



Accelerating Disability Inclusion

Call for Proposals: Community-Based Micro-Grants

Proposals due: Friday, April 28, 2023, 5:00 PM CST

Submit Applications via [Online Form](#).

All questions must be submitted in writing to nchpadgrants@lakeshore.org.

Are you interested in addressing gaps in inclusion and accessibility in your community?

The National Center on Health, Physical Activity and Disability (NCHPAD) seeks proposals for a community-based micro-grant program that promotes accessibility and inclusion of people with disabilities in health promotion, healthcare and/or healthy living activities.

We are looking for innovative community-based projects that incorporate disability inclusion into programs, policy, systems and/or environments related to improving health promotion, community inclusion or access to healthcare. This program will award grants up to \$5,000 for projects related to supporting disability inclusion strategies that make healthier choices easier to make for all people in areas where they may live, learn, work, play, pray and receive care.

Why are we focusing on inclusion of people with disabilities?

People with disabilities experience barriers that prevent them from being able to access health promoting opportunities in communities. Inclusion is about making sure every community member has the same opportunities to participate in every aspect of life to the best of their abilities and desires.

What are we looking for?

This micro-grant program aims to recognize, support and grow efforts around designing communities that promote *inclusive health* for people with disabilities. We are looking for sustainable projects that need a small amount of funding to improve or increase disability access and inclusion. Given the funding amount and timeline of this micro-grant, it is anticipated that applicants will leverage projects that are currently being planned or implemented. Although newly conceived projects will still be considered, these projects will have to show a strong feasibility of implementation under the 12-month timeline.

Project categories that would be eligible for funding may include but are not limited to **1) Health Promotion, 2) Healthcare and 3) Community**. Examples of project areas within these categories are below.

- Virtual inclusive exercise, nutrition or wellness programs and resources.

- Universal design of community environments (i.e., parks, trails, playgrounds, gardens) that go beyond minimum ADA requirements.
- Inclusive wayfinding and accessible route planning at a community level.
- Addressing disability access or inclusion at a school system or university (i.e., professional development training, inclusive programming, adaptive equipment loaner program).
- Inclusive programs or resources that address mental health and stress management for people with disability.
- Improving access to healthcare and wellness for people with mobility disability.

As part of this proposal, you should:

1. Identify a project that is being planned or implemented in your community.
2. Describe how you will work to make the project inclusive of people with disability.
3. Identify partners who will be involved in planning and implementing the project.

If funded, you will:

1. Gather community feedback on making the project inclusive of people with disabilities.
2. Finalize the planning of the inclusive project.
3. Implement the inclusive project.
4. Document reach of the inclusive project to people with disabilities (potential and actual reach if available).
5. Submit a final report on the inclusive project.

Project Requirements:

- Demonstrate that a project has strong potential to increase disability access and inclusion as it relates to health promotion, healthcare and/or healthy living activities.
- Demonstrate how your project will have a broad impact for people with disabilities in an identified community.
- Demonstrate appropriate involvement throughout the whole project of local disability representatives, defined as a person with a disability or a person representing an organization that serves/advocates for persons with disabilities.
- Receive virtual training and technical assistance by NCHPAD staff.
- Submit a brief final report 30 days after completion of the project period (template provided by NCHPAD).
- Work with the NCHPAD evaluation team at regular intervals throughout the project period to develop evaluation data relevant for the applicant and NCHPAD.
- Collect and provide contact information for individuals with mobility disabilities to be referred to the NCHPAD Connect directory.
- Demonstrate how your project will improve health outcomes with people with mobility disabilities at individual, system or community levels.
- Agree to have project publicly shared and reported by NCHPAD.

The following types of projects will *NOT* be considered:

- Funding for improvements that are otherwise required under the Americans with Disabilities Act (ADA) (i.e., funding to make a restroom accessible or to provide sign-language interpretation for a program).

- Projects that do not have a focus on health promotion, healthcare and/or healthy living activities for people with disabilities.
- Projects with no disability representation on the project team.
- Projects that are not at the community level (e.g., only accessible to limited number of people).
- Projects that do not demonstrate community involvement and feedback.

Who can apply?

This funding opportunity is open to any non-profit organization, group or agency (including schools and universities) that has demonstrated reach at a community level.

