



Episode 57 Resources: Inclusive Healthy Communities and the ADA

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Resources Mentioned in this Episode

- [National Center on Health, Physical Activity and Disability \(NCHPAD\)](#)
4000 Ridgeway Drive
Birmingham, Alabama 35209
Phone: 800-900-8086
Email: email@nchpad.org
Link: nchpad.org/
Provides information, training and resources on physical activity, health promotion, and disability, serving people of all ages with disabilities.
- [Lakeshore Foundation](#)
4000 Ridgeway Drive
Birmingham, Alabama 35209
Phone: 205-313-7400
Link: lakeshore.org/
Their mission is to enable people with physical disability and chronic health conditions

to lead healthy, active, and independent lifestyles through physical activity, sport, recreation, advocacy, policy, and research.

- [Centers for Disease Control and Prevention \(CDC\), Division of Human Development and Disability - Disability and Health Branch](#)
Source: Centers for Disease Control and Prevention (CDC)
Link: cdc.gov/ncbddd/disabilityandhealth/index.html
- [National Center on Birth Defects and Developmental Disabilities \(NCBDDD\)](#)
Source: Centers for Disease Control and Prevention (CDC)
Link: cdc.gov/ncbddd/index.html
- [Resources for Inclusive Healthy Communities](#) (PDF 6 pages)
Source: America Walks
Link: americawalks.org/wp-content/uploads/2017/03/NCHPAD_Resources-for-Inclusive-Healthy-Communities.pdf
- [Commit to Inclusion](#)
Source: National Center on Health, Physical Activity and Disability (NCHPAD)
Link: committoinclusion.org/
- [Partnership for Inclusive Health](#)
Source: National Center on Health, Physical Activity and Disability (NCHPAD)
Link: committoinclusion.org/inclusivehealth/
- [Community Health Inclusion Index](#)
Source: National Center on Health, Physical Activity and Disability (NCHPAD)
Link: nchpad.org/1273/6358/Community~Health~Inclusion~Index
- [Community Health Inclusion Sustainability Planning Guide](#) (PDF 75 pages)
Source: National Center on Health, Physical Activity and Disability (NCHPAD)
Link: nchpad.org/CHISP.pdf
- [Sustainability Planning Guide for Healthy Communities](#) (PDF 120 pages)
Source: Centers for Disease Control and Prevention (CDC)
Link: cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/pdf/sustainability_guide.pdf
- [How I Walk](#)
Source: National Center on Health, Physical Activity and Disability (NCHPAD)
Link: nchpad.org/howiwalk/
- [Complete Streets](#)
Source: Smart Growth America
Link: smartgrowthamerica.org/program/national-complete-streets-coalition/
- [Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities](#)

Source: The Surgeon General

Link: surgeongeneral.gov/library/calls/walking-and-walkable-communities/index.html

- [Access Portsmouth](#) [Note: Their new name is Access Navigators]
Source: Access Navigators
Link: accessnavigators.com/
- [Accessibility Cloud](#)
Source: SOZIALHELDEN e.V.
Link: accessibility.cloud/
- [NCHPAD Blog: Endless CapABILITIES](#)
Source: National Center on Health, Physical Activity and Disability (NCHPAD)
Link: blog.ncpad.org/
Use this blog to share information and generate new ideas about health and disability.
- [Inclusive Community Health Implementation Package \(iCHIP\)](#)
Source: National Center on Health, Physical Activity and Disability (NCHPAD)
Link: nchpad.org/iChip
The iCHIP provides specific guidance, information, and resources related to community health leadership, communication, policy, programming, planning, assessment, and training.

Special National Health and Wellness Event

- [National Institutes of Health's All of Us Journey](#)
Source: National Institutes of Health
Link: joinallofus.org/en/journey
This traveling, hands-on exhibit will raise awareness about the All of Us Research Program, which is an ambitious effort to gather data from 1 million or more people living in the United State to accelerate research and improve health.
Be a part of the All of Us Journey's 37-week national tour. You can attend an event to learn more about the All of Us Research Program and its potential to advance precision medicine in the future. **Check the [All of Us](#) website for other dates throughout the Southeast and the U.S.** at **Link:** joinallofus.org/en/journey

National & International Sports Organizations that Promote Inclusion of People with Disabilities

- [National Center on Accessibility](#)
Source: National Center on Accessibility
Link: ncaonline.org/index.shtml
Promotes access and inclusion for people with disabilities in parks, recreation and tourism.
- [National Sports Center for the Disabled \(NSCD\)](#)
Source: National Sports Center for the Disabled (NSCD)

Link: nscd.org/

One of the largest therapeutic recreation agencies in the world, it offers a variety of year-round sports and recreational adventures.

