Universal Design: It's More Than Large Print and Accessible Restrooms

Mary Hettel and Krescene Beck
Arc of Illinois Lunchtime Webinar
Tuesday, June 12, 2018

This presentation was developed under an investment from the Illinois Council on Developmental Disabilities (www.illinois.gov/icdd)

www.thearcofil.org
About the Alliance

• The Alliance is a statewide team of self-advocacy groups in Illinois. We work together to make life better in our communities and to work to make services better in our state.

• We want groups from around the state to speak together with one loud voice. We can do more when we all work together!
“When you include the extremes of everybody, that’s to say differently abled people of all sorts, then you produce things that are better for all of us.”

~ Michael Wolff
What is Universal Design?

• Inclusive design of information, communication and environment
• “Equal Time” design where everyone gets the same information, access, communication at the same time
• Decreases fatigue
• Increases performance and understanding

Universal Design is Good Design
7 Principles of Universal Design

1: Equitable Use
2: Flexibility in Use
3: Simple and Intuitive Use
4: Perceptible Information
5: Tolerance for Error
6: Low Physical Effort
7: Size and Space for Approach and Use
Principle 1: Equitable (Equal) Use

The design does not disadvantage or stigmatize any group of users.

Guidelines:

• Provide the same means of use for all users: identical whenever possible; equivalent when not.
• Avoid segregating or stigmatizing any users.
• Provisions for privacy, security, and safety should be equally available to all users.
• Make the design appealing to all users.
Envision Illinois
Before Meeting Questions

Do you know what the Envision Imagines project is about?

☐ Yes ☐ No

What would make the Illinois Imagines meetings and activities accessible for you?

☐ Large print  ☐ Handouts with pictures
☐ Braille       ☐ ASL interpreter
☐ Different time for meeting  ☐ Other (please share)_____
☐ Different place for meeting  ________________________

What type of contact do you prefer for meeting reminders and documents? Check all that you prefer.

☐ Mail (please share address)____________________________
☐ Phone (please share number)__________________________
☐ Text (please share number)___________________________
☐ E-mail (please share e-mail address)__________________

What gifts, talents, special interests and/or strengths do you bring to the team?

What would help you feel that you are a part of the team?

How can the team members support you at the meeting?

Do you have any questions or concerns about being on the team?
5th Annual
Going Home Advocacy Day

Wednesday, May 24, 2017
Illinois State Capitol Rotunda Springfield, Illinois
8.30am (registration begins) – 2.30pm
Rally begins at 11am

Agency/Group Name______________________________

Address______________________________

Contact Person Name________________ Phone________________

E-mail______________________________

Total Number Attending (include self-advocates, allies, support staff):_____

Accommodation Requests (sack lunches will be provided to all participants):

____ Dietary requirements – please specify. NOTE: Any physician-prescribed
dietary requirements will be accommodated; food preferences will not be
honored

____ Other requests – please specify________________

Sign language interpreters and light PA services will be available

Please register by Wednesday, May 10, 2017 by mail or email to:

Krescene Beck Mail: 6754 Middlegate Lane, Glen Carbon, IL 62034
Email: krescenebeck@gmail.com
We Share The Air
Please keep it healthy and fragrance-free

The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other respiratory ailments.

Please
• DO NOT wear perfume, cologne, lotion, aftershave and other fragrances.
• USE unscented personal care products.

Be Sensitive to Others

Please also consider:

Flowers
Air fresheners
Scented candles/diffusers
Cleaning products
Principle 2: Flexibility in Use

The design accommodates a wide range of individual preferences and abilities.

Guidelines:
• Provide choice in methods of use.
• Accommodate right- or left-handed access and use.
• Facilitate the user's accuracy and precision.
• Provide adaptability to the user's pace.
Principle 3: Simple and Intuitive (Natural) Use

Use of the design is easy to understand, regardless of the user's experience, knowledge, language skills, or current concentration level.

Guidelines:
• Eliminate unnecessary complexity.
• Be consistent with user expectations and intuition.
• Accommodate a wide range of literacy and language skills.
• Arrange information consistent with its importance.
• Provide effective prompting and feedback during and after task completion.
Say “no” to Alphabet Soup.

Starting today, let’s be acronym-free!
What We Will Do During Our Time Together

- Welcome and Housekeeping
- Icebreaker Activity featuring Meeting 1: Community Building
- Overview of Empowerment Guide
- Planning for Empowerment Groups in your Community
- Small Group Work
- Presentations of Small Group Work
- Ending

We will have a break during our time together.
ENVISION ILLINOIS
Pre-Assessment Survey for Domestic Violence Agencies

1. Do you feel you and your agency are ready to support people with disabilities (PWD) and Deaf people who have experienced domestic violence?
   - Yes ✓
   - No □

2. How would you rate your personal comfort level with PWD and Deaf People?
   - 1 Uncomfortable
   - 2 Somewhat Comfortable
   - 3 Very Comfortable

3. How would you rate your agency’s comfort level in supporting PWD and Deaf people who have survived sexual violence?
   - 1 Uncomfortable
   - 2 Somewhat Comfortable
   - 3 Very Comfortable
Principle 4: Perceptible (Visible) Information - 1

The design communicates necessary information effectively to the user, regardless of ambient conditions or the user's sensory abilities.