Award Information:

Award ceiling:	\$5,000
Estimated number of awards:	5
Length of project period:	12 months
Estimated start date:	August 1, 2023

Funding decisions will be made for a project period of 12 months, beginning on August 1, 2023, and ending on July 31, 2024. Award is contingent upon the availability of funds and receipt of satisfactory progress reports. Payment of funds will occur through a Fee for Service contract with 50% of the project awards upfront and the remaining 50% upon completion of the final report. Indirect costs or overhead are not permitted.

Application Submission:

Applications for this cooperative agreement include completion of the required **online form, budget and budget justification**. Please fill out all application questions using the online form. The budget and budget justification should be attached to your online form. Alternative formats of the online form will be provided upon request. Please email nchpadgrants@lakeshore.org to request an alternative format.

Budget Narrative/Justification

Provide an itemized budget breakdown for the project (capped at \$5,000) and the basis for estimating the costs of personnel salaries, project staff travel, materials and supplies, consultants and subcontracts, and any other projected expenditures. Applicants should use the budget justification section to provide a detailed budget for each proposed activity. Budgets exceeding \$5,000 will not be reviewed. Only direct project costs are permitted; indirect costs or overhead are not permitted. No part of this grant may be used directly or indirectly towards lobbying or construction activities. Specify any cash-matching or in-kind contributions. This award is based on available funds.

Completed applications must be submitted via [ONLINE FORM](#) by April 28, 2023, by 5:00 PM CST.

Review Process:

NCHPAD will review applications received upon the deadline date. NCHPAD may ask for clarifications or request revisions where appropriate. NCHPAD will also seek to maximize diversity of awards based on project objectives.

For More Information:

National Center on Health, Physical Activity and Disability (NCHPAD)
3810 Ridgeway Drive
Birmingham, AL 35209
nchpad@uab.edu

Helpful Documents and Links:

- [2020 Accelerating Disability Inclusion through Community-Based Micro-Grants](#)
- [Accelerating Disability Inclusion through Community-Based Microgrants \(During COVID-19\)](#)
- [NCHPAD's Strategic Priorities 2021-2026](#)
- [NCHPAD for Healthcare Professionals](#)
- [Commit to Inclusion's 9 Guidelines for Disability Inclusion](#)
- [Reaching People with Disabilities through Healthy Communities](#)
- [CDC's Disability Inclusion](#)
- [COVID-19 Disability Community Needs Assessment Report](#)

This funding opportunity is supported by the Cooperative Agreement Number, 1NU27DD000022, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

Table 1. Sample Outcomes

Outcome of interest	Potential target
Increased knowledge and awareness of healthy lifestyle behaviors	People with disability
Increased participation in evidence-based, innovative risk-reduction and health promotion programs	People with disability
Increased knowledge and awareness of risk factors for chronic disease and need for follow-up care	People with disability
Increased adoption of healthy lifestyle behaviors (i.e., physical activity, healthy eating, stress reduction)	People with disability
Increased management and control of chronic disease and mental health conditions	People with disability
Improved life satisfaction and perceived social-emotional support	People with disability
Increased utilization and satisfaction with telehealth technology	People with disability
Expanded application of telehealth technology in health promotion and wellness programs	Providers
Improved data collection methods to increase quality, timeliness for continuous program improvement	Organization or system
Increase awareness about the effectiveness of health promotion/wellness programs for people with mobility limitations	Providers

Improved quality of health promotion programs and services for people with mobility limitations and their caregivers	Providers
Increased knowledge and awareness of the unique health needs of people with mobility limitations among health care professionals, students, caregivers, decision makers, and the public	Providers
Increased number of providers trained to deliver prevention and healthcare services to people with mobility limitations	Providers
Increased number of people with mobility limitations receiving prevention and healthcare services from providers with knowledge of the unique needs of people with mobility limitations	Providers or People with disability
Increased frequency and reach of disseminated communications that include up-to-date directories of healthcare providers and health promotion services committed to serving people with mobility limitations	Community, systems, or providers
Increased availability of tools, and resources to inform inclusive health promotion programs, policies, systems, and environments	Community, systems, or providers
Increased use of tools, and resources to improve the health of people with mobility limitations	Community, systems, or providers
Increased knowledge, skill, and competency of staff to deliver health promotion programs and services	Providers