



Cultural Access
Collaborative

Welcome!

The program will begin momentarily



\$5 Suggested Donation

<https://bit.ly/supportcollab>

CulturalAccessCollab.org

Cultural Access Collaborative

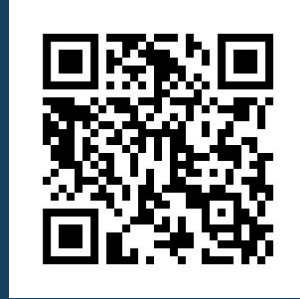
We believe arts and culture are for **everyone**. Our mission is to empower Illinois' cultural spaces to become more accessible to visitors with disabilities.

4 Pillars:

- Professional Development
- Accessible Equipment Loans
- Access Calendar
- Network

Program Accessibility

- Real-Time Captioning provided by Efficiency Reporting (Heather)



- ASL Interpretation provided by Faith Interpreting
- Please use Q&A for Question Submission
- Please Chat with hosts for Tech and Access Support

Cultural Access Collaborative Steering Committee Members



Susan Friel

Arts Education,
Department of Cultural
Affairs and Special Events
(DCASE)



Aliyah Rich

Content Developer,
InfiniTeach



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Accessibility Specialist,
LCM Architects &
Director, SPORK!

Know Before You Go : Virtual

Sensory Friendly Program

Roadmap - *Know Before You Go*

Email

Cultural Access Collaborative

Important access information including how to request accommodations

Information is neatly sorted and has clear and concise wording

Event Date: Thursday, February 13th 2025

Event Time: 3:30 p.m. to 5:00 p.m. Central Time

Location: Zoom. Registered participants will receive a Zoom Webinar Link via email the day prior to the event. Please ensure that Info@ChicagoCulturalAccess.org is an approved sender to your email account, or be sure to check your Spam/Junk Mail filter for the email.

Program Accessibility: Real-Time Captioning and Sign Language Interpretation will be provided. Please complete the accommodation request field found in the [event registration form](#) or call (312) 788-8705 to request other access services.

Suggested Donation: While this program is free, a \$5 suggested donation helps to cover programming costs to ensure Cultural Access Collaborative's mission is achievable and accessible to all. You may make a [tax deductible online donation](#) to the Collab at any time.

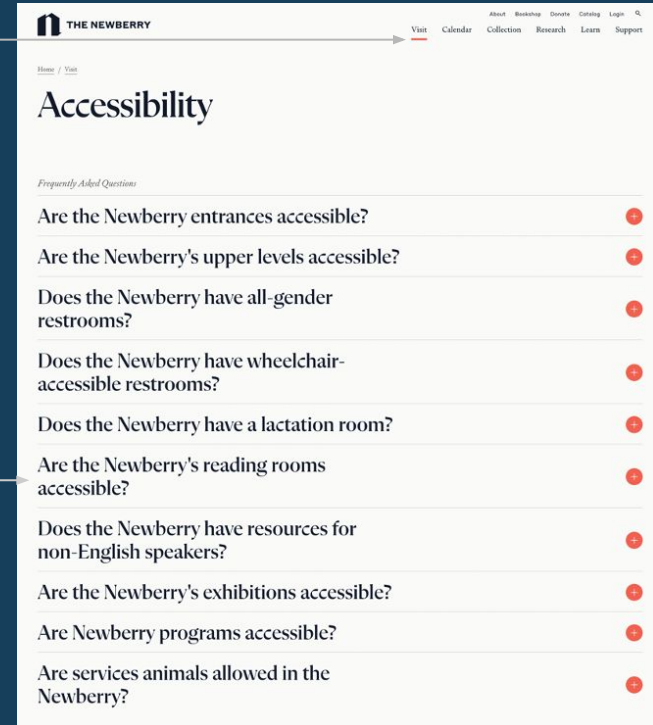
Registration: Join us by completing this [event registration form](#)! Note that registrations will close on February 12th at 11:55 p.m. CST. In case of technical difficulties, please email info@CulturalAccessCollab.org for assistance.

Know Before You Go : Access Webpage

The Newberry Library
Chicago, IL

'Accessibility' page is easy to find on the website

Clearly stated information about building accessible features and policy



Know Before You Go : Access Webpage

Under the Umbrella
Salt Lake City, UT

Mention of inaccessible
features

Accessible parking and
transit information

The screenshot shows the website's navigation bar with the logo and links for About, Events, Community, Donate, and Shop. A search bar and a Log In button are also present. The main content area is titled "Accessibility at Under the Umbrella Bookstore" and includes sections for Accessibility Measures, Feedback, Accessibility Information, and various facility details. Callout boxes from the left point to the "Accessibility Measures" section, the "Accessibility Information" section, and the "Public Transportation" section.

