

THE KNOWLEDGE PRODUCED ABOUT LEISURE AND PEOPLE LIVING WITH DISABILITIES

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ABSTRACT: The aim of this study is to record the production of knowledge about leisure and people living with disabilities. During the bibliographic search, 46 works on this topic were found. The selected studies were categorized into the following axes: Accessibility in public leisure spaces; quality of life and leisure practices; public policies and inclusion; social perceptions and attitudes; technology and leisure; scientific production and research groups. Leisure plays a fundamental role in the lives of this population, providing opportunities for personal, social, cognitive and physical development. However, progress is needed to ensure access to leisure, particularly with regard to the implementation of public policies. People living with disabilities have the right to express their needs and, like all citizens, they must have guaranteed access to leisure.

KEYWORDS: Disabled Persons. Leisure. Leisure Studies.

A PRODUÇÃO DE CONHECIMENTOS SOBRE LAZER E PESSOAS COM DEFICIÊNCIA

RESUMO: Esta pesquisa tem como objetivo mapear a produção de conhecimentos sobre lazer e pessoas com deficiência. Trata-se de uma pesquisa bibliográfica, onde foram encontrados 46 trabalhos. Os estudos selecionados foram categorizados nos seguintes eixos: acessibilidade em espaços públicos de lazer; qualidade de vida e práticas de lazer; políticas públicas e inclusão; percepções sociais e atitudes; tecnologia e lazer; produção científica e grupos de pesquisa. O lazer desempenha um papel fundamental na vida desta população, proporcionando oportunidades para o

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desenvolvimento pessoal, social, cognitivo e físico. Porém, são necessários avanços para garantir o acesso ao lazer, sobretudo no que diz respeito à implementação de políticas públicas. As pessoas com deficiência têm direito a expressar sua necessidade, e como qualquer cidadão, devem ter o acesso ao lazer garantido.

PALAVRAS-CHAVE: Pessoas com deficiência. Lazer. Estudos do lazer.

Introduction

Leisure is a social right enshrined in the Brazilian Constitution of 1988, which must be guaranteed to every citizen, regardless of social class, gender, ethnicity, or disability status. Therefore, guaranteeing rights means treating different individuals according to their specific needs, as the conditions for each person to access leisure are different.

In this regard, we agree with Santos (2003, p. 56), when he states that “we have the right to be equal when our difference diminishes us; and we have the right to be different when our equality distorts us.” This shows that the assumption that we are all equal excludes the possibility of access for people who are historically in a position of subalternity and invisibility within society. In this case, we understand that People with Disabilities (PwD) face restrictions, among other things, in accessing leisure, whether due to a lack of accessibility, prejudice, or social exclusion.

Despite the range of laws aimed at consolidating rights and projects related to sports/leisure actions for people with disabilities (Damas; Almeida, 2021), it is clear that the State still does not guarantee these rights in an equal and universal manner, making it necessary to develop programs, scientific research, and public policies to ensure better access conditions.

That said, this research aims to investigate the scientific field of Leisure Studies in relation to "leisure and people with disabilities." To this purpose,

publications available in the Revista Licere, the Revista Brasileira de Estudos do Lazer (RBEL), and the Anais do Congresso Brasileiro de Estudos do Lazer (CBEL) were reviewed.

In this regard, we share the thinking of Freire (1996), when he suggests that the human being is always under construction and needs to establish relationships with other individuals to continue building themselves. According to the author, we are unfinished beings and we constitute ourselves through our relationship with the "other," who is different. Thus, Girardi *et al.* (2021) affirm that leisure, alongside other social rights such as health and education, can contribute to the exercise of diversity and full citizenship for people with disabilities.

For Sampaio (2023, p. 11):

the experience of being born with or acquiring a disability is a reality that is part of the lives of many people, but it does not alter their condition of humanity. People with and without disabilities are important and constitute the society in which we live, and from this arises the need for all of them to enjoy the same rights and conditions of access to institutions and social goods.

