# Interior Movement

Congregational Worksheet on Accessibility

for greater inclusion for Disabled UU’s

Full participation in all aspects of congregational life for people with disabilities is the aspiration for UU congregations. This is a big undertaking and one that is ongoing. **Accessibility is only one part of this, but it is essential. Here, we cover one of the many areas within congregational accessibility.** As new technologies emerge, this list will change. Additionally, the brief accessibility checklist is not complete or specific to you. This checklist is meant to start the conversation. Your building, grounds, or policies are unique to your congregation. We encourage everyone to participate, either through a survey created for your congregation, or helping with or giving input, on accessibility projects.

Each worksheet has four sections and should be revisited for updates.

1. Links to EDUCATIONAL RESOURCESwith detailed information.
2. CHECKLIST:
   1. Check **Yes or No** as it applies at this moment even if you have plans to add this accessibility in the future.
   2. Mark **NA** if it does not nor ever will apply. For example, an elevator would never be installed in a single-story building with no basement.
   3. In the **Action** column, note what needs to happen next. Does another committee need to be involved? If so, what committee? Would this item be best handled by someone on the staff? Use the **Notes** for additional space.
3. SOME THINGS TO CONSIDER poses questions to start conversations on dismantling ableism in your congregation.
4. ADDITIONAL RESOURCES are articles, blog posts, activities, and other information that is current and will be revised every three months.

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| Educational Links: US Access Board Maneuvering at Doors  <https://youtu.be/CZw9VtR0wS8>  Information and Technical Assistance on the ADA https://www.ada.gov/  What is Universal Design? <http://universaldesign.com/what-is-ud/> | | | | |
| Checklist | Yes | No | N/A | Action |
| 1. Are there routes of travel to all rooms that do not require the use of stairs? |  |  |  |  |
| 1. Is carpeting low-pile, tightly woven, and securely attached along edges? |  |  |  |  |
| 1. Are there automatic doors in the interior of the building? |  |  |  |  |
| 1. Do doors have at least a 32-inch clear opening? |  |  |  |  |
| 1. Are door handles 48 inches high or less? |  |  |  |  |
| 1. Are door handles operable with a closed fist? (Try to open the door using only one hand, held in a fist.) |  |  |  |  |
| 1. Are all threshold edges 1/4-inch high or less, or if beveled edge, no more than 3/4-inch high? |  |  |  |  |
| Notes: | | | | |
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Some things to consider: How disabled do you have to be to be considered disabled? Have you ever heard this question? Read [*Disabilities are not binary. Why do we treat them that way?*](https://www.aamc.org/news-insights/disabilities-are-not-binary-why-do-we-treat-them-way)In this article, the other says, “From my personal experience, people are almost always more helpful when they “get” it, which is generally when the barriers are visible.” What about when barriers are not visible? This article, [*What Happens When You’re Disabled but Nobody Can Tell*](https://www.nytimes.com/2020/07/10/style/invisible-disabilities.html)*,* discusses disabilities that are not visible and how people can help accommodate them.

## Additional Resources:

Beyond Accessibility to Universal Design <https://www.wbdg.org/design-objectives/accessible/beyond-accessibility-universal-design>

17 Everyday Tasks, and What They Really Feel Like for Someone with Arthritis <https://creakyjoints.org/living-with-arthritis/everyday-tasks-challenges-with-arthritis/>

[Accessibility for the Disabled - A Design Manual for a Barrier Free Environment](https://www.un.org/esa/socdev/enable/designm/index.html) <https://www.un.org/esa/socdev/enable/designm/intro.htm>

Ensuring Access For People With Disabilities <https://ctb.ku.edu/en/table-of-contents/implement/physical-social-environment/housing-accessibility-disabilities/main>

An example statement from [**Autistic Hoya’s**](https://autistichoya.files.wordpress.com/2016/03/brief-abled-privilege-checklist-mar-2016.pdf) Abled Privilege Checklist:

‘I will never be trapped and prevented from going to a mandatory appointment by a set of stairs (or even a single step), a malfunctioning lift, or an out-of-service elevator.’

Does this statement seem reasonable to you? Who would it not apply to and why?

We welcome your feedback and additions to this form: [aim@uua.org](mailto:aim@uua.org)