- [Disabled Sports USA](#)

Source: Disabled Sports USA

Link: disabledsportsusa.org/

How adaptive sports help youth, wounded warriors and adults with disabilities live happier, healthier lives.

- [Northeast Passage](#)

Source: University of New Hampshire, College of Health & Human Services, Department of Recreation Management & Policy

Link: nepassage.org/

This program empowers individuals with disabilities to define, pursue and achieve their therapeutic recreation and adaptive sports goals.

- [Blaze Sports America](#)

Source: Blaze Sports

Link: blazesports.org/

Offers sport and recreation programs for kids and veterans with physical disabilities. They serve a wide range of ability levels from recreational beginner to competitive Paralympians.

- [National Ability Center](#)

Source: National Ability Center

Link: discovernac.org/

Empowers individuals of all abilities by building self-esteem, confidence and lifetime skills through sport, recreation and educational programs.

- [Inclusive Sports Initiative](#)

Source: Institute for Human Centered Design

Link: humancentereddesign.org/index.php?q=projects/inclusive-sports-initiative

Ongoing research, education and advocacy promote inclusion, universal design, and sports around the world.

Accessible Playgrounds & Recreation

- [Landscape Structures](#)

Source: Landscape Structures

Link: playlsi.com/home.shtml

This company creates innovative, accessible playground equipment for schools, parks, childcare centers, religious institutions, and more to help develop healthier kids, families and communities.

- [Inclusive Play – Playground Design Ideas](#)
Source: Landscape Structures
Link: playlsi.com/en/playground-design-ideas/inclusive-play/
- [Morgan's Wonderland](#)
Source: Morgan's Wonderland
Link: morganswonderland.com/
This San Antonio, Texas, theme park was built to emphasize inclusion and enable everyone to come together and have fun, regardless of their abilities.
- [Playgrounds for Everyone](#)
Source: National Public Radio (NPR)
Link: playgroundsforeveryone.com/
A community-edited guide to accessible playgrounds.
- [2018 Playground Funding Guide](#)
Source: Game Time
Link: gametime.com/resources/playground-funding-guide
This free guide includes hundreds of grants and other funding sources for playgrounds, fitness parks and other recreation projects, as well as resources for grant writing assistance and for developing inclusive, accessible facilities. Guide is available free of charge as a PDF download.
- [Article: Designing Playgrounds for Children with Cochlear Implants](#)
Source: Game Time
Link: gametime.com/news/designing-playgrounds-for-children-with-cochlear-implants
- [National Lekotek Center](#)
Link: lekotek.org/
Provides services to improve the lives of children with disabilities using toys and play. Lekotek Centers offer medically helpful play-based sessions for families of children with disabilities, structured to help children learn, develop, and do well.
- [Easter Seals Camp and Recreation Directory](#)
Link: easterseals.com/our-programs/camping-recreation/camp-and-recreation-directory.html
Nationwide directory of day and residential camps and recreation programs that serve children, adults and families of all abilities.
- [Braille Nature Trail Directory](#)
Source: Nature for the Blind
Link: naturefortheblind.com/
This website provides locations and information about over 200 Braille nature trails and sensory gardens in the U.S. and in 35 countries for people who are visually impaired or have other physical disabilities.

- [America Walks](#)
Source: America Walks
Link: americawalks.org/
Helps communities create safe, accessible, and enjoyable walking conditions for all. Provides strategy support, training and technical assistance to statewide, regional, and local organizations.
- [Every Body Walk! Collaborative](#)
Source: America Walks
Link: americawalks.org/partner-directory/everybody-walk-collaborative-2/
National initiative to promote safe, accessible and inclusive places to walk.
- [Inclusive Recreation Resource Center](#)
Source: Inclusive Recreation Resource Center
Link: inclusiverec.org/accessible-recreation
Promotes and sustains participation by people of all abilities in inclusive recreation activities and resources.
- [Inclusion U](#)
Link: inclusiverec.org/inclusion-u-online
This online training is for anyone interested in increasing opportunities for inclusive recreation.
- [Inclusivity Assessment Tool](#)
Link: inclusiverec.org/inclusivity-assessment-tool
This user-friendly tool helps recreation programs and facilities survey both physical accessibility and programmatic inclusion. The *Inclusivity Assessment Tool* is used by trained assessors who have completed *Inclusion U*.