Understanding leisure as a means of social inclusion for people with disabilities is relevant because, according to Corrales and Castro (2016), leisure should be understood as an area of inclusion that enables the individual's interactions with the environment in which they live. In this context, Law No. 13.146, dated July 6, 2015, stands out as it institutes the Brazilian Law on the Inclusion of People with Disabilities. In its article 42, it provides that:

persons with disabilities have the right to culture, sport, tourism, and leisure on equal terms with others, with guaranteed access to: I - Cultural goods in accessible formats; II - Television programs, cinema, theater, and other cultural and sports activities in accessible formats; and III - Monuments and places of cultural importance, and spaces that offer services or cultural and sports events" (Brazil, 2015, p. 10-11).

In this regard, leisure is a basic and common right for any citizen, which,

according to Conceição, Silva, and Souza (2017), enables future relationships of friendship, sociability activities, and interactions based on knowledge, empathy, and mutual assistance between people with and without disabilities.

People with disabilities have the right to express their need and desire to experience relaxed, joyful, and revitalizing moments, considering that they are citizens, like any other individual belonging to society, and that their rights have not always been assured.

According to Araújo (2011), people with disabilities who engage in leisure activities in their daily lives expand their life opportunities, as they feel more secure, regain their self-esteem, and improve their social relationships. Furthermore, when involved in meaningful leisure activities, they feel more satisfied with life (Badia et al., 2013). In this regard, access to leisure is unequal due to the conditions faced by various groups that shape our social structure, such as class, gender, ethno-racial, and disability-related relations.

Bringing these perspectives together, leisure is understood as both a cultural manifestation and a human necessity (Gomes, 2014), characterized as an interdisciplinary field of investigation. Therefore, this study aims to map the production of knowledge on leisure and people with disabilities.

Through this investigation, the goal is to characterize the academic works found during the research process, allowing for a better understanding of how leisure is incorporated into the lives of people with disabilities within society. Additionally, it seeks to highlight the challenges and issues raised by the authors who have academically explored this topic.

This research has both academic and social relevance. The academic relevance

pertains to understanding the existing scientific production on this subject, which can serve as a foundation for the development of new research topics, as well as provide insight into how Leisure Studies have positioned themselves regarding the intersection of leisure and people with disabilities. The social relevance relates to fostering a critical and contemporary reflection on the topic, as well as offering arguments in favor of implementing public policies in this sector.

Considering that leisure is a human necessity and a right guaranteed by the Brazilian Constitution, it is understood that people with disabilities have the right to enjoy it. Therefore, efforts must be made to ensure better access to this fundamental right.

Methodology

This is a qualitative study, which, according to Rodrigues and Limena (2006), is used to highlight the meanings, motivations, aspirations, beliefs, values, and attitudes of a community. It is also characterized as a bibliographic research, which, as explained by Gil (2002), consists of gathering information published in the form of scientific articles, theses, dissertations, and books. According to the author, although almost all studies require some type of bibliographic work, there are research projects developed exclusively based on bibliographic sources.

Thus, the research was conducted through a mapping of publications available in Revista Licere, a journal linked to the Interdisciplinary Graduate Program in Leisure Studies (PPGIEL/UFMG); in the Revista Brasileira de Estudos do Lazer (RBEL), associated with the Brazilian Association for Research and Graduate Studies in Leisure Studies (ANPEL); and in the Brazilian Congress on Leisure Studies

(CBEL), a biannual event organized by ANPEL since 2014. Regarding the journals, studies published until December 2023 were selected. These research sources were chosen because, within the Brazilian context, they have become academically significant in the field of Leisure Studies.

A total of 46 studies were identified, distributed as follows: 28 articles—three from RBEL and 25 from Revista Licere—and 18 studies available in the CBEL proceedings. In Revista Licere, all publications from 1998 to 2023 were reviewed; in RBEL, all publications from 2014 to 2023 were examined; and for CBEL, the proceedings of all five editions of the event were consulted.