Under the Umbrella

About Events Community Donate Shop

Log In Title, author, or keyword

Accessibility at Under the Umbrella Bookstore

Under the Umbrella is committed to providing an accessible space (online and in person) to all members of the queer Salt Lake community, including those with visual, hearing, cognitive, and physical disabilities. We continually strive to improve the accessibility of our website and our brick-and-mortar space for everyone.

Accessibility Measures

Here are a few measures we have taken to ensure digital and physical accessibility. Certain items are discussed in more detail below as well.

- Accessibility is an integral part of Under the Umbrella's mission statement.
- We prioritize stories by and about disabled queer people.

Feedback

We welcome feedback from our community. Please contact us if we have failed to provide accessibility measures that work for you. You can email hello@undertheumbrellabookstore.com. We strive to respond to all feedback within five business days and propose a solution within ten business days.

Accessibility Information

Parking

There is free two-hour parking along 200 South and 500 West near the store. Parking enforcement regularly patrols the area, so please plan accordingly. There is a small, free visitor parking lot behind the store, accessible from 500 West. There are two accessible parking spots behind the store. There is approximately a 50 yard walk from the accessible spots to our back door. The back door is locked during business hours, but we can let people in through the door if notified in advance.

Public Transportation

Under the Umbrella is located immediately south of the Old GreekTown TRAX Station on the Blue Line. This is the very western edge of the free fare zone. You can [find a map of the free fare zone here](#). Each Blue line train has a concrete ramp leading to where the front of the train will arrive. Wait at the top of the ramp and the train operator will open the door and assist you with boarding. You can [learn more about accessibility on TRAX here](#).

Entrances

The main entrance to Under the Umbrella is located on the southwest corner of 200 South and 500 West. The entrance is wheelchair accessible and has an automatic door opener.

Restroom

The restroom at Under the Umbrella is a single-stall gender-inclusive restroom. It is wheelchair accessible, with grab bars beside and behind the toilet. The door is 32 inches wide and is not automatic. The sink is approximately 40 inches tall with open space below.

There is also a changing station in the restroom, as well as free condoms, tampons, and pads.

Counters

Counters are 45" high.

Retail Floor

The main retail floor is a long wide aisle. Specific information coming soon.

Meeting Rooms

Both meeting rooms are accessible. Specific information coming soon.

Seating

All seating at Under the Umbrella is accessible for all bodies, including size.

Sober Space

Under the Umbrella is a sober space accessible to all ages.

Fragrances

Due to the retail nature of the store, Under the Umbrella is not a fragrance-free space. Some items we carry, including candles and soaps, are fragrant. We do ask that visitors please refrain from wearing perfumes, colognes, or other scented products (including essential oils) and smoke at least 20 feet away from the entrance to the space.

Know Before You Go : In-Person

Chicago Cultural Center
Chicago, IL

Access guide can be downloaded in PDF format from website.











'Know Before You Go' video also encouraged as an addition

Easy to navigate table of contents with pertinent access information

Visual graphics that help identify each space

Clear descriptions of the space and what to expect when approaching/inside

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Chicago Cultural Center



The Learning Lab



The Learning Lab is an interactive space to explore creativity. In the hallway is an art installation of red, green, and blue lights that change my shadow on the wall. I can look into the room and see many things, sometimes including images projected on a wall.


If the doors are open, I can go inside. Sometimes this is an active space with an artist and visitors at work. Sometimes it can be a quiet space to explore and reflect on my own. Sometimes there is a large wall with magnets that I can rearrange.


 **DCASE**
FOR ALL

Accessibility Guides, Tips & Information for
Guests with Disabilities


Know Before You Go : In-Person


Millennium Park Chicago, IL

 **Tips**

 **Sensory Friendly Break Location**


If a patron needs to step away from the crowds or concert for a while, we recommend visiting Lurie Garden just south of the Jay Pritzker Pavilion, behind the row of trees known as the Shoulder Hedge. Performances can still be heard at a low volume from that location.




 **Blind and Low Vision**

Large print copies of the Grant Park Music Festival program book are available at the Patron Services Center, located on the West walkway of the Jay Pritzker Pavilion.


If you need a seat near the Main Stage because of low vision, please ask for a Front of House staff member's assistance at the Patron Services tent located on the upper walkway along the west side of the Jay Pritzker Pavilion. We can send you a digital version of our printed material upon request if you email dcase@cityofchicago.org



 **Wheelchair rental & ramps**

Wheelchairs are available for free checkout. You can request and pick up a wheelchair at the Millennium Park Welcome Center, 201 E. Randolph Street. If there is an event going on, you can pick up at the Patron Services tent on the west side of Jay Pritzker Pavilion.

If you are using the wheelchair during a concert, movie or event, please return to the Welcome Center or Patron Services Tent. Millennium Park staff is not available to push wheelchairs.



