

# Disability Adaptations for the Walk With Ease Program

Presented by:

Lakeshore Foundation



LAKESHORE

# Presenters



**Chris Mackey**

Senior Project Coordinator

Chris has been with Lakeshore since 2016, leading its work in the Public Health Sector. He has over 20 years-experience in Disability & Health and a degree in Therapeutic Recreation.



**Allison Tubbs**

Director of Community Health

Allison directs various community health programs, grants and partnerships. She has 12 years of experience working in disability and public health practice and has a background in exercise physiology and community health education.

# Acknowledgement and Thanks



Lakeshore's mission is to encourage and provide opportunities for people with a disability to live a healthy lifestyle through activity, research, advocacy and health promotion.



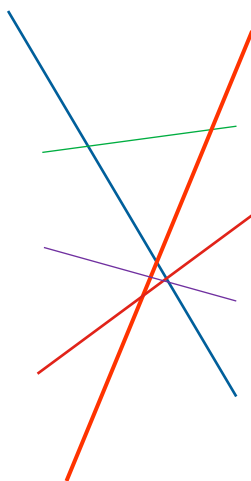
## About NCHPAD

- **Founded in 1999.**
- **NCHPAD is the premier resource for information on physical activity, health promotion, and disability, serving persons with physical, sensory and cognitive disability across the lifespan.**
- **NCHPAD features a variety of resources and services which can benefit all ages and populations and can be found online at [www.nchpad.org](http://www.nchpad.org) .**



# Can you match the data?

- \_\_\_\_\_% of all adults with disabilities get no aerobic physical activity, an important health behavior to help avoid chronic disease.
- Number of adults in the US that live with a disability (1 in 4).
- \_\_\_\_\_% higher obesity rates for people with a disability
- Adults with disabilities were \_\_\_\_\_% more likely to be physically active if their doctor recommended it.
- Only \_\_\_\_\_% of adults with disabilities who visited a doctor in the past year received a physical activity recommendation from their doctor.



**44%**

**61 million**

**82%**

**38%**

**50%**

**81%**

**of people with disabilities say they do not feel welcome in fitness spaces!**



**81%**

Wilroy J, Tubbs A, Rauworth A. Bonner K, (2021). Fitness Industry and Disability Access and Acceptance Survey Report. Birmingham, AL: Lakeshore Foundation and National Center on Health, Physical Activity and Disability.

# 73.3%

of disabled people do not believe fitness **facilities** are accommodating

# 90.9%

of participants do not believe fitness **personnel** are adequately trained

# 84.3%

do not believe fitness **programs** are inclusive of people with disabilities





# Walk With Ease Adaptation Guide

- Provides foundational knowledge & skills
- Focus is adaptation
- Content:
  - Building Partnerships with the Disability Community
  - Basic Disability Education
  - The 5 Inclusion Domains
  - Walk With Ease and different disability categories
  - Additional Useful Resources

## DISABILITY ADAPTATION GUIDE

FOR PROGRAM LEADERS



Walk with Ease |  Arthritis Foundation®

# Where are Your Inclusion Allies (Partners?)



Schools



Health Care



Other Community Orgs  
(e.g. parks & rec)



State Government Agencies



Disability service organizations

[https://www.nchpad.org/fppics/NCHPAD\\_Disability\\_Advocates\\_Toolkit.pdf](https://www.nchpad.org/fppics/NCHPAD_Disability_Advocates_Toolkit.pdf)



