



# More than a Ramp but Maybe a Ramp

Lynn Swedberg, MS, OTR/L | Disability Consultant Debby Newman, MLS | N Central Jurisdiction

DisAbility Ministries Committee
The United Methodist Church

#### Introductions

- To each other
- To the process of inclusion
  - Fidgets
  - Moving is OK
  - Identify yourself
  - Provide alternative formats





## **Objectives**



- Learn strategies to help us be more welcoming to persons with disabilities and their families
- Identify main barriers
- Begin a plan to address them
- Identify gifts and strengths persons with disabilities bring to our churches

## **Identifying Barriers**

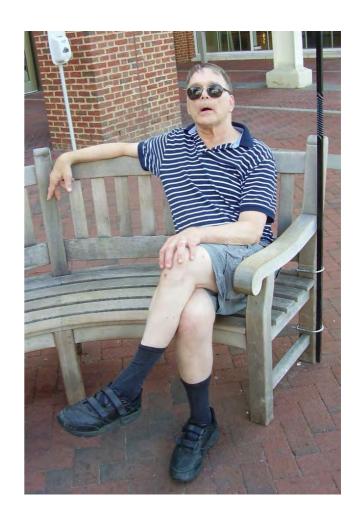
#### A barrier prevents full participation

- Attitude
- Communication
- Architectural
- Environmental
- Financial



#### **Attitude**

- Us/ them
- Language not person-first
- "We don't have any"
- Ministry to vs. ministry with
- Stigma
- Pity vs inspiration



#### Communication

I talk loud enough! Everyone can hear me.

- Small print bulletins\* or hymnals
- No PA system, or people won't use it
- Pastor moves around the room no mic
- •DVD's, live streamed and recorded services aren't captioned

\*Large print=Times Roman 14 bold or an 18 font

#### **Architecture**

- Sidewalks, pathways, and hallways (bushes, clutter or protruding objects)
- Coat racks, hooks, towels, mug holders
   (too high for people with wheelchairs or short stature)
- Only part of the building is accessible
- Doors are heavy and hard to open

#### **Environment**

- Heavy fragrances, scented products
- Paints and materials with high level of VOCs
- Flickering fluorescent lights
- Artwork and signs only visually accessible
- Hospitality relies heavily on sugary foods



#### **Financial Barriers**

- Assume all accommodations are costly Assume grants aren't available
- Fear of costly projects in historical buildings
- Spending priorities are for decorative features
- We don't know people with disabilities, so if we build it will they come?



#### A Process to Remove Barriers

- Start with prayer
- Respond to the Spirit



- People with disabilities, family members, rehabilitation therapists, trustees, people in construction or architecture
- Study theology of inclusion
  - Jesus spent reached out to people at the margins of society, including people with disabilities



## A Process for Removing Barriers

- Complete an accessibility audit
  - Required annually in UM churches
- Member survey
  - What is needed?
  - Interests
  - Skills and gifts; spiritual gifts
  - Others who would attend church if accommodations were available?



## **Review Findings**

Skills and assets

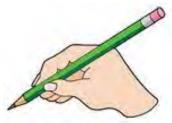
Barriers

Priorities



### **Begin Removing Barriers**

(We will do this after the break)



Write down obstacles to full participation

Find one or more solutions to these barriers

Plan to share your ideas

## Finding Your Church

- Local paper, "google" maps and searches
- Website people with low vision can use
- Accessibility information on your website:
  - Accessible parking
  - Building access
  - What accommodations are available



## **Getting to the Church**

- Rides
- Parking
- Snow removal
- Public transportation
- Parking & door signs





## **Getting into the Church**

- Valet parking
- Covered loading area
- Entrance at street level



- Entrance has ramp, lift or elevator
- Greeters open the doors and direct guests

## **Being Welcomed**

- Greeter & usher training
- Welcome kiosk with large print
- Printed sermon
- Assisted listening devices
- Service animals welcome
- Companions available
- Low coat racks available
- Signs direct to restrooms



## Worshiping

- Pew cuts with choice of seating, clear view
- Accessible chancel
- Sign language interpreter

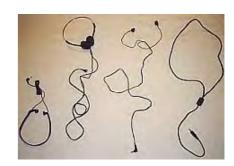


- Order of service projected on screen
- Captioned videos and services
- Visual images and events described
- Disruptions are ok incorporated into worship

## **Learning and Study**

- Universal design
- Multi-sensory
- Inclusive classes if possible
- Buddy system if needed
- Quiet place to take a break
- Materials in multiple formats







Use of conference microphone, FM systems

## Fellowship and Feasting

- Fellowship hall accessible
- Tables spaced with 36" aisle
- Some chairs have arms
- Special diets
- Alternative foods labeled and attractive



- Offer assistance to get and carry food
- Straws, non-slip placemats

## **Comfort and Safety**

- Directional signage throughout the building
- Family style accessible restroom
- Fragrance free zones
- Careful selection of cleaning products
- Avoid glare and sudden light changes
- Contrasting colors on edge of steps
- Railings at strategic places
- Safety hazards identified and fixed





## **Out of Building Programming**

- Hold small groups in "visitable" locations
- Hold retreats and events in accessible venues
- Check access ahead of time
- Transportation available
- Outdoor areas have sidewalks, accessible picnic tables, play features and restrooms

## **Reaching Out and Serving**

- All members have gifts and skills
- Include persons with disabilities as employees and volunteers, e.g. for mission trips
- Reach out to disability organizations
  - Offer meeting space
  - Plan Disability Awareness Sunday
  - Serve alongside people with
     disabilities in Habitat, ramp building
     ministries, accessibility teams





## For More Information



Disability Ministry Committee of UMC www.umdisabilityministries.org umdisability@gmail.com

Lynn Swedberg | umdisability@gmail.com

LMSwedberg@comcast.net
Debby Newman | DebbyAndEve@Gmail.com