For the selection of articles in the journals, the titles of the studies were read first. If a connection with the research theme was identified, the study was selected. The same criterion was applied for selecting studies from the CBEL proceedings. The titles of all published works were reviewed, and those found to be relevant to the theme of leisure and people with disabilities were included in the research.

Below is a table showing the total number of works found.

Table 1: Results of the database used

DATABASE	No. OF STUDIES
Licere Magazine	25 articles
RBEL Magazine	3 articles
Brazilian Congresses of Leisure Studies 1st to 5th (CBEL)	18 articles

Source: Prepared by the authors (2024).

For a better analysis of the material found, the studies were grouped into thematic categories, bringing together subjects of the same nature. Thus, the discussion focused on the purposes and conclusions of the selected studies. The inclusion of articles in each category was based on the following criteria:

Accessibility and Public Leisure Spaces: the discussion focuses on the accessibility of public leisure spaces for people with disabilities. The articles address issues such as physical infrastructure, adaptations, and the removal of barriers to enable full participation and equal access to leisure activities. The studies in this category emphasize that public leisure spaces must meet the needs of people with disabilities, ensuring that they can enjoy leisure in an inclusive manner.

Quality of Life and Leisure Practices: This category explores the relationship between leisure activities and the quality of life of people with disabilities. It examines how participation in leisure activities can positively affect well-being, health, and overall life satisfaction. In general, the articles seek to understand how leisure activities impact the well-being and quality of life of people with disabilities, identifying practices that can improve their daily lives.

Public Policies and Inclusion: In this category, the focus is on analyzing public policies aimed at including people with disabilities in leisure activities. The articles investigate how government policies and programs promote equal opportunities in accessing leisure. The relevance of this category to the study lies in assessing whether existing policies are effective in fostering leisure inclusion.

Social Perceptions and Attitudes: This category explores societal attitudes and perceptions regarding people with disabilities in the leisure context. It investigates stereotypes, prejudices, and people's attitudes toward inclusion. In general, the studies analyze how social perceptions and attitudes impact the participation of people with disabilities in leisure activities.

Technology and Leisure: This category examines how technology can be used to improve access to and participation in leisure activities for people with disabilities. It explores technological innovations that can facilitate inclusive leisure experiences.

Scientific Production and Research Groups: In this category, attention is focused on reviewing academic literature and investigating research groups related to leisure for people with disabilities. It focuses on analyzing existing knowledge and identifying gaps in scientific production on leisure for people with disabilities.

Results and Discussion

This section of the article will be dedicated to analyzing the identified studies. Although *Licere* Magazine was first published in 1998, the first article on the topic of this research was only recorded in 2009. In general, the articles found in *Licere* Magazine primarily address the accessibility of people with disabilities in public spaces, followed by themes such as public policies and the inclusion of people with disabilities in social environments. Overall, the articles identified are organized by year as follows:

Table 2: Organization of studies by the *Licere* magazine

YEAR OF PUBLICATION	No. OF STUDIES
2009	1
2010	1
2012	1
2013	1
2014	1
2015	1
2016	1
2017	1
2018	4
2019	2
2020	3
2021	3
2022	4
2023	1

Source: Prepared by the authors (2024).

In *RBEL* Magazine, which was launched in 2014, three articles on people with disabilities were found, distributed as follows: one article addresses the perceptions of children without disabilities regarding children with disabilities; one focuses on the leisure activities of people with Down syndrome; and one conducts a bibliographic review of leisure-related journals. They are distributed as follows:

Table 3: Organization of studies by the *RBEL* magazine

YEAR OF PUBLICATION	No. OF STUDIES
2017	1
2018	1
2020	1

Source: Prepared by the authors (2024).

In the proceedings of the Brazilian Congress on Leisure Studies (1st to 5th CBEL), 18 studies were identified. As shown below, in the 1st Congress, held in 2014, no publications on the topic were found. The most frequently addressed subjects in the studies published in CBEL were: the quality of life of people with disabilities, inclusion, and public policies related to leisure.

