Recommendations re: Purchases to Increase Accessibility

MetroRock Littleton

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Fiona Kinmonth, OT/s with reference to the AIMFREE Professional Version

| **Low Commitment** | **Medium Commitment** | **High Commitment** | **Potential Facility Projects** |
| --- | --- | --- | --- |
| Option for weight increments to be 5lbs or less on the cable machine | Portable ramps | Automatic doors | Record audio and/or video for gym policies and other posted information |
| Hand weights 2lbs or less | Access Trax or equivalent for more stable surface to use wheelchair on the mats | Power assist on doors | Tactile/3D map of facility |
| Wrist weights | Fully detachable/hand held shower head in women’s shower | Curb cut or permanent ramp at handicap parking space directly outside main entrance | Diversify images, literature/website, and language to be more inclusive of individuals with disabilities |
| Medicine balls |  |  | Remove bulletin board in locker room and replace with a curtain |
| Active Hands or equivalent |  |  | Extend shower area to include a private space for changing or transfering to shower seat |
| Slide board |  |  | Add handles to lower lockers |

| **Product + Link** | **Description** | **Image** |
| --- | --- | --- |
| [Active Hands](https://www.amazon.com/General-Purpose-gripping-large-right/dp/B008PFHGXQ/ref=asc_df_B008PFHGXQ/?tag=hyprod-20&linkCode=df0&hvadid=693032873487&hvpos=&hvnetw=g&hvrand=862346312150766660&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9002006&hvtargid=pla-567914388906&psc=1&mcid=72788f1eebc53ae2baa5e03bdcb1921c&gad_source=1)  [Off brand option](https://www.amazon.com/Ability-KIKIGOAL-Elderly-Hemiplegia-Training/dp/B079HVCR45/ref=asc_df_B079HVCR45/?tag=hyprod-20&linkCode=df0&hvadid=693403640392&hvpos=&hvnetw=g&hvrand=862346312150766660&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9002006&hvtargid=pla-757445389820&psc=1&mcid=364bc595559f35c0bd696167bbb74c2e&gad_source=1) (less sturdy, potentially not as user-friendly to put on, but may be fine for cardio equipment handles) | Assists in maintain grip on cardio equipment or handheld weights |  |
| [Slide board](https://www.amazon.com/DMI-Transfer-Eligible-Heavy-Duty-Transfers/dp/B0BVRR62TK/ref=asc_df_B0BVRR62TK/?tag=hyprod-20&linkCode=df0&hvadid=693422717445&hvpos=&hvnetw=g&hvrand=7222518881508103414&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9002006&hvtargid=pla-2015858056316&psc=1&mcid=9ba39665e4eb362eb998785a13d3ea82&gad_source=1) | Used to assist user in moving to/from wheelchair to another seat or chair.  Using a slide board: <https://www.youtube.com/watch?v=IFUW7He43_g> |  |
| **Product + Link** | **Description** | **Image** |
| [Portable ramps](https://www.amazon.com/Non-Skid-Traction-Aluminum-Wheelchair-Mobility/dp/B095SBJWHW/ref=asc_df_B095SBJWHW/?tag=hyprod-20&linkCode=df0&hvadid=693368853041&hvpos=&hvnetw=g&hvrand=12023662170843823974&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9002006&hvtargid=pla-1438710937622&mcid=bcefdbc969fc3793a92497658e0b3dab&gad_source=1&th=1)  \*note: 1 foot of length is needed for every inch in rise  Ex: Clearing a 5 inch tall pad will require a 5 foot long ramp | Temporary, moveable ramp to assist individuals with mobility devices (wheelchairs, walkers) to move between changes in levels in the facility. |  |
| [Access Trax](https://accesstraxsd.com/product/beach-trax/) or other alternative  [Slip resistant drainage mat](https://www.uline.com/BL_1765/Slip-Resistant-Mats) | Portable firm surface/walkway for wheelchair users to more easily navigate soft surfaces (such as the mats)  \*\*note: make sure the mat is not too thin that it just warps into the pads as someone rolls over it; this defeats the purpose |  |