Guidelines:

• Use different modes (pictorial, verbal, tactile) for redundant presentation of essential information.

• Provide adequate contrast between essential information and its surroundings.
Principle 4: Perceptible (Visible) Information - 2

• Maximize "legibility" (reading) of important information.
• Differentiate elements in ways that can be described (i.e., make it easy to give instructions or directions).
• Provide compatibility with a variety of techniques or devices used by people with sensory limitations.
Maximize Legibility (Reading) - 1

• Fonts – use clear fonts
  Arial or Tahoma – not Freestyle Script
• Font Size 14 or higher
• Darkest print on lightest background
• DON’T YELL
• **Bold** not *italics* or **underlines**
• No words over pictures
Maximize Legibility (Reading) - 2

Use Plain Language
• Use easier to understand words
• Keep sentences short
• Use your computer’s Check Accessibility feature
Maximize Legibility (Newsletters and Emails) - 1

- Consider how color will look to people who may have a vision disability.
- Make sure that clickable links are distinct. Make the links a different color, underline and/or bold font them, and maybe even make them bigger than the rest of the text.
Maximize Legibility (Newsletters and Emails) - 2

• Use larger font sizes or make sure that readers know how to zoom. If you suggest zoom, make sure to test to make sure that the content of your email is still clear.

• For longer emails, use headings and a logical reading order with the most important or relevant material near the beginning of the email.
Principle 5: Tolerance (Easiness) for Error

The design minimizes hazards and the adverse consequences of accidental or unintended actions.

Guidelines:
• Arrange elements to minimize hazards and errors: most used elements, most accessible; hazardous elements eliminated, isolated, or shielded.
• Provide warnings of hazards and errors.
• Provide fail safe features.
• Discourage unconscious action in tasks that require vigilance.
Principle 6: Low Physical Effort

The design can be used efficiently and comfortably and with a minimum of fatigue.

Guidelines:
• Allow user to maintain a neutral body position.
• Use reasonable operating forces.
• Minimize repetitive actions.
• Minimize sustained physical effort.
Principle 7: Size and Space for Approach and Use

Appropriate size and space is provided for approach, reach, manipulation, and use regardless of user's body size, posture, or mobility.

Guidelines:
• Provide a clear line of sight to important elements for any seated or standing user.
• Make reach to all components comfortable for any seated or standing user.
• Accommodate variations in hand and grip size.
• Provide adequate space for the use of assistive devices or personal assistance.
“Look at the opportunity of design to empower everyone!”

~ Dan Formosa, Smart Design
Guidelines for a Welcoming and Accessible Gathering

Every element of a gathering is considered through the lenses of safety and accessibility, striving to create all materials to be accessible to welcome a wide range of people. The use of pictures, explanations, definitions, and clear formatting are all part of that effort.

Actively designing gathering space to allow for maximum space and access. Tables and chairs are set for maximum aisle-ways. Pushing chairs back under the table when leaving the room helps to maintain the highest degree of access in gathering spaces.

Gatherings may have both staff from disability organizations and staff of anti-violence organizations. Many participants are brought to this work out of personal experiences with violence and are therefore cautious about having personal photos and contact information circulated without their knowledge; it is important that permission is asked and given before taking photographs and sharing contact information.

Below are suggestions for ensuring the highest degree of accessibility and safety at gatherings. Thank you for helping create and maintain an accessible and safe space.

- Please be chemical/fragrance free. Do not wear scented products, such as lotions, shampoos, fabric softeners, perfumes, etc.
- Please turn cell phones off to maintain an electromagnetic-free environment.
- Please ask for and receive permission prior to taking any pictures or sharing contact information.
- When speaking in a large room or to a large group of people, please always use a microphone.
• State your name before speaking.

• Pace the group dialogue to allow time for interpreting and processing, which may lag a few seconds behind spoken discussion.

• Please maintain the meeting room set-up. It has been set-up specifically to allow for access.

• Please remember to push your chair into the table.

• Please avoid using acronyms. If you use one, be sure to explain it.

• Use people first language (i.e., "people with disabilities" and not "disabled people") and avoid violent expressions (i.e., "take a stab at it", etc.)

• Remember and be respectful of the fact that each of us come from different experiences.

• Help create a safe place for people to learn. If there is conflict, use it as a learning opportunity.

Adapted from VERA Institute of Justice
www.vera.org
Questions
Comments
Considerations
Alliance Contact Information

Krescene Beck, Project Coordinator
krescenebeck@gmail.com

Website
http://selfadvocacyalliance.org

Facebook