Table 4: Organization of Congress Proceedings Studies

YEAR OF CONGRESS	CONGRESS EDITION	No. OF STUDIES
2016	2nd Edition	4
2018	3rd Edition	5
2021	4th Edition	5
2023	5th Edition	4

Source: Prepared by the authors (2024).

Given the number of productions found, it was decided to group the works into categories, which were organized as follows:

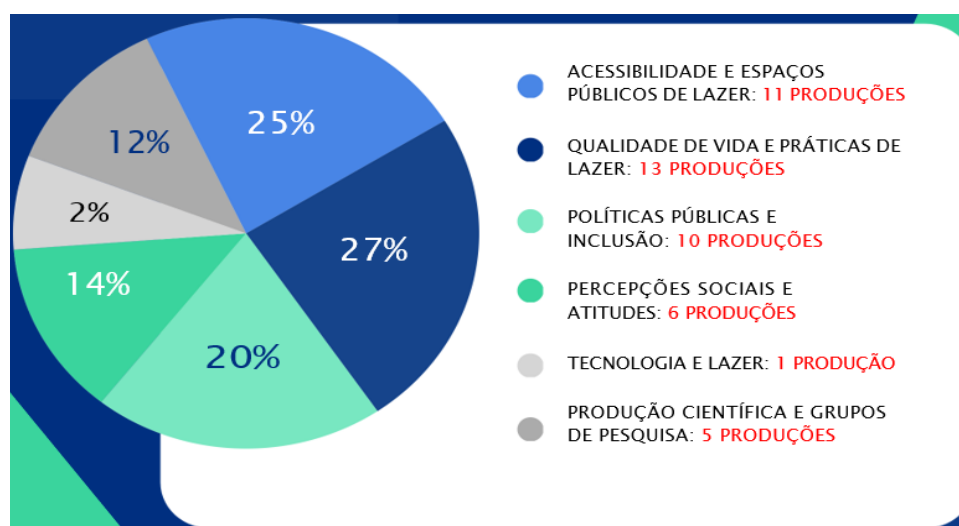
Table 5: Categories obtained from articles published in the LICERE and RBEL Magazines and in the proceedings of CBEL

CATEGORIES OF DISCUSSION OF PRODUCTIONS	LICERE MAGAZINE	RBEL MAGAZINE	PROCEEDING S OF CBEL	TOTAL
ACCESSIBILITY AND PUBLIC LEISURE SPACES	9	0	2	11
QUALITY OF LIFE AND LEISURE PRACTICES	6	0	7	13
PUBLIC POLICIES AND INCLUSION	4	0	6	10
SOCIAL PERCEPTIONS AND ATTITUDES	2	2	2	06
SCIENTIFIC PRODUCTION AND RESEARCH GROUPS	3	1	1	05
TECHNOLOGY AND LEISURE	1	0	0	01

Source: Prepared by the authors (2024).

For a more specific discussion in this article, the thematic categories Accessibility and Public Leisure Spaces, Quality of Life and Leisure Practices, and Public Policies and Inclusion were selected for analysis, as they had the highest number of publications, as shown in the chart below:

Chart 1: Categories of Discussion



Source: Prepared by the authors (2024).

Accessibility and Public Leisure Spaces

Nowadays, the pursuit of more inclusive and welcoming cities is an increasingly relevant topic. Accessibility, especially in public leisure spaces, plays a fundamental role in this context. Ensuring that everyone, regardless of their physical, sensory, or cognitive abilities, can fully enjoy these environments is an essential step toward building truly egalitarian societies.

During the research, 11 studies were identified within this category, with nine published in *Revista Licere* and two in the CBEL proceedings. The following studies were found in *Revista Licere*: Araújo, Cândido, and Leite (2009); Melo et al. (2010); Silva et al. (2013); Santos et al. (2017); Silva, Silva, and Sampaio (2018); Albers et al. (2020); Girardi et al. (2021); Saraiva and Oliveira (2022); Santos and Pereira (2023). In the CBEL proceedings, the studies identified were Castro et al. (2018) and Brito, Macedo, and Costa (2021).

