

The ADA and Accommodations

Key facts

- Accessibility of hospitals, doctors' offices, clinics, and healthcare programs is essential in providing healthcare to people with intellectual and developmental disabilities (I/DD).
- Due to a variety of physical and communication barriers, individuals with I/DD are less likely to get routine preventive medical care than people without disabilities.
- Providing accommodations offers people with disabilities greater opportunities for equal and accessible healthcare services.



The Americans With Disabilities Act (ADA)

Americans with Disabilities Act (ADA) is a federal law that helps remove barriers for people with disabilities. The ADA requires that medical providers ensure individuals with disabilities have full and equal access to facilities, services and diagnostic equipment.

Physical Accessibility Includes:

- Accessible parking spaces, curb ramps, or loading zones at building entrance and stair-free route to building entrance.
- Doorways and hallways wide enough to ensure safe and accessible passage by people using mobility aids.
- Restrooms have adequate space for maneuvering wheelchairs around toilets, grab bars mounted behind toilets, and accessible lavatories.
- No objects protrude into routes of travel that could pose a hazard.
- Signage with braille and raised tactile text characters.
- Drinking fountains and service counters are low enough to be usable by a person who uses a wheelchair or is of short stature.



Accommodations for People with Intellectual or Developmental Disabilities

Different types of accommodation might be needed for a person with an Intellectual or Developmental Disabilities, (IDD).

Here are Some Common Examples:

- Have a quiet place to wait
- Allow headphones for music or calming sound
- Talk slowly and in plain language
- Ask me questions to make sure I understand
- Give me extra time to respond and to complete tasks
- Use plain language in all materials and instructions.
- Allow more time for the appointment
- Provide written and verbal information.
- Have alternatives for filling out forms and other paperwork.
- Use emails or text in addition to phone calls.
- Provide information in large print or braille.
- Ask my permission when you touch me
- Keep the lights low
- Provide low stimulus rooms

If you or someone you are supporting cannot get the accommodation you need or you feel you are being treated unfairly because of a disability, you can:

- Ask to speak with an ADA Coordinator, Disability Access Coordinator, or a patient advocate. Let them know what accommodations you need.
- Contact Disability Rights Iowa at 515-278-2502

Acknowledgement

The Iowa Taking Charge of My Health (TCMH) curriculum, including power points, worksheets and fact sheets is inspired by Oregon's University Center for Excellence in Developmental Disabilities (UCEDD) Taking Charge of my Healthcare Toolkit which can be found at <https://www.ohsu.edu/oregon-office-on-disability-and-health/taking-charge-my-health-care>.

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The information provided is for general use and not medical advice or intended to address any individual situation.