

INCLUSIVE EVIDENCE-BASED PROGRAMS

Making DPP accessible
for people with
disabilities

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TODAY'S GOAL:

What can YOU do to help make the Diabetes Prevention Program more accessible to and inclusive of people with disabilities?

WHAT IS DISABILITY?

A measure
of function

Contextual

Transient

Universal

Natural

Not always
visible

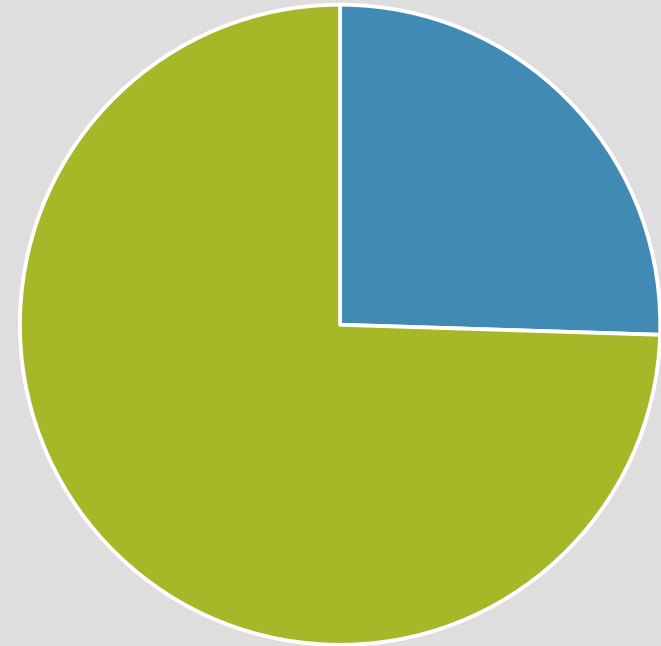
DEFINING DISABILITY

- **Definition:**

- Are you limited in any activities because of physical, mental, or emotional problems?
- Do you have any health problem that requires you to use special equipment, such as a cane, wheelchair, special bed, or special telephone?

- **Prevalence:**

- Michigan: 1 in 4 (25.5%)
- United States: ~ 1 in 5



DISABILITY AND HEALTH

Condition	W/ disabilities (%)	W/O disabilities (%)
High blood pressure	52	27.0
Diabetes	20.3	7.5
Cardiovascular disease	11.0	2.4
Arthritis	60.6	20.1
Depression	40.9	12.8
COPD	19.4	3.9
Cancer	20.0	9.2
Kidney disease	8.5	1.8

Report health as fair or poor:

- People with disabilities: 46.5%
- People without disabilities: 8.1%

WHY IS ACCESS IMPORTANT?

- You are working with people with disabilities
- It's the law
- It's the right thing to do
- It's who we are



ACCESSIBLE DPP

LOGISTICS/ENVIRONMENT

- Choose an accessible location
- Make the workshop space accessible
- Consider factors like public transit when planning your workshop schedule
- If you provide a snack, be familiar with the ingredients.



SERVICE ANIMALS

- Service animals are protected by the ADA – you must allow them in any space available to the public.
- Make sure venue staff knows that service animals are welcome.
- Don't interact with a service animal.

RECRUITMENT

- Promote your program at locations that serve people with disabilities to make sure you are reaching that population
- Make sure all promotional materials are available in accessible formats tailored to different populations
 - i.e, using pictures and shorter words when promoting DPP in locations that serve individuals with intellectual and/or developmental disabilities

COMMUNICATION

- Present all information in multiple formats (i.e., verbalize all written materials).
 - Use formats accessible to your audience (i.e., picture –based information when working with individuals with intellectual disabilities)
- Speak slowly, clearly, and face the audience when talking.
- If you are using a microphone, use it for participant questions and comments as well.
- Always ask before helping – and always respect the answer.
- Do not ask personal questions or single a person out because of their disability or condition.
- Use person-first language.

PERSON-FIRST LANGUAGE

- Puts the person before the illness
- Certain ways to refer to different disabilities
- Indicates that a person *has* a disability, not that they *are* the disability

Do	Don't
Person with a visual impairment	Blind person
Person with a disability	Disabled person
Person with an intellectual disability	Mentally retarded
She has a developmental disability	She is developmentally disabled
Accessible parking	Handicapped parking
She has a brain injury	She is brain damaged
He receives/is enrolled in special education	He's in special ed.
She has autism	She is autistic

ACCOMMODATIONS

- Always include an accommodation statement:

If you need any accommodation or assistance to fully participate in this workshop, please contact _____ at _____ no later than _____.

- Accommodations are individual and often simple.
- Your participants know best what their needs are – listen to them.

Example accommodation requests:

- CART
- ASL interpreters
- Alternative format of materials
- Up front seating

ALWAYS budget for accommodations. This is the cost of doing business and should be treated as such.

WHAT NOW?

Facilitators

- Use this information when planning and implementing your next DPP workshop
- Be prepared – but understand that there will be barriers that come up.

Providers

- Understand that you can refer a wide range of patients to DPP
- Work with you patients to help them understand what accommodations they may need to be successful

Recruiters

- Make sure you are promoting and recruiting in a variety of locations that serve different types of people
- Adjust your materials to cater to the population

QUESTIONS?

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