In this context, accessibility refers to ensuring the conditions that allow people with disabilities to fully enjoy public leisure spaces, such as parks, squares, beaches, and other recreational areas. To achieve this, these spaces must be specifically designed and adapted to meet the unique needs of each individual, as the lack of accessibility can restrict this population's access to leisure.

Although this discussion highlights the importance of accessibility in public leisure spaces for promoting social inclusion, it is crucial to approach accessibility more comprehensively, taking into account the different types of disabilities. The current perspective tends to address accessibility needs in a generalized manner, without emphasizing the specific requirements related to different types of disabilities, such as

physical, visual, auditory, cognitive, and multiple disabilities. Each type presents unique challenges and demands distinct adaptations in public leisure spaces.

For example, the installation of ramps and handrails may be crucial for people with physical disabilities, while the presence of tactile and auditory signage is essential for individuals with visual or hearing impairments. Similarly, considerations regarding lighting, contrast, and the arrangement of elements are important for people with visual or cognitive disabilities.

Araújo, Cândido, and Leite (2009) point out that the right to free movement is inherent to all human beings; however, not everyone has the privilege of enjoying it. They also emphasize that people with special needs face inadequate environments, which prevent them from fully exercising their civil rights.

Architectural barriers, lack of proper signage, absence of adapted rest areas, and deficiencies in public transportation systems are some of the challenges faced by people with disabilities. Accessibility in public leisure spaces refers to the ability of all individuals, regardless of their physical or mental abilities, to access and use these spaces safely and independently. This includes the presence of ramps, tactile flooring, and other measures that facilitate access for people with disabilities. The idea is that when a built environment is accessible to everyone, it can offer equal opportunities to its users and promote social inclusion (Girardi et al., 2021; Melo et al., 2010; Brito, Macedo, & Costa, 2021; Santos & Pereira, 2023; Araújo, Cândido, & Leite, 2009).

The literature points to advancements in accessibility; however, challenges remain in effectively implementing measures that ensure the full inclusion of people with disabilities. It is evident that despite these progresses, there is an urgent need to adopt more holistic approaches, ones that go beyond mere physical accessibility and

extend to public leisure spaces. As highlighted by Brito, Macedo, and Costa (2021), leisure is not just a recreational activity but an intrinsic human need, capable of fostering socialization and social inclusion.

However, when analyzing these holistic approaches more deeply, we encounter a series of barriers that hinder their full effectiveness. Firstly, the structural limitations of public spaces emerge as a major challenge. The lack of adequate adaptations—such as access ramps, tactile signage, and adapted restrooms—can restrict the full participation of people with disabilities in leisure activities. Additionally, the lack of awareness and societal sensitivity regarding the importance of accessible leisure spaces for all is a significant barrier, rooted in social attitudes and stigmas related to people with disabilities.

One of the key points addressed by the articles in this category concerns social awareness and the elimination of both social and physical barriers. Promoting social awareness and advocating for the removal of obstacles to leisure are fundamental imperatives for building a truly inclusive society. In this context, implementing intervention programs that ensure accessibility and democratization of leisure for people with disabilities is essential (Girardi *et al.*, 2021; Melo *et al.*, 2010; Brito, Macedo, & Costa, 2021; Santos & Pereira, 2023; Araújo, Cândido, & Leite, 2009).

The formation of groups committed to social inclusion—such as non-governmental organizations, associations, civil society movements, and others—combined with public sector actions, can catalyze significant changes. These groups must work together to promote autonomy, enabling people with disabilities to move freely and independently through urban spaces.

