

# BOUNCE *FORWARD*

*BUILDING THRIVING, HEALTHY, &  
EQUITABLE COMMUNITIES*



**MARCH**  
4 & 5, 12, 19, 25 & 26



# RMLUI 2021

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# **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

**Dianna Willis, M.A., M.Ed.**

**Co-Founder/Board Member, Idaho Access Project | Boise, ID**

**Jeremy Maxand, M.A.**

**Co-Founder/Board Member, Idaho Access Project**

**Executive Director, LINCIdaho.org**

- **Erik Kingston, PCED (Moderator)**
- Housing Resources Coordinator | IHFA
- Board Member, Idaho Rural Partnership; Idaho Access Project

- **Barbara L. Kornblau, JD, OTR/L, FAOTA**
- Professor and Occupational Therapy Program Director | Idaho State University
- **William S Voelker, AICP**
- Town Planner/Development Coordinator | Town of Cheshire

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- **Learn more at:**
  - [idahoaccessproject.org](http://idahoaccessproject.org) | @IDAccessProject
  - [fairhousingforum.org](http://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

**You wouldn't post this sign on your subdivision**



**What about this one?**



**'Visitable' design creates inclusive communities.**

\*h/t to H.D. Thoreau



# Economic benefits

## Access means

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



[rampupidaho.org](http://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](http://idahoaccessproject.org) | [@IDAAccessProject](https://twitter.com/IDAAccessProject)

