



# *Accelerating Disability Inclusion*

## Call for Proposals: Community-Based Micro-grants

**Proposals due: September 18, 2020**

Submit Applications via Online Form: <https://forms.gle/iwP2iRdd21YT8HVe9>.

All questions must be submitted in writing to [nchpadgrants@lakeshore.org](mailto: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 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 health promotion, physical activity, nutrition, mindfulness 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.

**COVID-19 note:** NCHPAD understands that many community-based activities have been modified due to the COVID-19 pandemic. This project will only support activities that can be completed virtually or within state and/or local COVID-19 policies regarding business operations, social distancing, face coverings, etc. NCHPAD will provide assistance and guidance with virtual activities that are accessible to people with disabilities.

Interested applicants can refer to the **COVID-19 Disability Needs Assessment Report** to learn more about the current needs of people with disabilities and/or chronic health conditions in response to the COVID-19 pandemic.

[https://www.nchpad.org/fppics/COVID19%20Disability%20Needs%20Assessment%20Report\\_Final.pdf](https://www.nchpad.org/fppics/COVID19%20Disability%20Needs%20Assessment%20Report_Final.pdf)

### **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 during and after the COVID-19 pandemic. 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 5-month timeline.

Examples of PPSE changes may include, but are not limited to:

- Creation of inclusive virtual exercise programs or resources
- Creation of inclusive virtual cooking or nutrition education classes or resources
- Creation of inclusive virtual mindfulness education classes or resources
- Adaptation of community garden plans to be universally designed
- Development of inclusive wayfinding signage or smartphone applications to promote accessible routes in a community
- Improving the design of a new playground to incorporate universal design and considerations for COVID-19 safety precautions
- System changes to make a walking school bus program more inclusive and to consider COVID-19 safety precautions
- Adapted equipment loaner program for a community bike share program
- Healthy meal delivery programs for people with disability
- Inclusive programs or resources that address mental health and stress management for people with disability
- Support programs or resources for parents of students with disability and administration of IEPs or 504 plans during virtual learning environments
- Training programs for teachers and/or parents on how to provide inclusive, safe and meaningful physical education or activity options during virtual learning environments

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. Document reach of the PPSE(s) to people with disabilities (potential and actual reach if available)
5. 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 health promotion, physical activity, nutrition, mindfulness or healthy weight management.
- Demonstrate how your project will have a broad impact for people with disabilities in an identified community.

- Demonstrate COVID-19 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.
- Demonstrate how the project can be completed virtually or within state and/or local COVID-19 policies regarding business operations, social distancing, face coverings, etc. Priority will be given to innovative projects that promote sustainable inclusive health for people with disability during COVID-19 and in the future.
- 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.
- 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, nutrition, physical activity, mindfulness or healthy weight.
- Projects with no disability representation on the project team.
- 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.
- Projects that cannot be safely completed during the COVID-19 pandemic.

**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:	7
Length of project period:	5 months
Estimated start date:	October 1, 2020

Funding decisions will be made for a project period of 5 months, beginning on October 1, 2020 and ending on March 31, 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 **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](mailto:nchpadgrants@lakeshore.org) to request in 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 September 18, 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. The notification of award is anticipated by October 1, 2020.

### **For More Information:**

**Please contact:** Angela Grant, MBA | Program Director II  
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P: 205.934.8773 [andrela@uab.edu](mailto:andrela@uab.edu)

### **Helpful Documents and Links:**

- [COVID-19 Disability Community Needs Assessment Report](#)
- [Novel Coronavirus Pandemic and Access to Health Services Among Adults with Disabilities Project \(COVID-19 & Disability Project\)](#)
- [Resources for People with Disabilities on COVID-19](#)
- [Commit to Inclusion's 9 Guidelines for Disability Inclusion](#)
- [National Recreation and Park Association's Parks for Inclusion](#)
- [Reaching People with Disabilities through Healthy Communities](#)
- [CDC's Disability Inclusion](#)

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