Regarding accessibility improvements, the proposals by Corrales and Castro (2016) include public policies that address both attitudinal and physical barriers³ faced by people with disabilities. They also emphasize the need for actions that promote social participation and foster a collective mindset that embraces differences and subjective experiences. This involves not only building "ramps" but also implementing policies that ensure access to employment and income, public transportation, healthcare, and education.

The creation of more accessible environments requires practical measures, such as the addition of ramps, flat flooring, tactile maps, adapted drinking fountains, and playground equipment specifically designed for people with disabilities. These adaptations not only meet specific needs but also signal society's commitment to promoting equality and inclusion.

One of the challenges faced by individuals with disabilities is the lack of awareness about their rights, combined with overprotectiveness and the absence of effective public policies. These obstacles, often invisible, make full participation in leisure activities difficult. Recognizing these barriers is crucial for implementing concrete actions aimed at inclusion. However, it is also necessary to critically examine the fact that these obstacles are often normalized in society, contributing to the perpetuation of exclusion.

The lack of awareness regarding the rights of people with disabilities and overprotectiveness, while significant challenges, also reflect a culture that sometimes neglects the importance of autonomy and full participation for these individuals. The absence of effective public policies, in turn, not only highlights a governmental gap but

³ Attitudinal barriers: Attitudes or behaviors that prevent or hinder the social participation of people with disabilities on equal terms and opportunities with others.

also reveals the normalization of these shortcomings, making it more difficult to raise awareness and mobilize efforts to implement inclusive measures.

In another context, such as in Curitiba, Girardi *et al.* (2021) highlight efforts to provide accessible public transportation, recognizing the importance of mobility for the effective participation of people with disabilities in leisure activities. According to the authors, family dynamics also play an essential role in fostering the autonomy and independence of individuals with disabilities.

Furthermore, it is essential to recognize the fundamental nature of accessibility—not only as a human right but also as a key element in building an inclusive society. Public authorities have the obligation to ensure full access to leisure, sports, culture, and tourism for people with disabilities, as guaranteed by the Constitution.

As highlighted in the study by Brito, Macedo, and Costa (2021), conducted in the municipality of Petrolina-PE, public policies that invest in accessible public spaces are crucial to ensuring that people with disabilities can fully enjoy available leisure spaces. This investment not only fulfills a legal requirement but also demonstrates a commitment to promoting social inclusion.

Regarding the public sports facilities analyzed, Brito, Macedo and Costa (2021) identified significant barriers that restrict the participation of people with disabilities in sports and leisure activities. Beyond physical infrastructure, the authors emphasize that inclusion also depends on professionals who are committed to this perspective, as their involvement can directly impact the quality of participation in sports and recreational activities.

Therefore, while progress has been made toward accessibility, the approach to including people with disabilities in leisure spaces requires a deeper analysis of social, structural, and attitudinal barriers. Overcoming these obstacles will not only strengthen the implementation of effective measures but also ensure that leisure is truly accessible to all, fostering a more inclusive and equitable society. Based on the studies analyzed, improving access to leisure involves enhancing urban infrastructure and accessibility.

Quality of Life and Leisure Practices

The study of the articles in this axis shows that quality of life is a comprehensive concept, which involves several aspects, going far beyond the notion of “absence of disease”. For life to be full and satisfying, the authors indicate that it is essential to consider the needs and opportunities of all people, including those who face challenges related to disability. During the research, 13 studies were mapped that directly addressed the theme of quality of life and leisure practices for people with disabilities (PwD). Among these, six were published in the *Revista Licere* and seven in the proceedings of CBEL.

Among the productions found in *Licere* Magazine, there are: Lima, Ribeiro e Tonello (2012); Foganholi e Gonçalves Junior (2015); Pereira, Rodrigues e Brito, (2019); Silva *et al.*, (2019); Damas e Almeida, (2021); Sousa *et al.*, (2022). While in the proceedings of CBEL, there are: Souza and Rodrigues, (2016); Abbot, (2016); Reis, Sampaio and Souza, (2018); Santos *et al.*, (2018); Souza *et al.*, (2021); Martins and Sampaio, (2022); Bandeira *et al.*, (2022). In this context, providing accessible and inclusive leisure practices plays a crucial role in promoting well-being and improving

the quality of life for this group, taking into account the different social and economic contexts experienced by individuals belonging to this minority.