For more information, please email: dcase@cityofchicago.org

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Access information that accounts for a range of disability types - inclusion of a direct contact email

 **Millennium Park**

 Loud

 Break Area

 Tactile Opportunities

 Movement Opportunities



6

Map and/or site plan of space with visual markers that indicate key access waypoints

Guest Presenter



Charlotte “Chuck” Gruman
Accessibility Consultant, Advocate, and Educator

Join us on
Zoom!

Sensory Friendly Program Roadmap



Thursday, Feb 13th
3:30pm - 5:00pm CT

REGISTER NOW

CulturalAccessCollab.org



Cultural Access
Collaborative

CHARLOTTE
"CHUCK"
GRUMAN

Before we get
started...

Introduction



Individualized sensory experiences

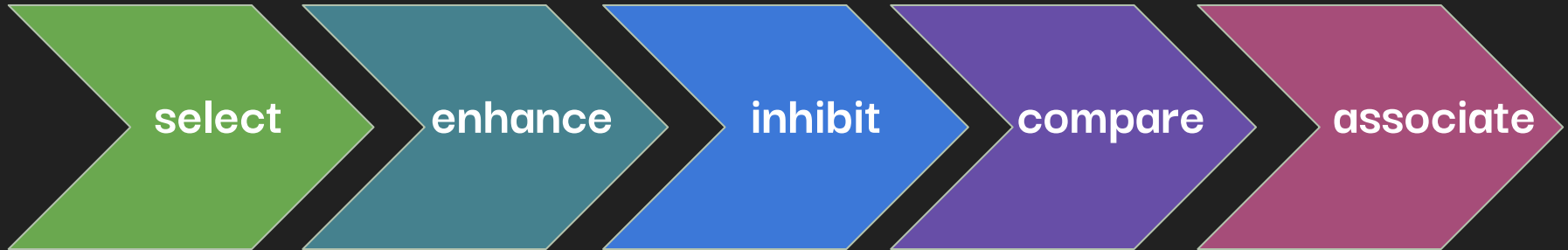
Your body relies on your brain to send and receive signals indicating what you need, but everyone's brain processes this information differently.

SENSORY INTEGRATION

“The neurological process that organizes sensation from one's own body and from the environment and makes it possible to use the body effectively with the environment.”

(Jean Ayres 1972).

YOUR BRAIN TAKES SENSORY INFORMATION AND FOLLOWS THESE STEPS



**HOW DO YOU KNOW WHEN YOU'RE
HUNGRY? THIRSTY?
NEED TO USE THE RESTROOM?
TIRED? HURTING? UNCOMFORTABLE?
TOO HOT? TOO COLD?**



HEARING
AUDITORY



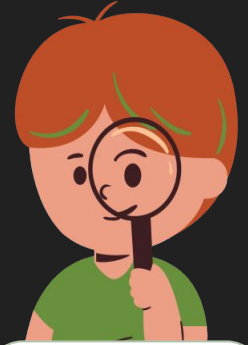
SMELL
OLFACTORY



TASTE
GUSTATORY



TOUCH
TACTILE



SIGHT
VISUAL

At any given moment your body is processing massive amounts of information from your senses, but there are more senses than just the five we're taught about in school.

INTEROCEPTION

- helps you understand and feel what's going on in your body by collecting signals from your internal organs and sending signals to your brain.
- *is your bladder full?*
- *are you in Pain?*

PROPRIOCEPTION

- (located in your muscles, tendons and joints) is your awareness of your bodies movement, force and position.
- *how close are you to your surroundings?*
- *are you prone to knocking things over?*

VESTIBULAR SENSE

- Your Vestibular sense is located in your inner ear and affects your balance and spatial orientation
- *how fast are you moving?*
- *can you balance and adjust your body on an escalator or a moving surface?*

SENSORY SYSTEMS

THE SOMATOSENSORY SYSTEM or “THE HIDDEN SENSES”

THERMORECEPTION

TEMPERATURE

EQUILIBRIOCEPTION

SENSE OF BALANCE AND SPEED

MECHANORECEPTION

PRESSURE, VIBRATIONS, GRAVITY

NOCICEPTION

PERCEPTION OF PAIN

CHEMORECEPTION

TASTES, SMELLS, pH, O₂ and CO₂

It can be easy to get overwhelmed

I will sometimes use noise reducing earplugs or headphones to reduce auditory stimulus or wear sunglasses indoors to reduce situational brightness



People on the spectrum or with sensory processing issues can be much more sensitive to what they see, smell, taste, touch, and hear
We can be much less sensitive too, like not processing cold or pain properly.

Some folks crave physical touch and the feeling of being squeezed, while others cannot stand it.



take a minute to reset

move your body,
close your eyes
whatever you need.

So what is sensory
processing disorder?