**How to Connect and  
Engage with Disability  
Advocates and  
Community Toolkit**

**What Disability Partners Have You Identified?**

**Put your answers in the chat**

# Medical Model of Disability

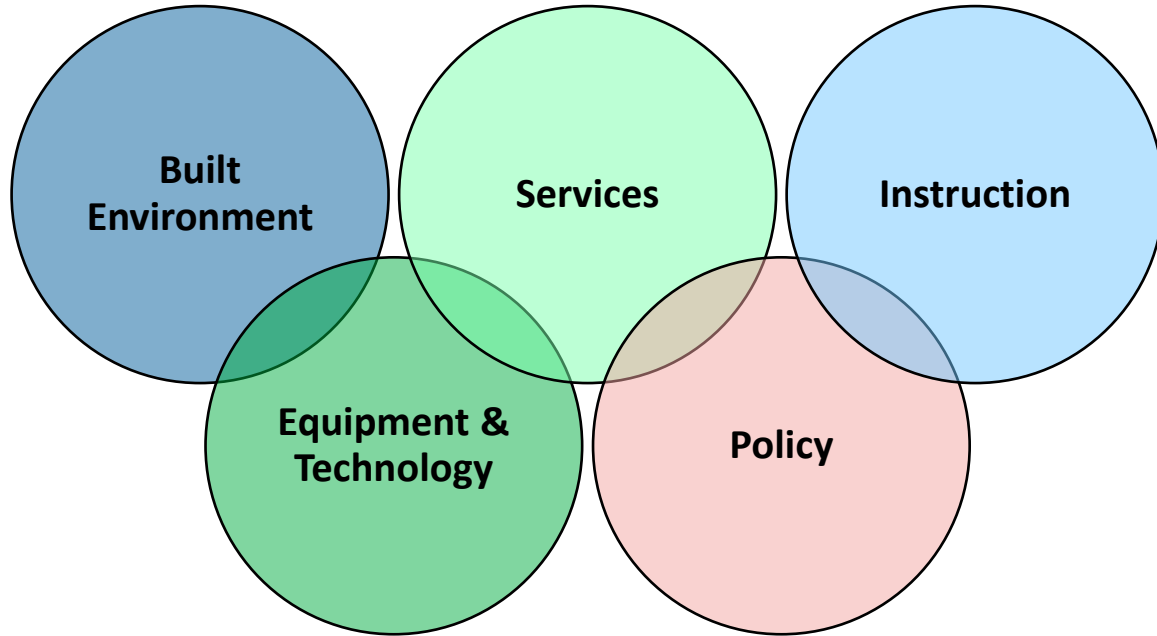
- We must change our viewpoint on disability for people with disabilities to have a chance on improving their health.
- **Medical Model:** Disability is a problem within the individual
  - Disability is a pathology
  - It is a personal problem
  - Focus is on treating/curing



# Social Model of Disability

- **Social Model:** Disability is a societal issue.
  - The “problem” of disability is located within society, not the individual.
  - A person is enabled when an environment accommodates their different functional level, and is disabled when it does not
  - Focus is on approaches such as barrier removal and anti-discrimination legislation.

# Inclusion Domains



# Built Environment

**Structural features that are built into the facility or landscape**

- Restrooms
- Parking lots
- Paths of Travel (indoors & out)
- Stairs
- Counter heights





# Essential Skill: Surveying a Walking Route for Accessibility

- Equipment
  - Clipboard and assessment tool
  - Tape measure
  - Digital Level
- NCHPAD's Community Health Inclusion Index (CHII) On-Site Tool
  - <https://www.nchpad.org/1273/6362/Community~Health~Inclusion~Index>
  - PP 4-9 of On-site Assessment tool have questions about walking routes

## COMMUNITY HEALTH INCLUSION INDEX (CHII)

### ON-SITE ASSESSMENT

Thank you for taking the time to fill out this assessment about the accessibility and inclusion of a facility in your community for promoting physical activity and healthy nutrition. The purpose of the Community Health Inclusion Index (CHII) is to collect information about healthy living resources in a community and the degree to which they are inclusive. The assessment will be extremely useful in helping stakeholders to plan and develop strategies that will impact the health and well-being of all members of your community, including persons with disabilities. Please note that the CHII is not an ADA compliance checklist, but is intended to be a tool to measure a broad level of health inclusion in communities.

The CHII On-Site Assessment is designed in sections. Please make sure to review all the sections of the survey and answer all that apply to the site being assessed. There are instructions and pictures to help conduct the assessment. In addition, raters should review the CHII Manual for additional instructions on rating sites, measurement and a glossary of terms.

The CHII was developed in partnership by the Center on Health Promotion Research for Persons with Disabilities, University of Illinois at Chicago (<http://hp.prd.illinois.edu/projects/CHII>) and the National Center on Health, Physical Activity and Disability, University of Alabama at Birmingham & Lakeshore Foundation (<http://www.nchpad.org/>).

