Promoting Full Equity:
Creating Inclusive Chronic Disease Prevention Programs

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In Partnership with
CHP Community, EasterSeals Iowa, & the Iowa Department of Health

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All speakers and planning committee members have no financial relationships with ineligible companies to disclose relevant to the content of this educational activity.

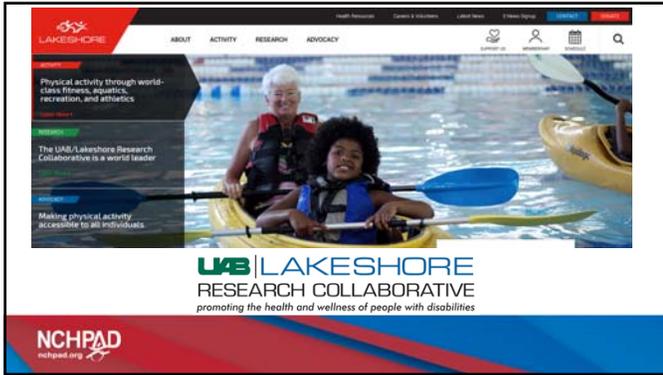**NCHPAD**
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Who is **NCHPAD** ?

- As a *National Center on Health Promotion for People with Disabilities* funded through CDC-NCBDDD, NCHPAD works to improve the **health**, **wellness**, and **quality of life of people with disability**.
- **NCHPAD.org** features a variety of resources and services which can benefit all ages and populations
- NCHPAD supports the **accessibility** and **inclusion** of people with disability in existing and future public health promotion programs geared toward improving their **physical activity, nutrition and healthy weight management**.

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The Community HUB

The Community HUB ensures individuals have equitable **access** to all statewide resources available across Iowa and that Community-Based Organizations receive ongoing **support** for the initiation, expansion, and sustainability of their programs and services.

- Access to database management system for tracking & reporting data
- Referral networks linked to your program
- Administrative support for referral processing, surveys, intake
- Enhanced communications with referral sources through bidirectional feedback
- Assistance in marketing and promotions of programs and services
- Access to billing/claims reimbursement, payer contracting, direct invoicing
- Connection with Easterseals for resources, equipment, education

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Easterseals Iowa provides exceptional services to ensure that all people with disabilities or special needs and their families have equal opportunities to live, learn, work and play in their communities.

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Our Services

- Supported Community Living
- Day Programming
- Project Search
- Supported Employment
- Supported Education
- TEAM
- Child Development Center
- Camp Sunnyside
- Respite
- Brain Health/ Crisis Stabilization
- Assistive Technology
- Rural Solutions

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Easterseals Iowa Assistive Technology Program

State AT Implementing Entity
Coverage in all 99 counties in Iowa
Serving all ages, any diagnosis
Services are free of charge

- Information and Referral
- Demonstration Center
- Durable Medical Equipment Loan Program
- Lending Library
- AT Exchange

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National Centers on Health Promotion for People with Disabilities
CDC-RFA-DD16-1602

CDC
CENTERS FOR DISEASE
CONTROL AND PREVENTION

"Individuals with disabilities are best served by public health when they are included in mainstream public health activities"

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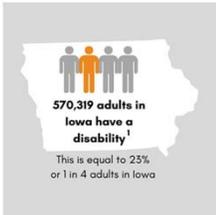## Health Status of People with Disabilities

- Includes limitations in cognition, mobility, hearing, vision, mental illness
- **Nearly <u>half</u> of all adults with disabilities get <u>no</u> aerobic physical activity**

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People with Disabilities in Iowa

570,319 adults in Iowa have a disability[1]

This is equal to 23% or 1 in 4 adults in Iowa

	Adults with Disabilities	Adults without Disabilities
Obese	42.0%	31.0%
Smoke	29.0%	14.0%
Diabetes	15.0%	4.0%

Data Source: 2019 Behavioral Risk Factor Surveillance System (BRFSS)

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Medical Model of Disability

- We must change our viewpoint on disability for people with disabilities to have a chance on improving their health.

- **Medical Model**: Disability is a problem within the individual
  - Disability is a pathology
  - It is a personal problem
  - Focus is on treating/curing

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Social Model of Disability

- **Social Model**: Disability is a **societal** issue.
  - The "problem" of disability is located within society, not the individual.
  - A person is enabled when an environment accommodates their different functional level, and is disabled when it does not
  - Focus is on approaches such as barrier removal and anti-discrimination legislation.

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The Americans With Disabilities Act of 1990 (ADA)

Civil rights law that prohibits discrimination against, or segregation of, persons with disabilities in all activities, programs, or services.