Executive Functioning Skills

Can have an impact on:

COMMUNICATION

PLANNING

DAILY TASKS

IMPULSE CONTROL

ATTENTION

VERBAL REASONING

RIGID THINKING

sense of urgency or “changing the plan”

- Some folks with Autism / ADHD or are neurodivergent may feel a different sense of urgency and time.
- Some people call this “Autistic Inertia”
- **“Changing the plan”** can be extremely stressful, especially if someone has already made an internal timeline of how their day is going to go.

SENSORY PROCESSING

KEY TERMS

AROUSAL

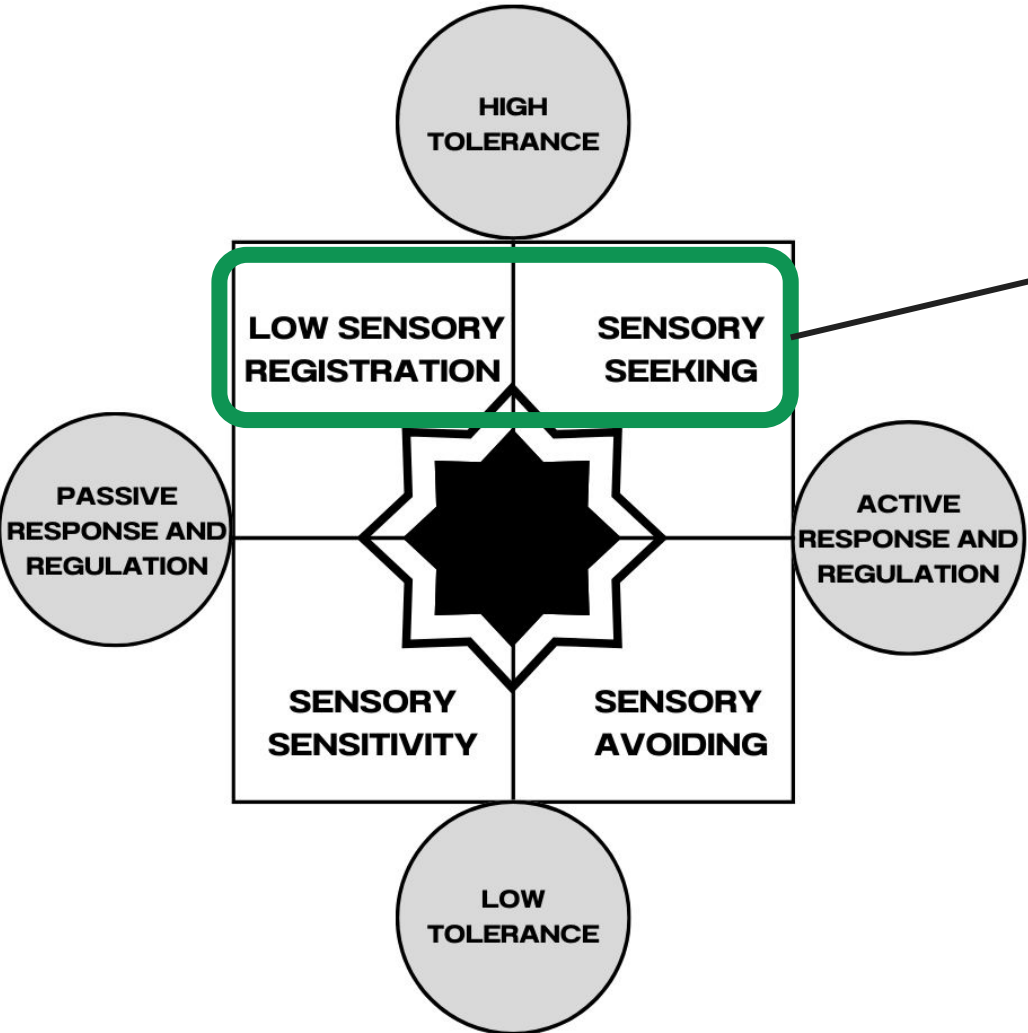
Refers to how awake or alert a person is. This changes throughout the day.

REGISTRATION

Refers to the process of acknowledging or noticing sensory information

SELF-REGULATION

Refers to how our nervous systems and brains work together to interpret different sensory information



UNDER - REACTIVE SYSTEM

Dunn's Model of Sensory Processing

Low Sensory Registration



- ★ High Tolerance For Input
- ★ Passive Behaviors

Possible Characteristics:

- Appears passive or withdrawn
- Slow to respond to stimuli
- Shows minimal facial expressions
- Misses social or environmental cues
- Tends to be quiet

Supportive Strategies:

- Verbally guide actions and outline step-by-step expectations for transitions
- Provide gentle safety reminders
- Offer a fidget toy or engaging activity for sensory input
- Help identify and interpret background sounds

