





# Accessible Housing









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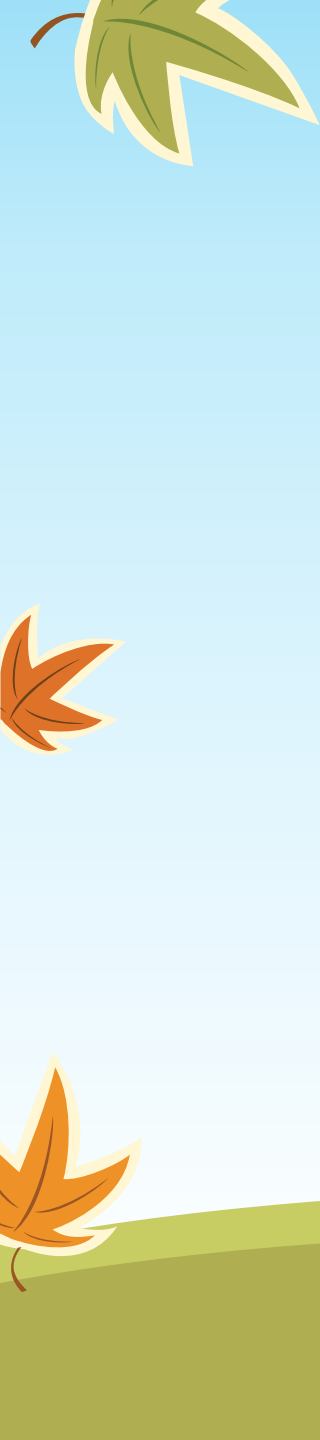
- What does it mean?
  - Why is it important?
  - How do we get it?
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# What does *Accessible Housing* mean?

- “**Universal design** is the design of buildings, products or environments to make them accessible to all people, regardless of age, disability or other factors. “ *Wikapaedia*
  - *Examples*
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# SENSORY PROCESSING FACTS...

- Sensory Processing is “**situational**”. (I have good days and bad days.)
- Factors affecting sensory processing.
  - **Anxiety** (especially a **lack of control**)
  - **Physical Health**, sleep, diet, exercise
  - **Any extreme emotion** including happy or excited
- **Language is dependent** on my abilities to process sensory input.
- Sensory processing **takes an exceptional amount of cognitive energy**. I get tired faster than my friends in busy places. Even when I am having fun, I am still using a lot of energy and can meltdown.
- My ears pick up and categorize people. **My eyes filter out people**.
- **Faces are overwhelming to process**. I rely on other senses to read people. (Body language is overrated.)
- The best way you can **support me** when I have anxiety is to give me time to process information before you expect me to perform. (AKA: **slow down**)
- Please **respect my personal need for downtime**.







Visit Karla's ASD Page in Facebook to read more from Karla.










# Why is *Accessible Housing* important?

- Safe good lives
  - 1 in 5
  - 1 in 4
  - BOOM
  - Rights
  - Cost efficient
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# How do we get *Accessible Housing*?

- Statutory/ legal/ planning tools – incentives and disincentives
  - Public investment
  - Cultural change and private investment
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Thank you

