

Disability and accessibility

Name the Barrier and the Access You Need

Adults and teens 13+ | 10 to 15 minutes

An inaccessible environment or process can make participation difficult. The problem is not always something you need to fix within yourself. Choose one activity that matters to you and consider what change in format, timing, setting, or support would help you take part.

Focus on one situation. Describe the barrier and the adjustment you prefer; share personal information only as needed through an appropriate process.

Describe what gets in the way

Notice the particular demand: small text, stairs, background noise, rapid speech, a long wait, an unfamiliar form, or something else. You can describe its effect without giving a full medical history.

Ask for a practical change

Name your preferred adjustment and ask who can arrange it. You may want information in another format, more processing time, physical access, or a chosen support person. If an option is unavailable, ask about alternatives and follow-up.

1. What activity or service do I want to participate in?**2. What specific feature of the environment or process creates a barrier?****3. What adjustment would I prefer, and what information do I want to keep private?****4. Who can respond to my request, and what will I ask about next steps?****Clinical use and adaptation**

Respect self-description and preferred communication. Do not infer capacity or motivation from speech, writing, diagnosis, or assistance needs. Offer accessible formats and supported participation with consent. Refer legal eligibility or rights questions to appropriate qualified guidance; avoid promising approval or requiring unnecessary disclosure.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: R23. Full sources are in the online preview and collection appendix.

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