Sensory Seeking



- ★ High Tolerance for Input
- ★ Active Behaviors

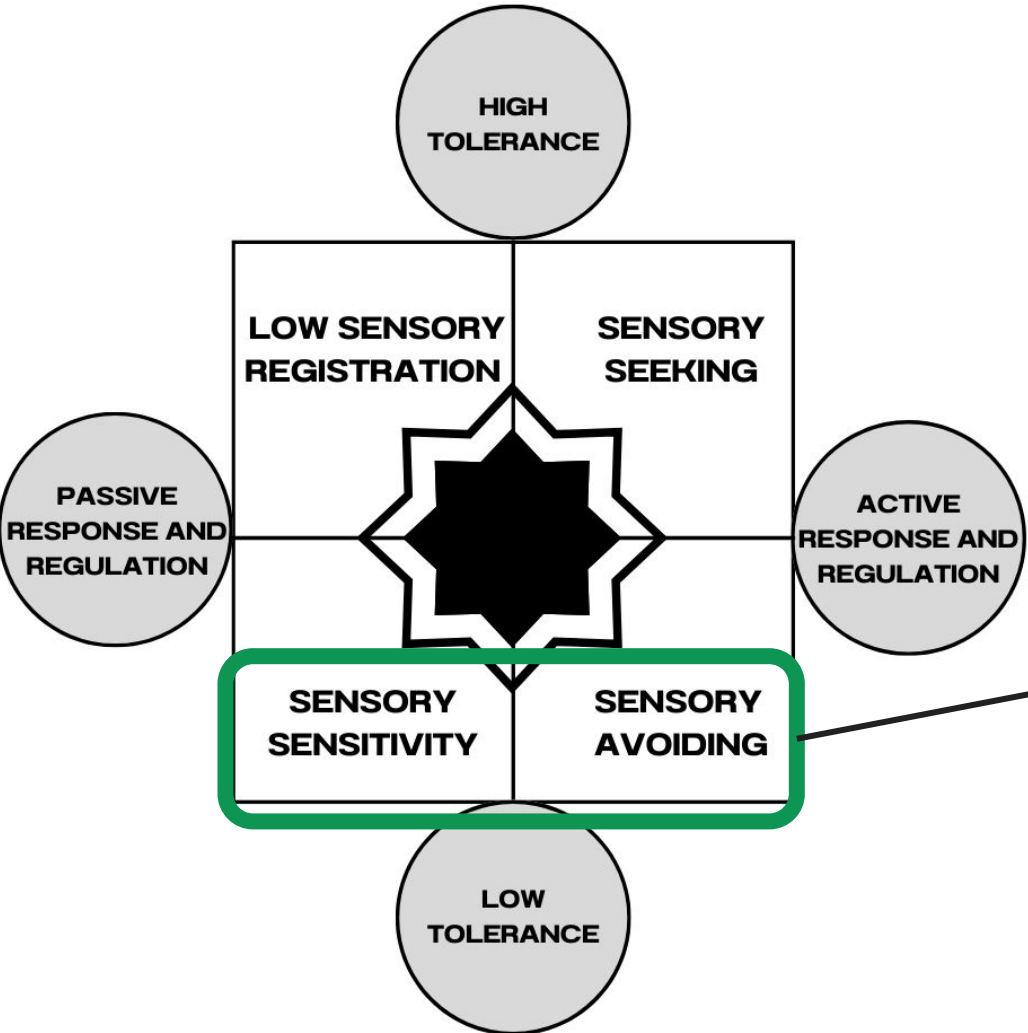
Possible Characteristics:

- Frequent touching of objects and people
- Engaging in risky activities like running, jumping, or climbing
- Enjoying loud sounds or making excessive noise
- Putting non-food items in the mouth, chewing, or sucking on objects

Supportive Strategies:

- Establish a safe and structured environment
- Implement redirection techniques to guide appropriate behavior
- Use positive “DO” instructions instead of “Don’t”
- Provide opportunities for safe and appropriate movement

Dunn's Model of Sensory Processing



OVER-REACTIVE SYSTEM

Sensory Sensitivity



- ★ Low Tolerance for Input
- ★ Passive Behaviors

Possible Characteristics:

- Irritability or frustration
- High demands or strong reactions
- Short temper or frequent outbursts
- Difficulty maintaining focus
- Covering ears or eyes in response to stimuli
- Discomfort or intolerance to movement

Supportive Strategies:

- Observe and respond to individual cues
- Provide alternative options or supportive resources
- Encourage breaks when needed
- Use concise and simple language to reduce overwhelm

Sensory Avoiding



- ★ Low Tolerance for input
- ★ Active Behaviors

Possible Characteristics:

- Covering ears or eyes
- Moving away from crowds or loud sounds
- Pulling away or withdrawing when touched
- Being selective about food choices

Supportive Strategies:

- Pay attention to nonverbal cues
- Use a gentle tone and approach
- Offer alternatives to physical touch
- Provide redirection when needed
- Create or identify quiet spaces for breaks and self-regulation

What kind of learning style do you prefer?