**What are some key things to look for during an accessibility survey?**

**Put Your Answers in the Chat**

# Essential Skill: Surveying the Walking Route

- What to look for
  - Curb ramp slopes no greater than 8.3% (4.7 degrees)
  - Sidewalks 5 ft wide
  - Audible and visual crossing signals
  - Excessive noise
  - Buffers between walking path/sidewalk and road
  - Curb cuts with detectable warnings
  - Firm and stable walking surface
  - Places to rest
  - Other obstacles such as trash cans, vegetation



Digital Level

**COMMUNITY  
HEALTH  
INCLUSION  
INDEX (CHII)**  
ON-SITE ASSESSMENT

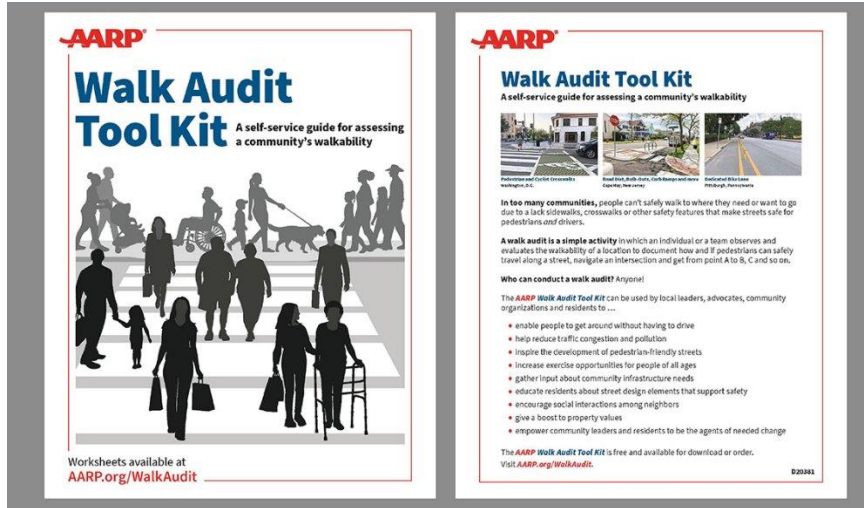
Thank you for taking the time to fill out this assessment about the accessibility and inclusion of a facility in your community for promoting physical activity and healthy living. The purpose of the Community Health Inclusion Index (CHII) is to collect information about quality of life, including a facility's accessibility, and the degree to which it is inclusive. The information from this survey can be used to help planning authorities to plan and develop strategies to help improve the health and well-being of all members of the community, including people with disabilities. Please note that the CHII tool is an accessibility checklist, but is intended to be a first step to measure a broad level of health inclusion in communities.

The CHII On-Site Assessment is designed to be used in one hour. Please make sure to review all the sections of the survey and answer all the questions to the best of your knowledge. There are instructions and additional instructions on setting, site, measurement and a glossary of terms.

This tool is not intended to be used as a diagnostic tool or to determine the health status of individuals. It is only a survey tool and should not be used to determine health status. It is only a survey tool and should not be used to determine health status. It is only a survey tool and should not be used to determine health status.



# Other Tools & Resources



## AARP Walk Audit Tool Kit

Articles on [www.nchpad.org](http://www.nchpad.org)

- What is Walkability? : NCHPAD - Building Healthy Inclusive Communities
- Conducting a Walk Audit : NCHPAD - Building Healthy Inclusive Communities

Accessibility Guidance:

- US Access Board Public Rights of Way Accessibility Guidelines (PROWAG): [www.access-board.gov](http://www.access-board.gov)
- ADA National Network: [www.adata.org](http://www.adata.org)

# Instruction

## Training & education techniques used to enhance learning for the staff or for the individual with a disability and their family members or caregivers

- Webinars
- Lunch and learns
- In-service trainings
- Seminars
- Certificate programs
- Disability education and etiquette



