



ARIZONA OFFERS OPPORTUNITY

Recently, an on-line blog claimed that the state of Arizona is, “*the worst state in which to live*”. Although I will admit the fact that this state has had its fair share of political issues and concerns, it’s definitely not the worst state in which to live.

As a person with a disability (PWD) some opportunities are more difficult and challenging. Simple tasks, experiences, events, and activities can be a bit daunting to achieve. But here in the Grand Canyon State, we have some of the most amazing and unique opportunities available for **people of all abilities**.

The Arizona State University (ASU) Sailing Club is an excellent example of **opportunity**. ASU offers a program for able and disabled individuals by operating a fully accessible, sixteen foot, high performance sailboat. This boat equipped with a power driven auto-helm windlass, joystick steering, and even a “sip and puff” system for high level quadriplegics, offers a unique opportunity for what ASU calls, “sailing for all abilities”.

Also, the City of Phoenix, and many other Arizona cities, offer numerous programs for the disabled. With a 100% accessible metro rail and bus system, and access to adapted nature trails and award winning adaptive recreation programs, Arizona is great place to be. One such adaptive recreation program, Arizona Disabled Sports (AzDS) supports adaptive accessible golf, archery, aquatics, cycling, kayaking, track & field, and even wheelchair power soccer.

The state of Arizona has all sorts of inclusive opportunities, sporting events, and activities... not to mention the perfect, sunny, 75° winter days. Now, does that sound like “the worst state in which to live”?

For more information, please visit

AzDS at www.mesadisabledsports.com

ASU Sailing at www.asusailing.org/adaptive-sailing

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UNIVERSAL DESIGN PRINCIPLES

As a part of the continued effort to educate, this is the second installment regarding Universal Design. We are pleased to encourage you, and especially designers, to adopt these values and principles.

The Seven Principles of Universal Design

Led by the Center for Universal Design, a group of architects, designers, engineers, and design researchers established these seven principles. The principles that they suggest are applicable to a wide range of design disciplines, including architecture, interior design, and industrial design. They can be used to evaluate existing products, guide the design process, or educate designers and consumers about the need for universal design. The seven principles of universal design are:

1. **Equitable Use:** The design does not disadvantage or stigmatize any group of users.
2. **Flexibility in Use:** The design accommodates a wide range of individual preferences and abilities.

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TEMPE COMPLETES DOCK

Dock Modifications – Project Update

In last quarter's *Access.Insider*, you were introduced to a proactive accessible design project implemented by the City of Tempe, Arizona. The dock modifications project at Tempe Town Lake (TTL) has been completed under budget and in less time than was expected.

This collaborative effort between the City of Tempe, Arizona State University Sailing, and Access.Architectural now allows the able and disabled to visit this man-made oasis and gives them access they need for sport fishing, sailing, kayaking, bird watching and other lake going activities.

Congratulations to all involved in this project, especially Joe "Okie" O'Connor, Jake Geller, and Peter Fischer.



Before image of the in-accessible floating dock at TTL.



After: Aesthetically pleasing, and ADA compliant.

DESIGN PRINCIPLES

(Continuation of *Universal Design Principles*)

3. **Simple, Intuitive Use:** Use of the design is easy to understand, regardless of the user's experience, knowledge, language skills, or current concentration level.
4. **Perceptible Information:** The design communicates necessary information effectively to the user, regardless of ambient conditions or user's sensory abilities.
5. **Tolerance for Error:** The design minimizes hazards and the adverse consequences of accidental or unintended actions.
6. **Low Physical Effort:** The design can be used efficiently and comfortably, and with minimum fatigue.
7. **Size and Space for Approach and Use:** Appropriate size and space is provided for approach, reach, manipulation, and use, regardless of the user's body size, posture, or mobility.

These goals should be reached to the greatest extent possible by simplifying design at minimal extra cost. Universal features are generally standard building products or features that have been placed differently, selected carefully, or omitted.

Consider the following:

- Accessible route from vehicle drop off or parking
- Covered entryway
- Package shelf or bench to hold parcels, groceries, etc.
- Lever door handles
- Electrical receptacles at 18-inch maximum height



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ARE YOU PREPARED for the New ADAAG?

Access.Architectural offers accessibility related Presentations to assist your firm or business with knowledge and educational opportunities regarding disabilities and accessibility.

Presentations are currently available regarding, "The Changes to the New ADAAG"

The new ADA will be required in March of 2012.

UNIVERSAL DESIGN TIPS

The following are some basic ways to include universal design in a project.

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- Install wide doorways and hallways.
- Use pocket doors when possible.
- Install good task lighting.
- Include differing levels of countertops.
- Choose flooring and countertops in contrasting colors.
- Specify appliances with contrasting labels/knobs.
- Include a rolling cart in the kitchen.
- Choose cabinets with pullout shelves.
- Provide seating so cooks can sit while preparing meals.
- Make sure knee clearances have a minimum width of 30 inches, but 36 inches is ideal.
- Clearance should also be 27 inches high and 19 inches deep.
- Toe kick clearance should be 9 inches high and 6 inches deep.

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