Guarantees basic level of access to:

- Employment
- State or Local government programs
- Public Accommodations
- Telecommunications
- Transportation

DISABILITY RIGHTS ARE CIVIL RIGHTS

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Universal Design

"The design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design."

- Ron Mace, Center for Universal Design,
North Carolina State University

- Creates environments that are:
  - Safe
  - Easy to use by people with varying skill level
  - Goes beyond the law (ADA, Building Codes, ordinances, etc.)

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Universal Design Features

Examples include:
- Automatic doors
- Wide entries and pathways
- Audible elevators and crosswalks
- Wheelchair-accessible weight scales
- Automatic sinks

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What is Inclusion?

Inclusion means to transform communities based on social justice principles in which all community members:
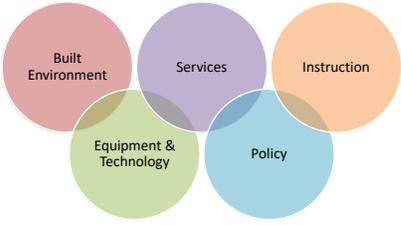- Are presumed competent;
- Are recruited and welcome as valued members of their community;
- Fully participate and learn with their peers; and
- Experience reciprocal social relationships.

Community Health Inclusion Sustainability Planning Guide. Retrieved from: http://www.nchpad.org/CHISP.pdf.

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Inclusion Domains

Built Environment

Services

Instruction

Equipment & Technology

Policy

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Built Environment

Structural features that are built into the facility or landscape

- Ramps
- Permanent signage
- Curb cuts
- Parking lots
- Counter height
- Paths of travel

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Instruction

Training & education techniques used to enhance learning for the staff or for the individual with a disability and their family members or caregivers

- Webinars
- Lunch and learns
- In-service trainings
- Seminars
- Certificate programs
- Disability education and etiquette

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Services

Person-to-person assistance or other assistance that increases participation

- Providing accessible transportation
- Disability representation in materials and communication
- Availability of assistance or aide
- Sign language interpreters

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Equipment & Technology
Products or tools used to promote and allow for participation

- Wheelchair Accessible Scales

- Adapted cooking tools

- Assisted listening devices or systems

- Adapted exercise equipment such as latex-free resistance bands or Universally Design weight machines

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Policy

Laws, rules, regulations, protocols, and procedures designed to guide or influence behavior

Big 'P':
- Americans with Disabilities Act (ADA)
- Section 508 of the Rehabilitation Act

Little 'p':
- Staff training requirements
- Organizational rules or protocols
- Enforced organizational policies

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Conduct Assessments with Partners

- Need to be comprehensive
- On NCHPAD web site:
  https://www.nchpad.org/iChip/106/Assessment~and~Evaluation
- For ADA requirements:
  www.adachecklist.org

   Does not guarantee compliance with the law

COMMUNITY
HEALTH
INCLUSION
INDEX (CHII)
ON-SITE ASSESSMENT

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Inclusion Domain	What is the barrier(s)?	What is the activity you need to do to remove the barrier(s)?	Who will you partner with?	Who on your team is responsible?	Timeline
Built environment	Stairs to floor where class is held	Move class to another floor	CIL, regional ADA Center,	Director of operations, site coordinator	Within 1 month
Services	Lack of inclusive outreach materials	Review and redesign for accessible and inclusive communication, including imagery	CIL, School for Deaf & Blind, NCHPAD	Marketing manager, Lifestyle Coach, Site Coordinator	6 months
Instruction	Curriculum is not available in accessible formats	Create Large print and Braille versions	State School for the Blind	Site Coordinator, Lifestyle Coach, Director of Operations	6 months
Equipment & Technology	No adapted exercise equipment available	Consult with NCHPAD about appropriate equipment	NCHPAD, State Assistive Technology Program	Lifestyle Coach, Site Coordinator	2 months
Policy	Lack of training in disability inclusion	Integrate disability into regular staff training or meeting	CIL, Mayor's Council on Disability	Director of Operations, HR Manager, Board of Directors	Within 1 year

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Partnership with the disability community is critical!

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Who Are Your Allies In Inclusion?

Schools   Healthcare   Community

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Intersectional Representation

- Cross-disability focus/representation
- From diverse backgrounds
- Race/ethnicity, SES, gender, etc.

*Avoid tokenism

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Easterseals Iowa Assistive Technology can help:

- Advocacy strategies and support on how to include individuals with disabilities

- Identifying local partners and vetting services

- Training on assessment, trial, and implementing Assistive Technology

- Access to devices from our Lending Library

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Homework for Session 2

Identify at least one barrier and the inclusion domain in which it belongs

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