



# COMMUNITIES FOR ALL



People with disabilities participating in all aspects of life — where everyone feels included and valued — is the Communities for All vision. This initiative offers training, education, technical assistance, accessible resources and micro-grants to community groups and businesses.

## Opportunities, spaces for all

Inclusive communities are places where everyone, including people with disabilities, can participate fully — through opportunities, resources and activities, including:

- Respectful attitudes: Treating everyone with dignity and understanding.
- Accessible buildings: Ramps, elevators, and wide doorways.
- Inclusive programs: Activities and events that welcome everyone.
- Supportive services: Assistance for those who need help participating.



## The importance of inclusion

Inclusive communities benefit everyone through:

- Equal opportunities: Everyone deserves to learn, work and play.
- Stronger communities: When everyone can participate, communities become more vibrant and diverse.
- Improved well-being: People with disabilities feel valued and included, leading to better mental and physical health.
- Legal rights: Inclusion is a right protected by laws like the Americans with Disabilities Act.

## Creating inclusive communities

Here are ways you can help make a difference:

### Educate and raise awareness:

- Learn about different disabilities and the challenges people face.
- Share information with friends, family and neighbors.
- Promote understanding and break down myths about disabilities.

### Ensure accessibility:

- Ensure buildings and public spaces are accessible.
- Use clear signage and provide information in multiple formats (Braille, large print and audio).

### Support inclusive programs and services:

- Encourage schools, workplaces, parks, businesses, and community centers to offer inclusive activities.
- Volunteer with organizations that support people with disabilities.

### Advocate for change:

- Speak up for policies that promote inclusion.
- Work with local government to improve accessibility and services.
- Support businesses that hire people with disabilities.

### Foster a welcoming environment:

- Be friendly and open to everyone.
- Listen to the needs and experiences of people with disabilities.
- Create opportunities for people with disabilities to share their stories and talents.

