

## Inclusion Fact Sheet

### What is Inclusion?

- Inclusion means everyone is welcome.
- Inclusion brings people together in the community regardless of their differences and still allows for full community participation.
- Inclusion recognizes our universal “oneness” and interdependence.
- A socially inclusive society is one where “all people feel valued, their differences are respected and their basic needs are met so that they can live in dignity”.

### Why is Inclusion important?

- Inclusion provides opportunities for people to participate in activities with other members of their community.
- Inclusion provides opportunities to build and maintain friendships with others in their neighbourhood.
- Inclusion creates the potential to develop Natural Support Networks in the community. Natural Support Networks provide a sense of security and could potentially result in less reliance on paid support.
- Inclusion increases a person’s self-confidence and sense of independence.
- Inclusion opens the door to being more involved in the community.
- Inclusion makes it easier to make new friends.
- Inclusion makes it easier to find a new job.
- Inclusion helps a person to build Social Capital.

### What is Social Capital?

- Social Capital refers to the connections and relationships that develop around community and the values these relationships hold for the members. Resources (capital) are social in that they are only accessible in and through relationships.
- Have you ever had to call a friend or neighbor to bum a ride, borrow ten dollars for lunch or ask for advice? That is Social Capital in action!

# *Community Living*

## M I S S I S S A U G A

### **Why is Social Capital Important?**

- Social capital makes you healthy. Social Capital has been proven to protect against low birth weight, tuberculosis, depression and alcoholism.
- Social Capital makes you live longer. Joining and participating in one group cuts your odds of dying over the next year in half.
- Social Capital can help you find a job. Over 70 percent of people find their first job through a personal connection.
- Social Capital improves the education system. If you had to choose between ten percent more teachers or ten percent more parents being involved in their kids' education, the latter is a better route to educational achievement.
- Social Capital reduces crime. If you had to choose between ten percent more cops on the beat or ten percent more citizens knowing their neighbors' first names, the latter is a better crime prevention strategy.