<i>Visual</i>	Uses images and videos
<i>Auditory</i>	Listens to absorb information
<i>Kinesthetic</i>	Learns by doing and moving
<i>Reading and writing</i>	Prefers text-based materials
<i>Verbal or linguistic</i>	Envisions and speaks words

What kind of communication do you prefer?

<i>Asynchronous</i>	Delayed interaction	<i>Nonverbal</i>	Beyond spoken words
<i>Formal</i>	Structured and professional	<i>Synchronous</i>	Real-time interaction
<i>Informal</i>	Casual and spontaneous	<i>Verbal</i>	Spoken word interaction
<i>Interpersonal</i>	Communication between people	<i>Visual</i>	Information in images
<i>Intrapersonal</i>	Dialogue within oneself	<i>Written</i>	Words in text format

Receptive Language

vs

Expressive Language

Comprehension Of Language

***Attention + Listening +
Processing***

This may look like:

- **disinterest in speaker**
 - **missed directions**
- **response differs from question**
 - **appearing distracted**

The Ability To Communicate

Words + Gestures + Devices

This may look like:

- **fragmented messages**
 - **limited vocabulary**
- **difficulty with word finding**
- **short/incomplete sentences**

**USE CLEAR AND
CONCRETE
LANGUAGE**

Avoid metaphors, idioms or sarcasm while explaining things, and don't assume your body language will communicate sufficiently

**ALLOW SOME
TIME FOR
PROCESSING**

If you ask a question and don't get an immediate response, allow time for some verbal processing

**CONSIDER YOUR
ENVIRONMENT +
YOUR VOLUME**

If you are in a space that is already loud, raising your voice might not be necessary, if you are in a quiet space, be mindful of your volume

**AVOID OPEN
ENDED
QUESTIONS**

Ask specific questions. Instead of "did you have a good time today?" Maybe ask something specific, like "Did you enjoy the ride to school in the car?"

**USE CUE
TRANSITIONS**

Using transitional phrases "First, and Then" will help set-up the expectations and a sense of order for the day or activities to come

USE GESTURES

Pointing, waving, thumbs up, high fives are all non verbal ways of communicating.

**GENERAL COMMUNICATION TIPS FOR
PERSONAL INTERACTIONS**

Details you might consider sharing before a visit

SEATING DETAILS AND LOCATIONS

DESIGNATED QUIET AREAS

SPACE TO MOVE AROUND

VOLUME IN DIFFERENT AREAS

ENTRANCES, ELEVATORS AND EMERGENCY EXITS

LIGHTS, STROBING EFFECTS

WAYFINDING FROM PARKING OR PUBLIC TRANSIT

ACCESSIBLE BATHROOMS

**SENSORY FRIENDLY / RELAXED
EVENTS AND PERFORMANCES**

“KNOW BEFORE YOU GO”

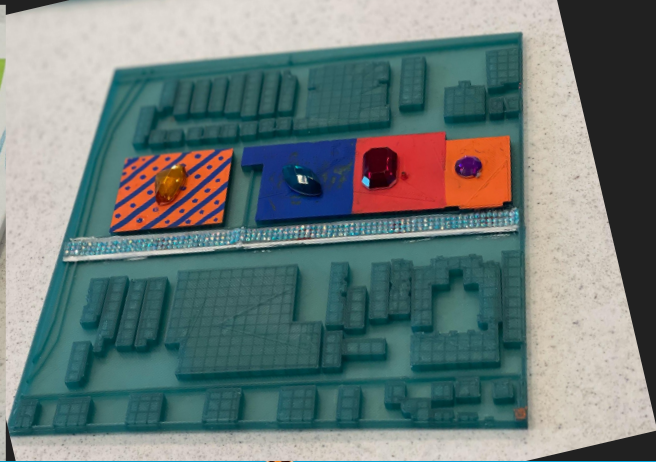
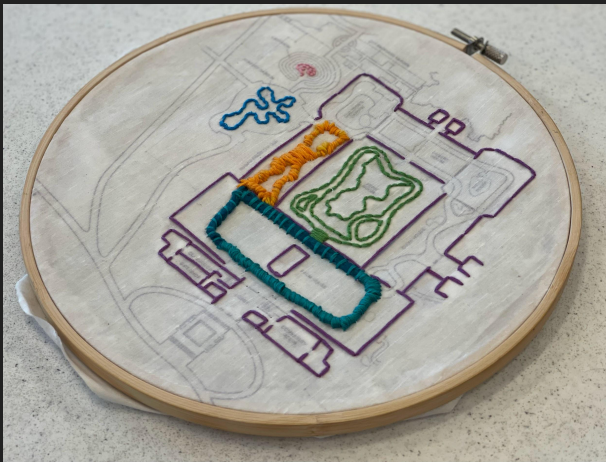
**SOCIAL NARRATIVES OR STORIES,
PHOTOS OR A VIDEO
WALKTHROUGH OF THE SPACE**

**DESIGNATED TIMES AND
SCHEDULES**

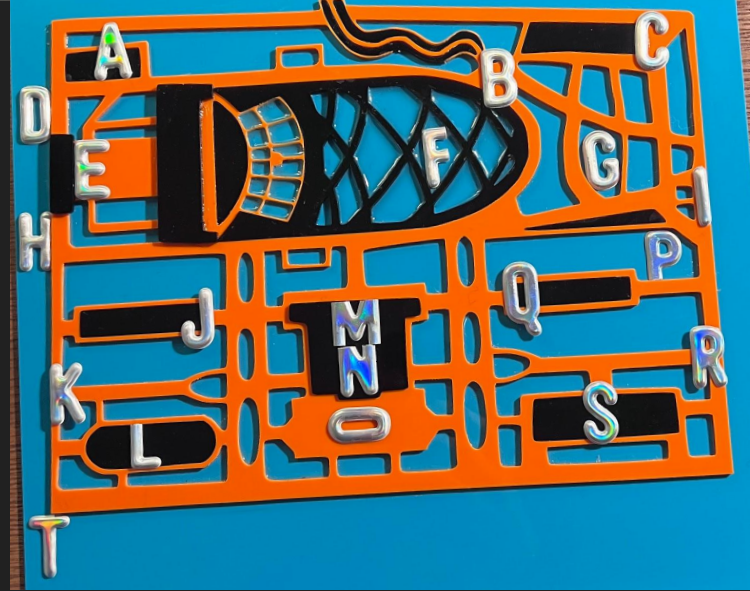
**CLEAR INSTRUCTIONS, DIRECTIONS
AND EXPECTATIONS SENT BEFORE
HAND**

**FIDGETS, TACTILE AND
SENSORY RESOURCES**

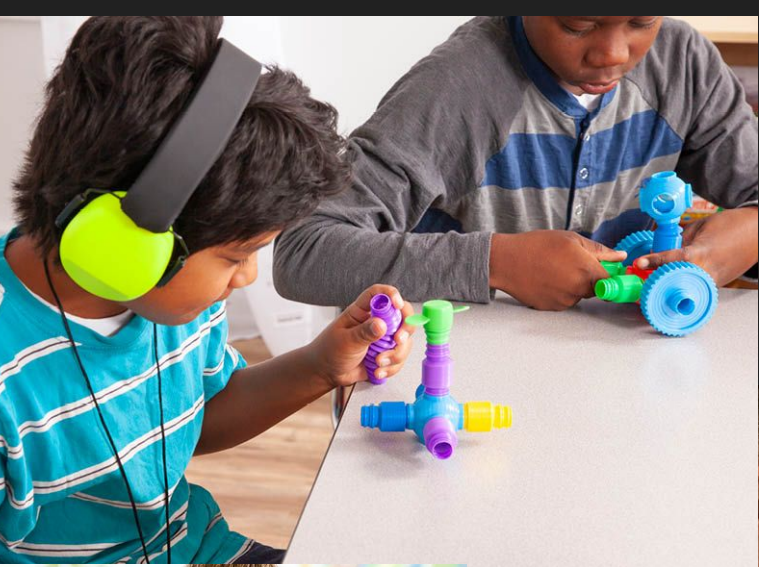
**What steps can you take in order to be more
“Sensory Friendly”**



**TACTILE MAPS AND
WAYFINDING TOOLS CAN
BE HELPFUL FOR
DIFFERENT GROUPS OF
PEOPLE**



FIDGETS AND TACTILE TOOLS ARE NOT JUST FOR CHILDREN

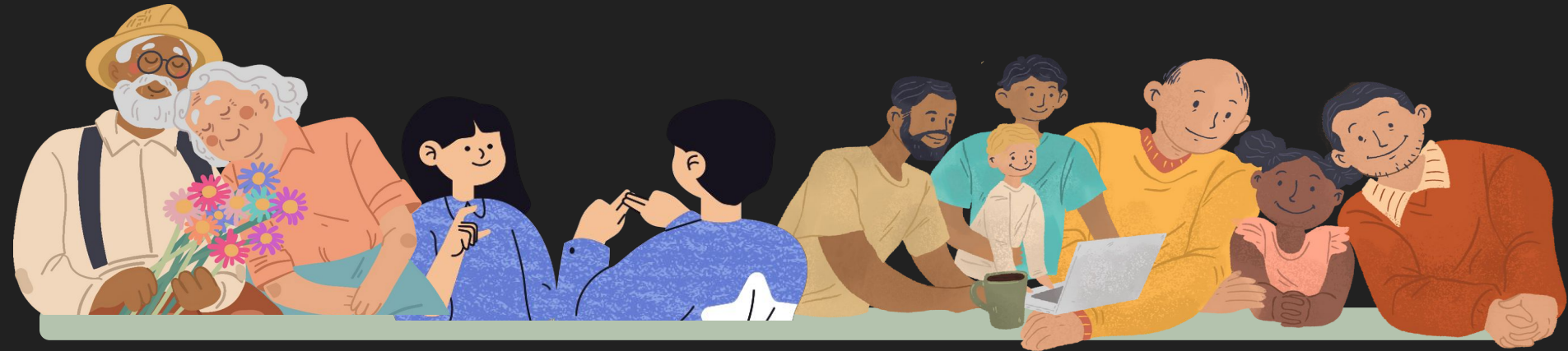


Creating separate environments like designating a sensory room, a quiet area, or a place to safely move around will allow more audiences to engage with what you're doing.



Results?

Creating an accessible and comfortable environment for your guests allows them to feel like they are in charge of their experience, and have the tools and media they need to have an engaging and independent viewing experience.



Best practices

1 - Services designed for one community in mind can often be beneficial to others!

Captions, Audio Description, Video, Audio or Touch Tours are amazing resources.

2 - Never touch a person's communication device or their mobility equipment without explicit consent

3 - Never make assumptions based on physical appearance about anyone's needs, or assume a person needs your help, ask first!

4 - If someone is speaking slower than you are, don't try and guess what they are going to say, let them finish their sentence.

5 - Offer as many different program options as you can! Choose your services to fit the needs of your community, and create new initiatives that allow folks from the communities that you serve to be apart of the conversation from the beginning.

AFFORDABILITY
AVAILABILITY
ACCESSIBILITY
ACCOMODATION
ACCEPTABILITY



Penchansky and Thomas (1981)

“The Concept of Access: Definition and Relationship to Consumer Satisfaction.”

Meaningful interactions

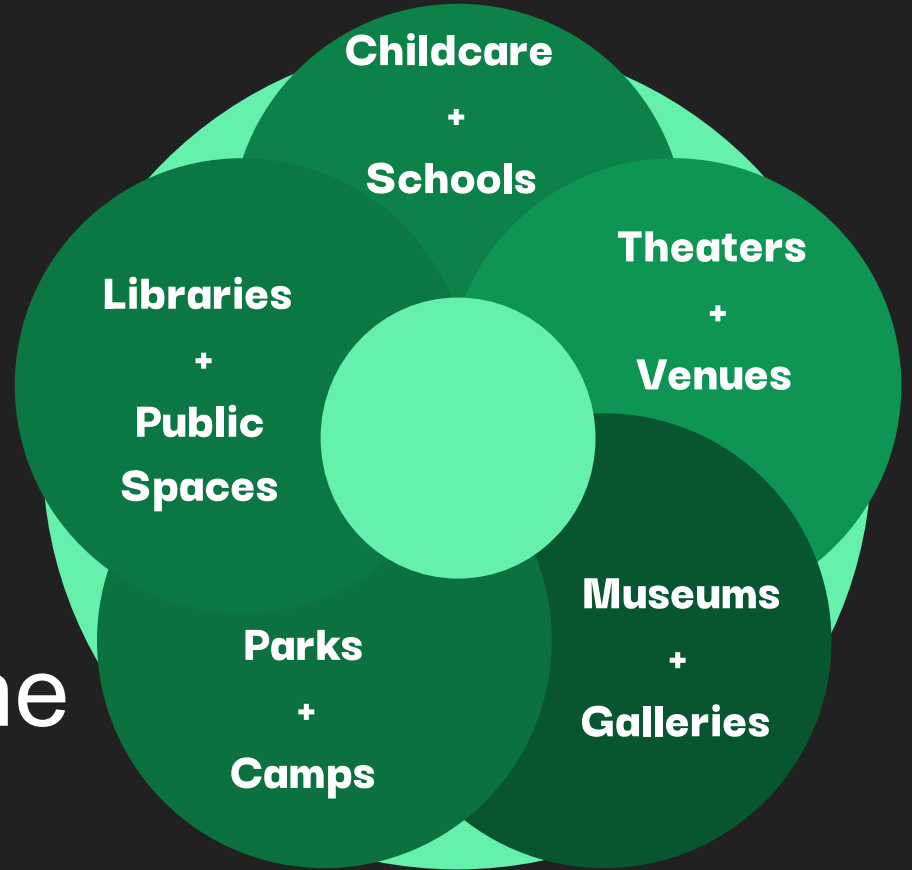
Community participation is a vital part of human development and fosters:

- Life satisfaction
- Skill development
- Sense of competence
- Emotional well-being



CULTURAL ACCESSIBILITY

Community
events should be
designed and
available for everyone



Aliyah Rich



Q&A

Join us for our next event!

**Where Are You Going? Where Have You Been?
Accessibility Self-Assessment for Your Organization**

**March 20th 12:00pm CT
Zoom Webinar
Registration Open Soon!**



Cultural Access
Collaborative

Thank you for joining us!

This session has now ended



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