ADA Requirements and Guidelines for Recreation Facilities

- [ADA Accessibility Requirements for Recreation Facilities](#)
Source: U.S. Access Board
Link: access-board.gov/guidelines-and-standards/recreation-facilities
The ADA and ABA standards include access to recreation facilities, including play areas, swimming pools, sports facilities, fishing piers, boating facilities, golf courses, and amusement rides. New provisions cover access to trails, picnic and camping sites, and beaches on Federal sites.
- [National Park Service Accessibility Guidelines and Resources](#)
Source: National Park Service
Link: nps.gov/hfc/accessibility/
Federal accessibility guidelines for national parks.
- [ADA Requirements: Accessible Pools](#)
Source: U.S. Department of Justice (DOJ)
Link: ada.gov/pools_2010.htm (HTML)

Link: ada.gov/pools_2010.pdf (PDF 5 pages)

These ADA requirements were updated on May 24, 2012.

Inclusive Healthcare and Wellness

- ADA Live! Webcasts on Aging and Disability
Source: ADA Live! and the Southeast ADA Center
Link: adalive.org
You can listen anytime to these 30-minute broadcasts of previous WADA ADA Live! episodes. Written transcripts and lists of useful resources are also available. Episodes 54 and 56 are a two-part series, with a shared list of resources.
[Episode 54: Aging and Disability](#)
Link: adalive.org/episode54
[Episode 54: Aging and Disability Resources List](#)
Link: adalive.org/episode54_resources
Note: These resources apply to Episodes 54 and 56.
[Episode 56: Disability and Aging: Medicare, Medicaid, and Benefits Enrollment Assistance](#)
Link: adalive.org/episode56
- [Inclusive Fitness Toolkit for Fitness and Wellness Professionals](#)
Source: Northeast ADA Center, Cornell University
Link: northeastada.org/docs/Inclusive-Fitness-Toolkit.pdf (PDF 110 pages)
This toolkit helps fitness and wellness professionals include the needs of individuals with developmental and other disabilities when designing and implementing programs and services.
- [National Senior Health and Fitness Day](#)
Source: National Senior Health and Fitness Day
Link: fitnessday.com/senior/
This annual event on May 30th focuses on inclusive health and wellness for all older adults, including those aging with disabilities.
- [Healthy Aging and Disability Fact Sheets Series](#)
Source: University of Washington, Aging and Physical Disability Rehabilitation Research and Training Center
Link: agerrtc.washington.edu/info/factsheets
Learn how to create a healthy lifestyle for older adults with disabilities.
- [Aging Well with a Disability? Go For It!](#)
Source: National Rehabilitation Information Center (NARIC)
Link: naricspotlight.wordpress.com/2015/09/16/aging-well-with-a-disability-go-for-it/
List of resources on the health benefits of exercise and physical activity for older adults.
- [Let's Get Physical!](#)
Source: National Rehabilitation Information Center (NARIC)
Link: naricspotlight.wordpress.com/2015/05/18/lets-get-physical/

List of resources on the importance of an active and healthy lifestyle for people with disabilities.

- [Healthcare Transition for Youth with Disabilities](#)
Source: Got Transition and the National Alliance to Advance Adolescent Health
Link: gottransition.org/youthfamilies/index.cfm
As youth with disabilities learn to live independently as adults, it requires an organized transition process to gain health care skills, prepare for an adult model of care, and transfer to new providers. Website also available in Spanish.
- [Resources for Youth with Disabilities, Families, and Professionals](#)
Source: U.S. Department of Health & Human Services
Link: hhs.gov/ash/oah/adolescent-development/physical-health-and-nutrition/chronic-conditions-and-disabilities/resources.html
Health and wellness resources for service providers, youth and families.
- [Healthfinder.gov](#)
Source: U.S. Department of Health & Human Services
Link: healthfinder.gov/Default.aspx
This website has information and tools to help you and your family stay healthy. Information is also available in Spanish.
- [Save the Dates: Disability and Health Data System \(DHDS\) Webinars](#)
Source: Centers for Disease Control and Prevention (CDC)
Link: cdc.gov/ncbddd/disabilityandhealth/dhds.html
The CDC created a Disability and Health Data System (DHDS) to provide quick and easy access to data on demographics and health information for adults with disabilities. Users can access information on five functional disability types, more than 30 health topics, and customized data for your state or region.
CDC will host the following webinars to tell you more about DHDS.
 - June 21, 2018 at 3-4pm EST - Beginner's Guide to DHDS
 - June 26, 2018 at 3-4pm EST - DHDS: Beyond the Basics

Disclaimer

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