Accelerating Disability Inclusion
Call for Proposals: Community-Based Micro-Grants

Proposals due: December 16, 2019 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 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 and wellness activities.

We are looking for innovative community-based projects that incorporate disability inclusion into programs, policy, systems and/or environments (PPSE) related to improving physical activity, nutrition or healthy weight management. This program will award grants up to $5,000 for projects related to supporting disability inclusion strategies that make healthier choices the easier choices 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 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 inclusive health for people with disabilities. We are looking for “shovel-ready” 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, they will have to show a strong feasibility of implementation under the 6-month timeline. Examples of PPSE changes may include, but are not limited to:

- Policy for free or reduced gym membership
- Adaptation of community garden plans to be universally designed
Development of inclusive wayfinding signage or smartphone applications
Improving the design of a new playground to incorporate universal design
Systems changes to make a walking school bus program more inclusive
Adapted equipment loaner program for a community bike share program

As part of this proposal, you should:
1. Identify a programmatic, policy, system or environmental (PPSE) change that is being planned or implemented in your community.
2. Describe how you will work to make the PPSE inclusive of people with disability.
3. Identify partners who will be involved in planning and implementing the inclusive PPSE.

If funded, you will:
1. Gather community feedback on making the PPSE inclusive of people with disabilities.
2. Finalize the planning of the inclusive PPSE.
3. Implement the inclusive PPSE.
4. Submit a final report on the inclusive PPSE.

Project Requirements:
- Demonstrate that a programmatic, policy, system or environmental change (PPSE) has strong potential to increase disability access and inclusion as it relates to physical activity, nutrition or healthy weight management.
- Demonstrate how your project will have a broad impact for people with disabilities in an identified community. For example, an implementation project that occurs across a school district instead of just one school.
- 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 a 6-month timeline.
- Receive 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.
- 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 nutrition, physical activity or healthy weight.
- 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 demonstrate community involvement and feedback.
Who can apply?

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

Award Information:

- Award ceiling: $5,000
- Estimated number of awards: 7
- Length of project period: 6 months
- Estimated start date: January 6, 2020

Funding decisions will be made for a project period of 6 months, beginning on January 6, 2020 and ending on June 30, 2020. 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.

**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 December 16, 2019 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 Manager II  
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**Helpful Documents and Links:**

- [Commit to Inclusion’s 9 Guidelines for Disability Inclusion](#)
- [National Recreation and Park Association’s Parks for Inclusion](#)
- [Promoting Activity and Inclusive Healthy Communities Series](#)
- [CDC’s Disability Inclusion](#)
- [Guidelines, Recommendations, Adaptations for Including Disability (GRAIDs)](#)

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