BOUNCE FORWARD
BUILDING THRIVING, HEALTHY, & EQUITABLE COMMUNITIES
MARCH 4 & 5, 12, 19, 25 & 26
Count Us In!
Inclusive Planning and Design for Health, Mobility and Equity
Count Us In!

Inclusive Planning and Design for Community Health, Mobility and Safety | 2021 RMLUI Bouncing Forward!
Presenters/Moderator

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• Housing Resources Coordinator | IHFA
• Board Member, Idaho Rural Partnership; Idaho Access Project

Learn more at:
• idahoaccessproject.org | @IDAccessProject
• fairhousingforum.org | @FairHouseForum
“The most beautiful things we design are often the ones whose formal innovation is the product of a social or cultural need.” —Joel Sanders, MIXdesign
What we’ll cover

• Inclusive planning and design: what is it, why it matters
• Idaho Access Project
• Defining Visitability: personal, social, economic implications
• Livability: Community living with a disability | 3 case studies
• A planner’s perspective
Saving us from ourselves

Bring diverse perspectives to the table before pouring sand/concrete or ‘setting anything in stone.’

Planning ahead is always more cost effective and satisfactory than planning behind.

‘It seemed like a good idea at the time.’ —Anon.
Inclusive communities

Visitability and inclusion*
- One home = solitude
- Two homes = friendship
- Three or more = society

Federal law = starting point
- Fair Housing
- ADA
- Section 504

* h/t to H.D. Thoreau
Economic benefits

Access means

• Business
• Welcome
• Independence
• Medicaid savings
• Quality of life/Dignity

rampupidaho.org
Individual/public health and wellness

Think parks, greenbelts, trails and waterways
Access to recreation and nature are essential
There is dignity in risk and pushing boundaries
Inclusive planning: why it matters

What’s the deal with roundabouts?
Idaho Access Project:
Creating Accessible Communities
idahoaccessproject.org | @IDAcessProject

Dianna Willis, M.A. E.D.
President, IAP
Idaho Access Project

A small non-profit focused on equity

The Idaho Access Project (IAP) envisions a future where people with disabilities have equal access to live, work, and recreate alongside our friends, family, and neighbors.
The Idaho Access Project (IAP) advances equality for people with disabilities by
• re-imagining how physical spaces are planned and designed;
• challenging attitudes about human ability and difference; and
• creating healthy communities for everyone.
Disability and diversity

• Clarify the practical needs of those navigating the built environment with different abilities.
• Pursue planning and design informed by the lived experience of diverse users.

*Idaho River Sports, adaptive SUP class*
Public policy lens

• Identify existing and potential barriers
• Work with planning and policy professionals to increase livability and reduce liability and costs
• Clarify the practical needs of those navigating the built environment with different abilities.
• Pursue planning and design informed by the lived experience of diverse users.
Policy engagement

City of Boise
- Pathways Master Plan Working Group
- ADA Transition Plan Working Group
- Disability Advisory Project
- ADA Parking Committee
- Mayor’s Transition Committee “Movement for Everyone”

Ada County Highway District
- Roundabout Working Group
- ADA Advisory Committee

Regional
- Valley Regional Transit Advisory Council

Statewide
- Building Code Board
- State Independent Living Council
- Idaho Volunteer Organizations Active in Disaster
- Idaho Inclusive Recreation Committee
- Idaho Bike and Pedestrian Advisory Committee
Academic and community engagement

Boise State University
- Service Learning
- Accessible Digital Wayfinding
- Voting rights

University of Idaho
- Extension
- Bioregional Planning and Community Design

- Idaho Fair Housing Forum
- Idaho Rural Partnership
- NW Community Development Institute
Neighborhood Access Review

Evaluate how livable and welcoming a neighborhood is for people with disabilities.

• Innovative
• Comprehensive
• Diverse points-of-view
• Experiential
• Actionable recommendations
Examples of Access Review findings
Visitability

Jeremy Maxand, M.A. E.D.
LINCIIdaho.org
Visitability

Housing designed in such a way that it can be lived in or visited by people who have trouble with steps or who use wheelchairs or walkers.
Visitability?

- One zero-step entrance.
- Doors with 32” clear passage space.
- One bathroom on the main floor you can get into in a wheelchair.
Visitability market

At least 21% of US households have at least one person with a physical limitation.

60% probability that a newly built single-family home will house at least one disabled person during the next 50 years.

— *Journal of the American Planning Association*
“Treasure Valley housing crisis: 19,050 more homes needed by 2021”

KTVB, July 2019
Zero-step garage
Zero-step entry
Zero-step patio
How you can help

Developers: Adopt Visitability in new projects and consult disability design experts

Planning & Development Staff: Suggest Visitability features in new projects

Elected Officials: Explore opportunities to encourage Visitability

Community Members: Support efforts to expand Visitability
Livability: Community living with a disability | 3 case studies

Barbara L. Kornblau, JD, OTR/L, FAOTA
Idaho State University
Public health relies on access, equity

<table>
<thead>
<tr>
<th>The Fair Housing Act</th>
<th>Allows requests for reasonable modifications (physical) or accommodations (policy) that allow full use and enjoyment of housing. Design and Construction standards for MFH.</th>
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<tbody>
<tr>
<td>ADA – Titles II &amp; III</td>
<td>Requires owners of public places, including state and local governments, to make them accessible and useable by people with disabilities.</td>
</tr>
<tr>
<td>Section 504</td>
<td>Provides people with disabilities access to facilities, activities, programs or resources that use public funds.</td>
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</table>
Mrs. Washington is a widow being discharged from rehab after a hip fracture; she has fibromyalgia, osteoarthritis of the knee, and low back pain.