The studies from this area emphasize the importance of leisure as a facilitator in improving emotional, social, and physical aspects of quality of life. Disability should not be seen as a limitation, but as a characteristic that requires adaptations and specific opportunities. Thus, it is the responsibility of society, together with families, to provide environments and activities that allow for the active and equal participation of all individuals, regardless of their physical, sensory, or cognitive abilities.

According to Souza *et al.* (2021), better family quality of life can enhance the quality of leisure. Regarding leisure practices, some options can be adapted to meet the specific needs of people with disabilities. One example is adapted sports, which contribute not only to physical health but also promote social inclusion and the development of motor skills.

Additionally, cultural activities such as music, theater, and visual arts can be adapted to ensure the full participation of individuals with disabilities. The creation of accessible cultural spaces and the provision of adaptive resources, such as sign language interpreters or materials in accessible formats, are important steps in this direction.

Within this universe of experiences, leisure activities can contribute to subjective well-being, emotional health, improved self-esteem, and social relationships. Leisure activities can contribute to a better life, positively influencing quality of life and promoting a healthy balance between the various spheres of social life (Sousa *et al.*, 2022).

Technology also plays a crucial role in promoting inclusive leisure practices. Games and apps can be developed taking into account the different needs of users,

providing accessible entertainment and learning. Additionally, the importance of awareness and education in combating stigma and prejudice related to disability stands out. Society as a whole must be aware of the needs and potentials of people with disabilities, promoting a culture of inclusion and respect.

Foganholi and Gonçalves Júnior (2015) conclude that people with disabilities are subject to unequal participation situations in different environments, including leisure. Therefore, it is necessary for them to occupy social spaces to demonstrate their living conditions. The authors emphasize that social practices such as leisure have educational processes that are important for promoting inclusion and the active participation of people with disabilities in all spheres of society.

In short, ensuring quality of life for people with disabilities involves creating inclusive opportunities in all contexts of life, whether leisure, work, health, or education. By adopting an approach centered on accessibility and equity, it is possible to build a fairer society where everyone has the opportunity to enjoy a full and satisfying life.

Public Policies and Inclusion

Social inclusion is a fundamental principle for the development of a just and egalitarian society. In this context, public policies play a crucial role by establishing guidelines and promoting actions aimed at ensuring the full participation of all citizens. During the research, 10 studies focused on the axis of public policies and the inclusion of people with disabilities were mapped, of which four were found in the *Revista Licere* and six in the proceedings of CBEL. In the former, the following studies stand out: Beltrame *et al.* (2018); Silva, Silva, and Sampaio (2018); Mendes, Silva, and Costa

(2022); Lucchini and Sanfelice (2022). In the proceedings of CBEL, the selected studies are: Azzini and Silva (2016); Silva *et al.* (2018); Starepravo and Monteiro (2021); Dornellas *et al.* (2021); Soares, Rodrigues, and Luiz (2021); Silva, Oliveira, and Miranda (2022).

In the contemporary scenario, public policies for the inclusion of people with disabilities, in the context of leisure, face important challenges for this segment of society, which often encounters physical, social, and economic barriers that prevent them from fully enjoying leisure activities.

In general, the articles in this category discuss that the inclusion of topics in political agendas requires effective engagement with the issues at hand. In the context of the inclusion of people with disabilities in leisure environments, this implies the implementation of public policies that not only address but also effectively incorporate the theme into public action programs. The need for significant investment in teacher training, as well as in physical infrastructure, is emphasized by the authors as a fundamental requirement to enable the real inclusion of people with disabilities in the educational environment and, by extension, in leisure.