**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.



# Mission

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

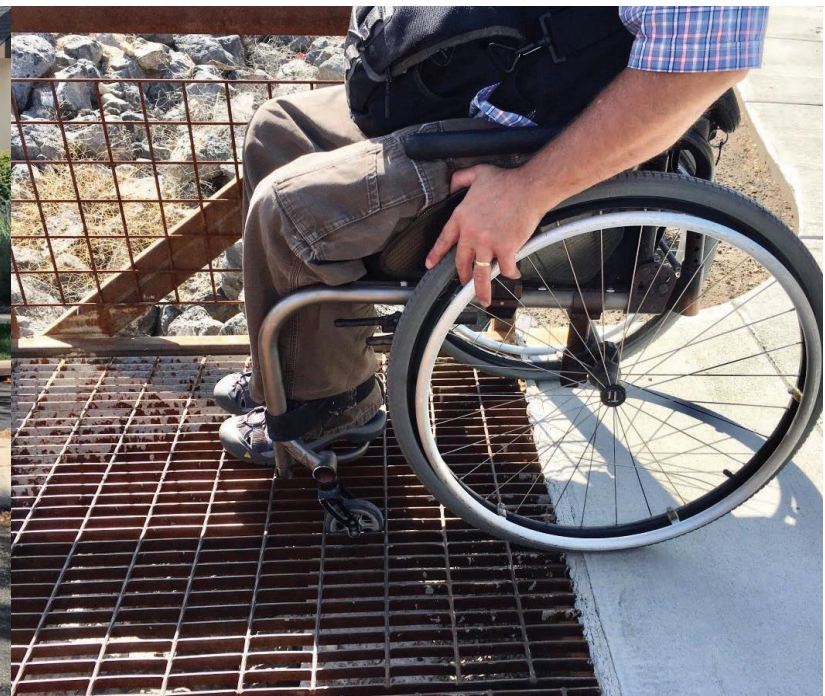


# Neighborhood Access Review

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

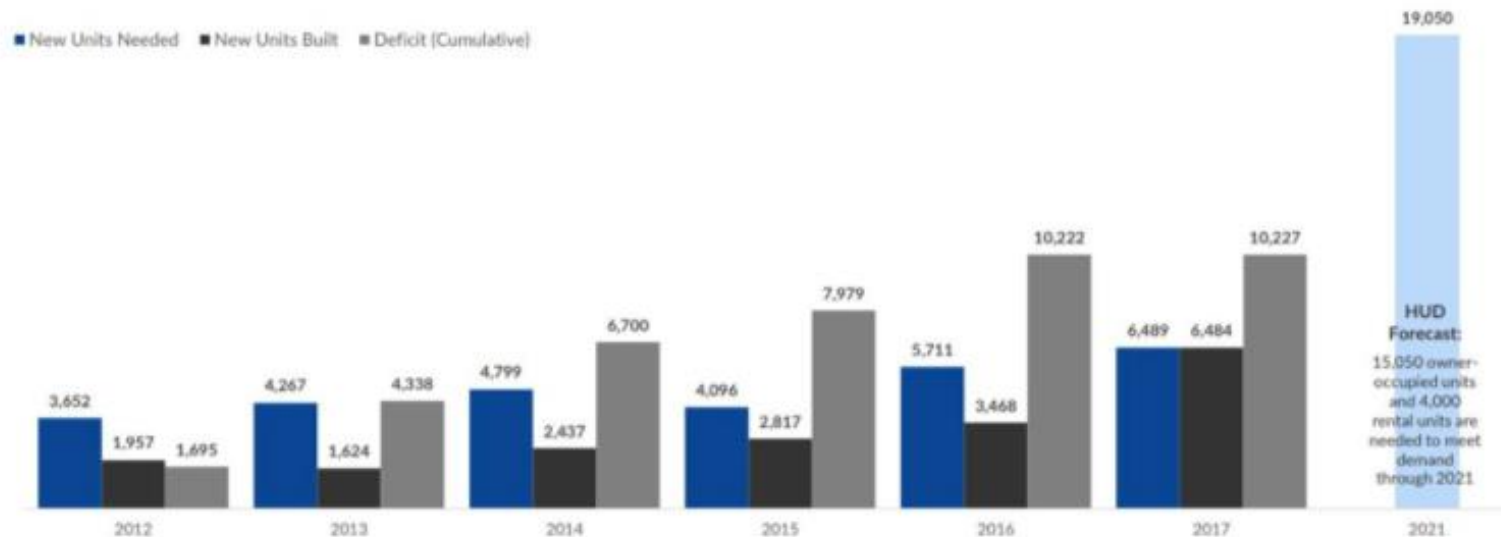
— *Journal of the American Planning Association*



# Visitability

## Owner-Occupied and Rental Housing Units Needed to Meet Demand, for Ada and Canyon Counties Combined, 2011-2017 and through 2021

The total number of housing units in Ada and Canyon Counties combined, for either purchase or rent, have not kept up with population growth. Some economists estimate the need as one new unit of housing for every 1.5 additional person. Due to the larger average household sizes in our area, we're conservatively estimating the local need to be one new unit for every 2.8 additional persons. Between 2012-2017, we needed approximately 10,000 more new units that were never built – and the deficit has only gotten worse. According to a 2018 report by the U.S. Department of Housing and Urban Development, the Boise City Metropolitan Statistical Area (including Ada, Canyon, Gen, Boise, and Owyhee counties) will need an additional 15,050 homes and 4,000 more rental units through 2021 to meet forecasted population growth.



