disability, has a right to be fully included in society and enjoyed leisure programs and facilities with their healthy counterparts. Service providers are in a position to remove physical and social barriers and make reasonable accommodations so that people with disabilities may have free and equal access to recreation (Smith et al, 2011).

To integrate the concept of inclusion into the conductive lifestyle in the adulthood, some contextual accommodations have been introduced to promote the interaction between healthy people and our client within the activities. Take Taekwondo as an example. Taekwondo is a popular mainstream sport and become the official event in Olympic game since year 2000. It featured a systematic colour belt system to represent participant's skill level. Participants are required to go through examination before proceeding to next colour belt or skill level. Obviously, the ordinary examination curriculum is too difficult for people with disability. In 2008, SAHK collaborated with a local Taekwondo club and developed an adapted belt system for the clients with moderate level of multiple handicapped. In this adapted belt system, the examination extended from regular 10 levels to 13 and accommodated the limitations of people with disability. For example, replace the kicking skill by punching skill for wheelchair participants. This adapted colour belt system created a platform for people with disability to join the mainstream activity and play with healthy people in the same arena.

In addition, a series of activities have been organized to encourage the social inclusion through Taekwondo. A fun day with more than 150 participants was organized in 2010 to promote Taekwondo among people with disability in Hong Kong. With the help of more than 300 volunteers, our clients participated in an event of creating a Guinness World Record "The largest Taekwondo Display" in 2012. The clients have also been invited to various community activities or event to perform Taekwondo demonstration. These performances greatly impressed the community and facilitate mutual understanding which laid down an excellent foundation for future's inclusion.

References

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