In their works, Silva, Silva, and Sampaio (2018); Mendes, Silva, and Costa (2022); Dornellas *et al.* (2021); Soares, Rodrigues, and Luiz (2021); Silva, Oliveira, and Miranda (2022) mention that despite legislative advances, there are still gaps in leisure and sports policies for people with disabilities. They highlight the need for empirical research to evaluate the effectiveness of existing policies and identify areas for improvement. Additionally, the importance of the state's role in promoting inclusive policies is emphasized, stressing the need for partnerships with civil society to ensure access to leisure.

Sports practice is pointed out as an effective means of promoting social inclusion for people with disabilities. Furthermore, it is emphasized that leisure and cultural activities play a crucial role in the personal and social development of people with disabilities. The authors advocate for ensuring access, inclusion, and visibility for people with disabilities in tourism, leisure, and cultural environments, underlining that these activities positively impact not only people with disabilities but also their families (Silva, Silva, Sampaio, 2018; Mendes, Silva, Costa, 2022; Dornellas *et al.*, 2021; Soares, Rodrigues, Luiz, 2021; Silva, Oliveira, Miranda, 2022).

Therefore, an effective approach for inclusion in leisure involves the development of public policies that meet the basic needs of this population but also promote enriching experiences. Tax incentives for establishments investing in accessibility, partnerships with non-governmental organizations, and the creation of educational programs are strategies that can be innovative and feasible, according to the articles in this area. Furthermore, the involvement of the community and the people with disabilities themselves in the formulation of these policies is essential to ensure that their perspectives and needs are considered.

Another important point addressed is awareness and education of society. The implementation of awareness campaigns about the importance of inclusion in leisure helps combat stigma and prejudice, promoting a more inclusive and supportive mindset.

Therefore, based on the readings conducted, the continuous evaluation of the impact of public policies is essential to ensure that inclusion goals are achieved. The effective participation of people with disabilities (PwD) in leisure events must be monitored, as according to Mendes, Silva, and Costa (2022), despite advances, there are

still gaps regarding access for this population, as well as a lack of research focusing on the formulation, implementation, and evaluation of policies in this sector.

Furthermore, the future of inclusive leisure policies must align with technological and social advancements, incorporating innovations that further expand opportunities for PwD. Thus, the readings from the works in this area highlighted the need to ensure leisure for people with disabilities; that individuals with disabilities can be heard regarding the activities they wish to engage in; and that a variety of cultural experiences be promoted for this population.

Final Considerations

The purpose of this study was to map the knowledge production on leisure and people with disabilities. To this end, the available works in *Licere* Magazine, Brazilian Magazine of Leisure Studies, and the proceedings of Brazilian Congress of Leisure Studies were consulted. The survey identified existing research on the subject, highlighting the importance of leisure in the lives of this population and revealing gaps and challenges faced. The research shows that discussions on the topic are growing, but there is still a need for greater consolidation and expansion of the themes.

The studies analyzed addressed fundamental issues, such as accessibility in public leisure spaces, quality of life and leisure practices, public policies and inclusion, social perceptions and attitudes, technology and leisure, scientific production and research groups. Equal access to leisure opportunities not only meets fundamental rights, but also contributes significantly to social inclusion and improving the quality of life of this population. This study offers a comprehensive overview of existing academic

production, highlighting the importance of research and actions to promote the participation of people with disabilities in the leisure field.

Research shows that leisure plays an important role in the lives of people with disabilities, providing opportunities for personal, social, cognitive and physical development. However, progress is needed to guarantee access to leisure, especially in relation to the implementation of public policies. This group faces exclusion in various social spaces, such as school, university, work and leisure, reinforcing a condition of neglect and invisibility.

It is important to emphasize that this research has limitations, as the works presented do not cover the entire universe of academic productions on leisure and people with disabilities. The article represents a section of the discussion, and other research, in different contexts, may present different results. Therefore, we recognize the continued need to explore and improve inclusive leisure practices, to contribute to a more just and equitable society.

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