- She rents a unit in large apartment complex with a pool.
- Chronic pain leads to fatigue and occasional balance issues.
- Her Occupational Therapist makes a home visit and recommends the following to support her rehab:
Rehab recommendations

• Install grab bars in the bathtub and around the toilet
• Use a bath bench in the shower with a long handled shower hose
• Daily pool use as part of a water exercise program
Rehab strategies

• Mrs. Washington and the occupational therapist discuss strategies for getting in and out of the pool.

• Volunteers from her church have helped her in the past and have offered to organize daily volunteers to help her in and out of the pool.
• Mrs. Washington speaks to her landlord about the needed home modifications; he says he does not want grab bars or long shower hoses in his apartments. He tells her she cannot make the changes.

• When Mrs. Washington tells him about her water exercise program and that church members will help her safely use the pool, he reminds her of the “no guests in the pool on weekends” policy and denies the accommodation.
Consequences of denial

• Without grab bars, Mrs. Washington cannot safely return to living independently in the community.

• Without the help of her church members, she cannot access the pool to follow her water exercise program.

• Mrs. Washington fears that without the requested modification and accommodation, she will not be able to return to independent apartment living and may end up in a nursing home or long-term care facility.
• She has cardiomyopathy and follows doctor’s orders to walk and incorporate mild exercise into her routine.

• Her 17yo autistic grandson Ryan and his trained service dog Woof stay with her during COVID19. Woof helps Ryan stay calm and focused.

• Mrs. Jones, her grandson Ryan, and Woof, his service dog, go to the county park for a walk.
County Park: two barriers

Trained service dogs are an extension of the person; they mitigate the effects of disability. People with different abilities can inform alternate access options, materials and design.
“Title II of the Americans with Disabilities Act (ADA) requires that people with disabilities have equal access to state and local government programs, services, and activities—and therefore the opportunity to engage in civic life.”

Public entities must...

• reasonably modify “policies, practices, and procedures to allow the participation of people with disabilities,” and

• Pay for “auxiliary aids or services, or accommodations and modifications to services, programs, and activities.”

Source. northeastada.org/resource/the-ada-and-title-ii-public-entities
Section 504 Case Study | Tyler

• 25yo wheelchair user and athlete
• Long-time competitive tournament bowler with several outstanding bowling awards.
• His team attends a regional tournament at a bowling alley adjacent to a military base.
• The facility hosts U.S. Army sponsored military tournaments—including the General’s Cup.
Soldiers wait for General’s Cup competition

Photo credit: Bob Smith on Unsplash
Tyler attempts to access the venue

- Tyler tries to access the facility for tournament practice
- The ramp and steps shown connect the parking lot to the building
- This represents a barrier to independent access

Photo credit: Erik Rasmussen
Rehabilitation Act of 1973 states:

“...no qualified individual with a disability in the United States shall be excluded from, denied the benefits of, or be subjected to discrimination” by:

• Agencies of the federal government; (Section 501)
• The employment practices of employers who contract with the federal government to provide goods and service; (Section 503)

and

• Programs that are recipients or beneficiaries of federal funding. (Section 504)
Covers entities who benefit from or receive federal funds.
- Here: The military uses the bowling alley for official tournaments
- Other: Universities benefit from federal student loan money
- Hospitals receive Medicare funds; Doctor’s offices benefit from subsidized insurance or gov employee insurance, Federal grant recipients, etc.

Includes non-discrimination in employment and access to programs and services.

Must make reasonable accommodations to enable access.
In each of the above case studies, we can choose several responses:

- Educate
- Advocate
- Litigate
Public health implications

Public health is concerned with the health of populations. As a population, people with disabilities consistently experience:

• poorer health,
• poorer opportunities for health care interventions, and
• poorer health outcomes.

Why?
Attitudes and assumptions

• Society and policy makers undervalue people with disabilities
• Health professionals lack proper training
• Lack of accessible medical equipment (sometimes fatal)
• Inaccessible public spaces
• Limited opportunities to participate in events and activities that promote mental and physical health.
A planner’s perspective

William S Voelker, AICP
Planner/Dev. Coordinator, Town of Cheshire, CT
“We shall seek social justice by working to expand choice and opportunity for all persons, recognizing a special responsibility to plan for the needs of the disadvantaged* (insert language re: disability here) and to promote racial and economic integration. We shall urge the alteration of policies, institutions, and decisions that oppose such needs.”

*we can do better than this
Key areas of focus

- Personal perspective: navigating public spaces
- Suburban compliance and policy challenges
- You can lead a horse to water...
- Plan of Conservation and Development
- Constant struggle w developers and public works
- Few meet or go beyond basic ADA standards
The curb cut...a simple concept, right?
Turns out, not so much.
No safe space
Hiding in plain sight
Curbing your enthusiasm...
No accessible parking for linear parkway
Discussion

• How can citizens and policy makers effect change?

• Net costs of barriers and who bears those costs

• Benefits of access and equity
  • Individual
  • Social
  • Economic