

SAFE HAVEN CONNECT CIC · REGISTERED CIC

DESIGN MY ACCESSIBLE WORLD

Redesigning home, work, learning and community spaces around my disability and access needs

NEW DISABILITY WORKBOOK SERIES - BOOK 10

This workbook belongs to:

Instead of asking, "How can I cope better with this inaccessible environment?", this workbook asks a different question: "What could we change about the environment?"

Welcome

Accessibility is not only ramps and lifts. It can include sensory access, communication, information, cognitive access, fatigue, pain, mobility, toilets, seating, timing, technology and attitudes.

One place I wish worked better for me:

1. What Does Accessible Mean to Me?

Accessibility is individual.

- ☐ I can physically enter and move around
- ☐ I can understand the information
- ☐ I can communicate in my preferred way
- ☐ The sensory environment is manageable
- ☐ I can sit / rest when needed
- ☐ I can use the toilet I need
- ☐ I am not rushed
- ☐ I can bring support
- ☐ I can use disability aids
- ☐ I feel respected

My notes / what applies to me:

2. My Access Profile

Identify the broad areas that matter to you.

Access area	What I need	How important?
Mobility		Low / Med / High
Sensory		Low / Med / High
Communication		Low / Med / High
Information		Low / Med / High
Fatigue / rest		Low / Med / High
Pain / comfort		Low / Med / High
Toilet		Low / Med / High
Support person		Low / Med / High
Technology		Low / Med / High

3. Barriers Are Not Personal Failures

A barrier can sit in the environment, system or way something is organised.

A barrier I often encounter is:

4. My Home - What Works?

Start with things that already support you.

- ☐ Clear routes
- ☐ Items within reach
- ☐ Comfortable lighting
- ☐ Quiet area
- ☐ Useful labels / visual prompts
- ☐ Accessible bathroom
- ☐ Comfortable seating
- ☐ Assistive technology
- ☐ Predictable storage
- ☐ Space for mobility equipment

My notes / what applies to me:

5. Redesign My Bedroom

Create a room around rest, sensory comfort and access.

Area / feature	Current barrier	My redesign

One change that would make my bedroom easier to use:

6. Redesign My Kitchen

Think about reach, preparation, fatigue, memory, sensory needs and safety.

Area / feature	Current barrier	My redesign

One change that would make my kitchen easier to use:

7. Redesign My Bathroom

Think about physical access, sensory comfort, routines and equipment.

Area / feature	Current barrier	My redesign

One change that would make my bathroom easier to use:

8. My Front Door & Leaving Home

Sometimes the hardest part of going out starts before the journey.

What would make leaving and returning home easier?

9. Accessible Travel

Think about the whole journey rather than only the vehicle.

- ☐ Route planning
- ☐ Step-free route
- ☐ Seating
- ☐ Accessible parking
- ☐ Wheelchair space
- ☐ Clear announcements
- ☐ Quiet travel times
- ☐ Companion support
- ☐ Toilet access
- ☐ Backup route

My notes / what applies to me:

10. My Ideal Community Venue

Imagine a church hall, café, community centre or wellbeing space designed for broad access.

Feature	My ideal version
Entrance	
Layout	
Lighting	
Noise	
Seating	
Toilets	
Information	
Communication	
Quiet space	

11. Sensory-Friendly Spaces

Sensory access can affect whether someone can participate at all.

Sense	Barrier	Accessible alternative
Sound		
Light		
Smell		
Touch / space		
Temperature		
Visual clutter		

12. Communication-Friendly Spaces

Communication access benefits many people.

- ☐ Clear signs
- ☐ Plain language
- ☐ Easy Read
- ☐ Pictures / symbols
- ☐ AAC welcomed
- ☐ Written options
- ☐ One question at a time
- ☐ Extra processing time
- ☐ Staff who do not rush
- ☐ Quiet place to communicate

My notes / what applies to me:

13. Cognitive Accessibility

Reduce unnecessary memory, planning and decision demands.

- ☐ Clear step-by-step instructions
- ☐ Visible timetable
- ☐ Consistent layout
- ☐ Simple forms
- ☐ Reminders
- ☐ Fewer choices at once
- ☐ Examples
- ☐ Named contact person
- ☐ Advance information
- ☐ Predictable routines

My notes / what applies to me:

14. Mobility & Physical Access

Physical access should consider more than the entrance.

Feature	What I need
Entrance / doors	
Routes / corridors	
Steps / lifts	
Seating	
Counters / tables	
Parking / drop-off	
Toilets	
Emergency exit	

15. Rest, Fatigue & Pain Access

A place may technically be accessible but still require too much energy.

Energy barrier	Design change
Long distances	
Standing	
Waiting	
Long sessions	
No recovery space	
Too many transitions	
Early / late timing	

16. Accessible Work or Volunteering

Think about conditions that let you contribute without unnecessary barriers.

Area	Adjustment / condition that helps me
Hours / timing	
Breaks	
Workspace	
Communication	
Instructions	
Equipment	
Travel / remote access	
Support	

17. Accessible Learning

What makes courses, training or workshops easier to participate in?

Learning barrier	What would make it accessible
Spoken information	
Reading	
Writing	
Memory	
Concentration	
Sensory environment	
Group work	
Assessments	

18. Accessible Social Events

Fun should be accessible too.

- ☐ Clear timings
- ☐ Come-and-go option
- ☐ Quiet area
- ☐ Accessible toilet
- ☐ Seating
- ☐ Low-cost / free option
- ☐ Support person welcome
- ☐ Sensory information beforehand
- ☐ Accessible transport information
- ☐ No pressure to participate in everything

My notes / what applies to me:

19. Accessible Healthcare Appointments

Healthcare access includes communication and processing needs.

Before an appointment I need:

Communication that works best for me:

Sensory / waiting-room needs:

Support person / advocate needs:

Information I need afterwards:

20. Attitudes as an Access Issue

Sometimes the barrier is how people respond rather than the building.

I feel included when staff / other people:

21. Asking for an Adjustment

Practise describing the barrier and the change that would help.

Simple formula: "The barrier is _____. This affects me by _____. An adjustment that would help is _____."

The barrier is:

It affects me by:

The adjustment I would like to ask for:

22. My Accessibility Audit

Choose one real environment and inspect it.

Area	Works well	Barrier	Suggested change
Arrival			
Physical access			
Sensory			
Information			
Communication			
Toilet			
Rest / seating			
Staff / attitudes			

23. Redesign Challenge

Choose one barrier and redesign it as if budget and habit were not deciding the answer.

Barrier I am redesigning:

Who does it exclude or make things harder for?

If I could completely redesign it, I would:

A realistic smaller version of that change:

Who could I share this idea with?

24. Design My Dream Accessible Space

Sketch or describe a space designed around your needs.

Think about: entrances • movement • lighting • sound • seating • communication • toilets • rest • privacy • technology • support

25. My Accessibility Passport

A concise page you can choose to share when useful.

My mobility / physical access needs	
My sensory needs	
My communication needs	
How I process information best	
Rest / fatigue needs	
Equipment / aids I use	
Adjustments that help most	
Please avoid / do not assume	

My Accessible-World Manifesto

Accessibility is not about making me less disabled. It is about removing unnecessary barriers between me and participation.

I want more spaces that:

I want organisations to understand that:

One access need I want to advocate for more confidently:

A change I would love to see in my community:

Notes

This workbook is a general disability-focused accessibility and self-advocacy resource. Individual access needs vary, and building alterations, equipment, workplace adjustments, healthcare access and mobility changes may require appropriate professional assessment, organisational approval or specialist advice.

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