# Services

## Person-to-person assistance or other assistance that increases participation

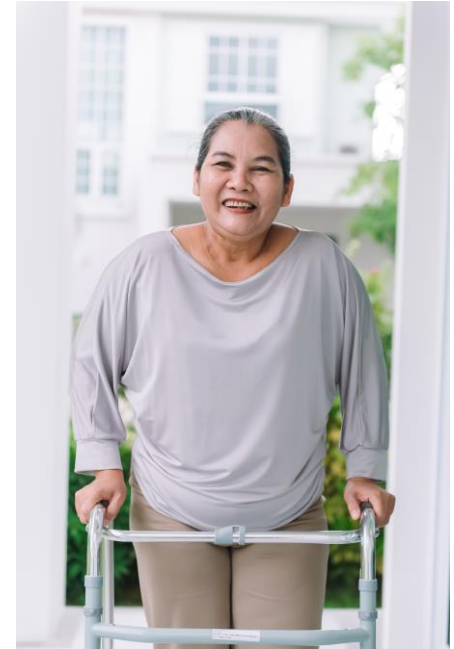
- Identifying accessible transportation
- Availability of assistance or aide
- Disability representation in materials and communication
- Sign language interpreters
- Low-text materials



# Equipment & Technology

## Products or tools used to promote and allow for participation

- Web site accessibility, including any videoconference and social media
- Using phone apps or wearable fitness trackers
- Identifying proper footwear
- Using Canes or walkers



# Policy

**Laws, rules, regulations, protocols, and procedures designed to guide or influence behavior**

## Laws & Regulations

- Americans with Disabilities Act (ADA)
- Section 508 of the Rehabilitation Act

## Protocols and Procedures

- Regular accessibility checks
- Budgeting for inclusion
- Web site compliant with Web Content Accessibility Guidelines (WCAG.) See [www.webaim.org](http://www.webaim.org)



# People with Vision Loss & Walk With Ease

- May have a service animal
- Choose a familiar route
- Limit changes in direction
- Audible signals and detectable warnings on curb ramps
- Be aware of other obstacles (e.g. trash cans, vegetation)



# Being a Sighted/Human Guide

- Ask if assistance is needed
- Offer your arm or elbow **Do not grab the person by the arm.**
- Position your arm away from the body so that the person can rest their hand on your forearm
- Sometimes helpful to verbally describe surroundings
- Person may use tether
- If they have a white cane do not touch it without permission

# People with Hearing Loss & Walk With Ease

- Look directly at person, face light, speak clearly and in normal tone of voice, and keep your hands away from face.
- Speak directly to individual not interpreter.
- Do not talk at the same time as writing a message.
- If information needs to be shared, it's better to stop and share it and then move on. This makes interpretation easier
- If you call a participant, let phone ring longer than usual. Speak clearly and be prepared to repeat identity and reason for call.

# People with Intellectual Disabilities and Walk With Ease

- Based upon IQ and adaptability of an individual
- Memory, ability to focus, literacy, self-management, social interaction all affected
- Allow time to learn and master new task. Repetition is key!
- Wayfinding cues help with navigation
- Crucial to understand and involve participant's support system (e.g. caregiver, relatives, transportation used)
- Use visual aids in place of written materials with a lot of text
- Use precise language and simple words.

## Walk With Ease: Mobility Disabilities

- Some people with mobility disabilities can participate
- For those who can walk a short distance but still may use a wheelchair, use a mix of pushing and walking. Walk with a partner in case of fatigue and incorporate resting points
- When in a group, go at the pace of the slowest walker.
- Never touch or move a mobility device without asking. Offer assistance but wait until it's accepted
- Survey the walking path ahead of time for accessibility

# In the chat: Give Me Some Ideas on How You Would Adapt This Checklist for a Person with Intellectual Disability

Look for these things when you're deciding what shoes to wear for walking:

- **Insole:** The insole should match the arch of your foot.
- **Sole:** The sole should be made from a foam material for cushioning and it should bend at the forefoot rather than the midfoot.
- **Heel:** The heel should be made from a foam material to provide shock absorption.
- **Heel grip:** The heel grip should hold the heel snugly in place. A padded cuff at the top opening may provide a firmer grip and cause less friction on the skin.
- **Shoe material:** Breathable materials such as leather and cotton canvas are preferable to synthetics or plastic.
- **Toe box:** The toe box should provide plenty of wiggle room for the toes in both depth and width.
- **Proper fit:** Always try on both shoes with the same type of socks you will be wearing when walking. If you use any orthotic supports, fit them in the shoes before deciding. Shoes should fit you comfortably, have a snug heel fit so your heel doesn't slip, and have a roomy toe box – enough room to allow your toes to spread out. There should be a thumb's width between the end of your longest toe and the end of the shoe. Shop for shoes at the end of the day, when your feet tend to be at their largest size.
- **Closures:** Shoes with laces let you adjust as needed and give more support than slip-on shoes. If you have problems tying laces, consider Velcro closures or elastic shoelaces.