**“Treasure Valley  
housing crisis:  
19,050 more  
homes needed by  
2021”**

KTVB, July 2019

# Zero-step garage

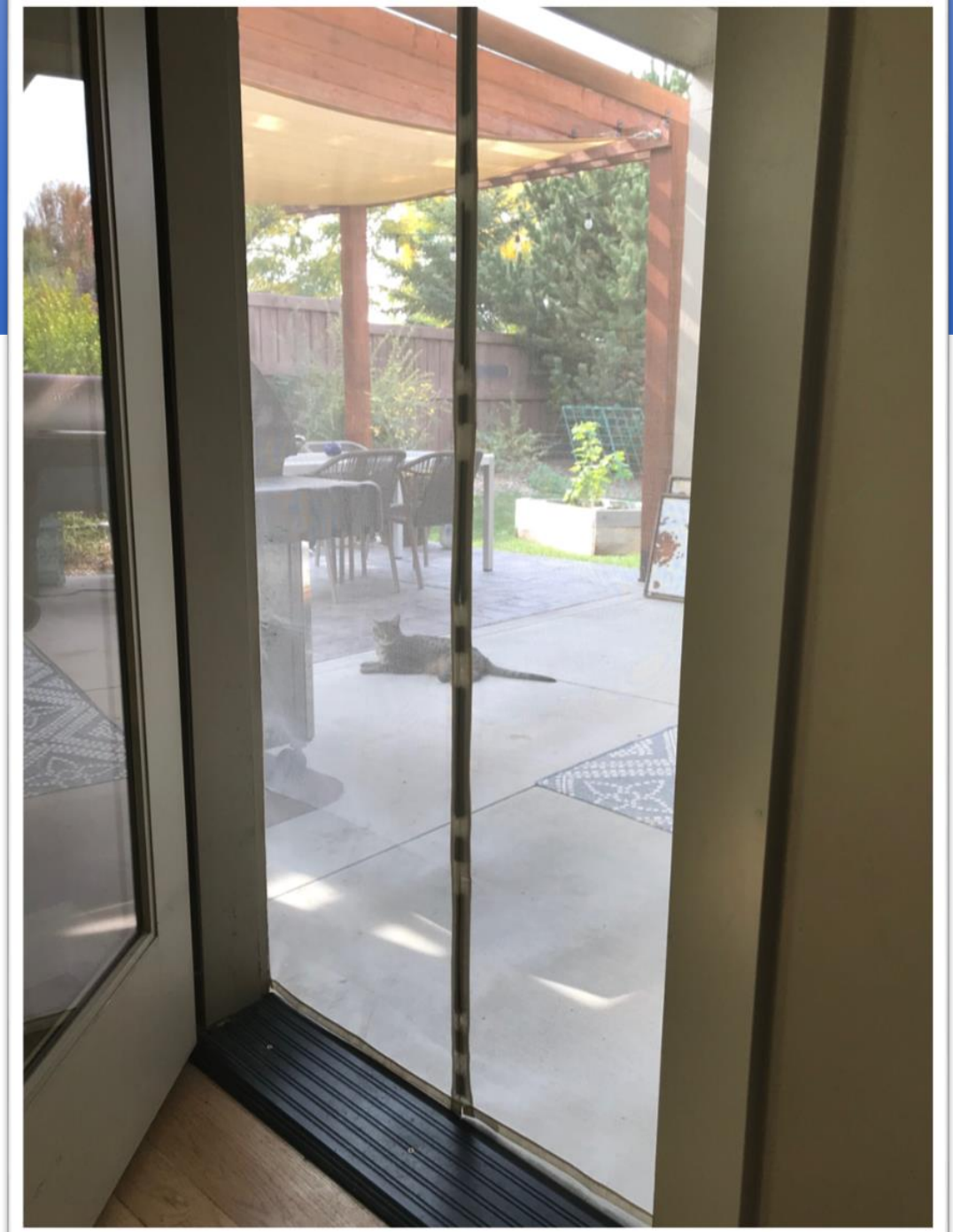


# Zero-step entry

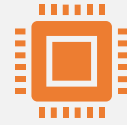




# Zero-step patio



# 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

## **The Fair Housing Act**

Allows requests for reasonable **modifications** (physical) or **accommodations** (policy) that allow full use and enjoyment of housing. Design and Construction standards for MFH.

## **ADA – Titles II & III**

Requires owners of public places, including state and local governments, to make them accessible and useable by people with disabilities.

## **Section 504**

Provides people with disabilities access to facilities, activities, programs or resources that use public funds.

# Fair Housing Act | Mrs. Washington

- 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.

# Modification/accommodation request

- 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.



# ADA Case Study Title II | Mrs. Jones

- 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.

# ADA: Title II | State, Local Gov't Services

“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](http://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)**

# 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.



# Remedies?

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**



# AICP Code of Ethics

“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

