



Accelerating Community Engagement Opportunities with Individuals with Disabilities

Call for Proposals: Community-Based Micro-Grants

NCHPAD
nchpad.org

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Proposals Deadline Extended: October 30, 2020 by 11:59 pm CT.

Submit Applications via [ONLINE FORM](#).

All questions must be submitted in writing to nchpadgrants@lakeshore.org and will be publicly available at www.nchpad.org/grants.

Are you interested in addressing gaps in community engagement efforts specifically with individuals with disabilities in your community?

The National Center on Health, Physical Activity and Disability (NCHPAD) seeks proposals for a virtual community-based micro-grant program that promotes the acceleration of community engagement efforts with individuals with disabilities in the 99 neighborhoods of Birmingham, AL. Micro-grants will be centered around NCHPAD's *Mindfulness, Exercise and Nutrition To Optimize Resilience* (MENTOR) program core components: *Mindfulness, Your spirit, Self-care, Core values, Outdoor time in nature, Relationship building, Exercise, Contribution to others, Arts and leisure, Rest and relaxation, Diet (MY SCORECARD)*, and goal setting. The MENTOR program provides people with newly acquired and existing mobility disability with the opportunity to have access to an online, self-management program for exercise, nutrition, mindfulness. You can find out more about the MENTOR program [here](#).

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 all 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 grass-roots community engagement activities with people with disabilities. NCHPAD uses the CDC's definition of community engagement which is, "the process of working collaboratively with and through



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groups of people affiliated by geographic proximity, special interest, or similar situations to address issues affecting the well-being of those people.” We are looking for communities that are willing to participate in a two-part virtual micro-grant. Part 1 will focus on participating in a weekly community engagement training over a three-week once per week time-period facilitated by NCHPAD. The training will focus on developing innovative strategies for increasing community engagement efforts in local communities followed by periodic check-ins in the months of November and December. In part 2 of the micro-grant, applicants will use the information learned in the community engagement training to accelerate a virtual three-month innovative inclusive community engagement project with individuals with disabilities in their local community that focuses on the MY SCORECARD.

This program will award up to \$20,000 for up to five projects.

Example community engagement activities are listed below.

Mindfulness:

Ex. Have a free mindfulness class geared toward how to cope and live with restrictions related to COVID-19. This class could be offered virtually and taught by a mindfulness teacher.

Spirituality:

Ex. Have local spiritual leaders teach classes about spirituality and how to live a spiritual life. Local spiritual centers can provide ways to be involved in their communities.

Self-care:

Ex. Bi-weekly lunch and learn seminars about various healthcare topics and how to navigate the healthcare system.

Relationships:

Ex. Weekly coffee meeting (or virtual meeting) to talk and build relationships with people in the community.

Exercise:

Ex. Weekly exercise professionals talk about the importance of exercise and where to exercise within your community.

Contribution to others:

Ex. Twice per month have guest speakers within the community talk about their organizations and how to volunteer.

Arts & entertainment:

Ex. Monthly classes taught by local professionals that focus on different forms of art.



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Rest & relaxation:

Ex. Monthly seminars about how to sleep better and learn about ways to relax.

Diet:

Ex. Build an accessible garden within your community and have weekly cooking classes using the vegetables from the garden.

As part of this proposal, you should:

1. Identify community engagement activities that are being planned or implemented in your community. Applicants can also create their own virtual community engagement activities.
2. Describe how you will work to ensure current or newly developed community engagement efforts are virtual and inclusive of people with disability.
3. Identify partners who will be involved in planning and implementing the virtual inclusive community engagement activities.

If funded, you will:

1. Participate in the three-week once per week community engagement training.
2. Gather community feedback on making the community engagement activity inclusive of people with disabilities.
3. Finalize the planning of the inclusive community engagement activity.
4. Implement the inclusive community engagement activity.
5. Submit a final report on the inclusive community engagement activity.

Project Requirements:

- Demonstrate that a virtual community engagement activity has strong potential to increase disability access and inclusion.
- Demonstrate how your project will have a broad impact with people with disabilities in an identified community. For example, an implementation project that occurs across an entire neighborhood or multiple neighborhoods rather than a smaller portion of the neighborhood (s).
- Demonstrate 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.
- Complete project in the specified timeline.
- Receive a three-week once per week community engagement training followed by periodic check-ins in the months of November and December in addition to 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.
- Agree to have project publicly shared and reported by NCHPAD.



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

- Projects with no disability representation.
- Projects that are not at the community level (i.e. only accessible to limited number of people).
- Projects that do not incorporate current local guidelines regarding social distancing and other precautions related to COVID-19
- Projects that do not demonstrate community involvement and feedback.

Who can apply?

This funding opportunity is open to the 99 neighborhoods in Birmingham, AL. Project applications should be submitted by the local neighborhood president or representative.

Award Information:

Award ceiling:	\$20,000
Estimated number of awards:	5
Length of project period:	~five months
Estimated start date:	October 26 th , 2020

Funding decisions will be made for a project period of ~9 months inclusive of the three-week community engagement training and the periodic check-ins in the months of November and December., beginning on October 26, 2020 and ending on March 31, 2021. 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 **project narrative, budget and budget justification**. Please fill out all application questions using the **Online Form**. The narrative, budget and budget justification should be attached to your Online Form.

The Project Narrative portion of the application is where the proposed project should be described and address each of the application questions. The Project Narrative section of the application must be single-spaced on 8.5 X 11" paper with 1" margins on all sides, and a standard font size of not less than 12. The project narrative must not exceed 6 single-spaced pages. For project narratives that exceed 6 single-spaced pages, NCHPAD will instruct reviewers to disregard all of the content on the pages beyond the 6th page. The page limit does not apply to the budget and budget justification. However, the page limit does apply to all of the project narrative section. Evaluation support will be provided by NCHPAD.



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Budget Narrative/Justification

Provide an itemized budget breakdown for the project (capped at \$20,000) 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 \$20,000 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 October 30th, 2020 at 11:59 pm CT.

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:

Please contact: Angela Grant, MBA | Program Director II
UAB | The University of Alabama at Birmingham
UAB/Lakeshore Research Collaborative
1720 2nd Ave. S, SHPB 341 | Birmingham, AL 35294-1212
P: 205.934.8773 andrela@uab.edu

Helpful Documents and Links:

- [Commit to Inclusion's 9 Guidelines for Disability Inclusion](#)
- [Community Tool Box](#)
- [Promoting Activity and Inclusive Healthy Communities Series](#)
- [CDC's Disability Inclusion](#)
- [Guidelines, Recommendations, Adaptations for Including Disability \(GRAIDs\)](#)
- [CDC Community Health Improvement Navigator](#)
- [Principles of Community Engagement 2nd Edition](#)

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