# Adapt the “Shoe Checklist” (WWE Guidebook pg. 50)

Use a good visual and minimal text:



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- Wear shoes with laces
- Wear shoes that fit right and have room for your toes
- Wear socks that are the same size as your shoes
- Don't wear shoes that are made out of plastic

# What Tools Could You Use to Adapt this “Walking Contract?”

## Put Your Ideas in the chat

- From (date): \_\_\_\_\_ To: \_\_\_\_\_
- I, \_\_\_\_\_ plan to walk \_\_\_\_\_ days a week
- for \_\_\_\_\_ minutes a day or \_\_\_\_\_ (distance), broken into \_\_\_\_\_ sessions.
- I plan to walk \_\_\_\_\_
- (time of day, e.g., at lunch, after dinner).
- I will spend 3 to 5 minutes warming up and 4 to 5 minutes doing warm-up stretches and 3 to 5 minutes cooling down and 7 to 9 minutes doing cool-down stretches.
- When I get halfway through this program (week 3), my reward to myself will be:
- When I complete this program, my reward to myself will be:
- Signature: \_\_\_\_\_



## Consider. . .

- Using a calendar
- Use pictures!
- Use smart phone, tablet, recording device
- Use family/friends to help keep track
  
- Anything else?

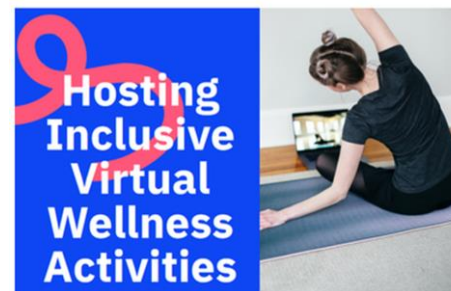
# Additional Resources for the Web

- Web Accessibility In Mind, (WebAIM)  
[www.webaim.org](http://www.webaim.org)
- Hosting Inclusive Virtual Wellness Activities  
(from NCHPAD.)  
[Inclusive Virtual Wellness Toolkit : NCHPAD - Building Healthy Inclusive Communities](#)
- NCHPAD Inclusive Communications Page  
[Communication : iChip : NCHPAD - Building Healthy Inclusive Communities](#)



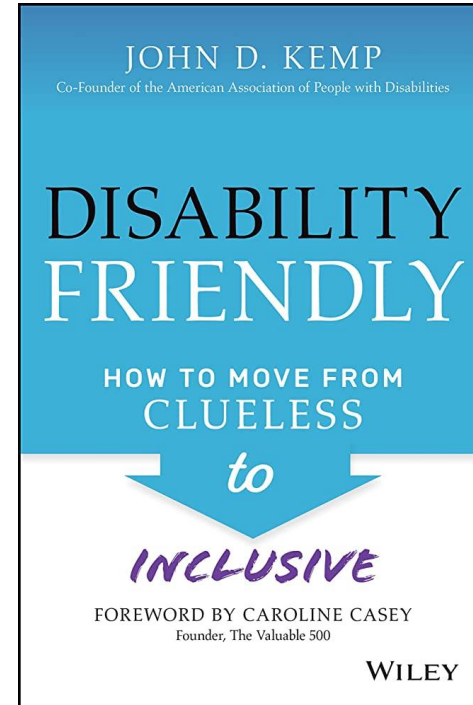
Hosting Inclusive  
Virtual Wellness

www.nchpad.com



# Additional Resources (+ more in the Guide)

- 9 Guidelines for Disability Inclusion  
– [committoinclusion.org](https://committoinclusion.org)
- Disability Friendly book addressing DEIA by John Kemp
- Disability and Ableism Webinar Series
  - What is Disability?  
[https://www.youtube.com/watch?v=XEXpleTsh\\_Q](https://www.youtube.com/watch?v=XEXpleTsh_Q)
  - What is Ableism?  
<https://www.youtube.com/watch?v=GU0qGZaLQml>



# Thank you! Connect with us!



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