

Accessibility Checklist

Use this checklist to plan a successful visit to a new space or event.
Ask about accommodations and prepare in advance for challenges.

Location/Event:

Sensory Considerations

Visual/Sight

- ☐ Lighting BRIGHT | DIM
- ☐ Walls BARE | CLUTTERED
- ☐ Flashing lights
- ☐ Can control the lighting
- ☐ TV screens
- ☐ Fluorescent lighting
- ☐ Natural lighting
- ☐ Colour BRIGHT | NEUTRAL
- ☐ Visually cluttered
- ☐ Visually busy flooring
- ☐

Auditory/Sound

- ☐ Music playing NO | LOUD | QUIET
- ☐ Talking NO | A LITTLE | A LOT
- ☐ Lots of noises at the same time
- ☐ Silent
- ☐ Can control the volume
- ☐ Echo
- ☐ Running water (waterfall, fountain)
- ☐ Loud hand dryer in washroom
- ☐ Ambient/background noise (fan, space heater, air filter, etc.)
- ☐

Taste & Smell

- ☐ Food cooked or served
- ☐ Area with strong smell
- ☐ Crowded areas
- ☐ Safe food options
- ☐
- ☐

Touch

- ☐ Crowded areas
- ☐ Textured walls
- ☐ Textured flooring
- ☐ Textured furniture
- ☐ Expected to touch
- ☐ Expected NOT to touch

Movement & Balance

- ☐ Climbable structures (ALLOWED TO CLIMB)
- ☐ Climbable structures (NOT ALLOWED TO CLIMB)
- ☐ Space to move around
- ☐ Uneven ground (e.g. trails, forest, lawn, etc.)
- ☐ Ramps
- ☐ Hills
- ☐ Stairs

NOTES:

Environment

What is the space like?

- ☐ Many small rooms or areas
- ☐ Large, open room or area
- ☐ Multiple buildings
- ☐ Railings or fences HIGH | LOW
- ☐ Access to exits or quiet space
- ☐ Accessible washrooms FAMILY | SINGLE
- ☐ Many doors LOCKED | UNLOCKED
- ☐ INDOOR | OUTDOOR
- ☐ Temperature HOT | COLD | WARM

People/Crowds

- ☐ Crowds NO | SMALL | LARGE
- ☐ Welcoming staff
- ☐ People SITTING | STANDING
- ☐ People are walking around
- ☐ People are sitting close together
- ☐ People are standing close together
- ☐
- ☐

Parking

- ☐ Small parking lot
- ☐ Large parking lot
- ☐ Busy parking lot
- ☐ On-street parking
- ☐ Parking is far from the entrance
- ☐ Accessible parking spots available
- ☐ Must cross a street for parking
- ☐ Potentially unsafe parking area

Inaccessible areas?

- ☐ Inaccessible areas behind locked doors
- ☐ Inaccessible areas clearly marked
- ☐

Rules

- ☐ Rules potentially hard to follow
- ☐ Rules about being quiet
- ☐ Rules about waiting in line
- ☐ Rules about waiting for a turn
- ☐ Rules about staying in a certain area
- ☐ Rules about staying seated

Other

- ☐ Elevator(s)
- ☐ Escalator(s)
- ☐
- ☐
- ☐
- ☐

NOTES:

COMMON CHALLENGES

Waiting

- ☐ Waiting in line(s)
- ☐ Waiting room(s)
- ☐ Waiting for a turn

Communication

- ☐ Expectation to speak
- ☐ AAC friendly
- ☐

Impulsivity

- ☐ Body of water
- ☐ Fire extinguishers
- ☐ Fire alarms (pull)

Other

- ☐
- ☐
- ☐

Potential Questions to Ask the Business or Event Staff:

1. Do you have sensory-friendly or designated quiet times?
2. When are there fewer crowds/less activity/the least busy days/times?
3. Are there any accommodations available for waiting in lines?
4. If there is music playing, can it be turned off or down?
5. If there is overhead lighting, can it be dimmed or turned off?
6. Are there any areas that are not open to the public that are not behind a locked door?
7. How are inaccessible areas marked?
8. If there are rules, are there any exceptions or accommodations for people with disabilities?
9. Are the staff warm and friendly?
10. Do the staff members receive any training on how to support autistic people and others with sensory processing differences in the business or event space?
11. Are there safe, quiet areas we could access if we need a break?

Potential Questions to Ask Yourself:

1. If you're sitting for any duration, where would be the best place to sit that would allow for movement if needed or easy access to take a break outside?
2. If you are going to a restaurant, what would be better: a booth or a table? Does the location of the booth or table within the restaurant matter?
3. What things will be essential to bring? (Consider creating a checklist)
4. Will this trip be more successful with more supportive people with you or is it likely to be successful without much extra support?
5. How can I prepare my child AND myself for success for this outing?

Reflection

What went well?

What will we make sure to do next time?

What was challenging?

How can we improve for greater success next time?

NOTEWORTHY SUCCESSES TO CELEBRATE:
