

Quantin Binnah
Community Centre



Live your Best Life!



Wellness Workbook

Adults
ages 15+



Start of month Reflections

Take time at the start of the month to reflect on access and abilities of the community and how it impacts your life and those around you.

In your daily life are there physical or other barriers that affect your access to places or services?

If yes, what does this look like for you and how could it be improved? If no, are there things you notice that could affect others access to places or services that could be improved?

Reflect on a time when I felt excluded or limited due to lack of accessibility. How did it make me feel, and what changes would have improved the situation?

Reflect on a time when I witnessed someone advocating for accessibility. How did their actions inspire change or raise awareness?

In what ways can community systems and services be more inclusive and accommodating for people with disabilities and improve access for all?

How does the concept of “universal design” contribute to creating environments that are accessible and welcoming for everyone, regardless of ability?

Reflect on the broader implications of accessibility and inclusion in society. How can promoting these values contribute to building a more equitable and empathetic community for everyone?

Keep your start of month reflections in mind when creating your smart goals and how you can you them to create a more inclusive month ahead.





April Challenge

Accessibility Scavenger Hunt

Let's raise awareness about accessibility and inclusion by actively seeking out inaccessible features our surroundings!

Have you noticed stairs at the entrance of a building without wheel chair access? Have you noticed a lack of clear signage or brail?

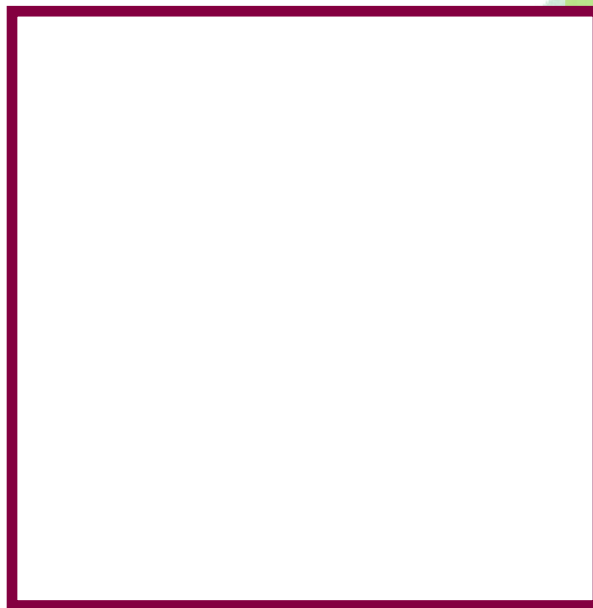
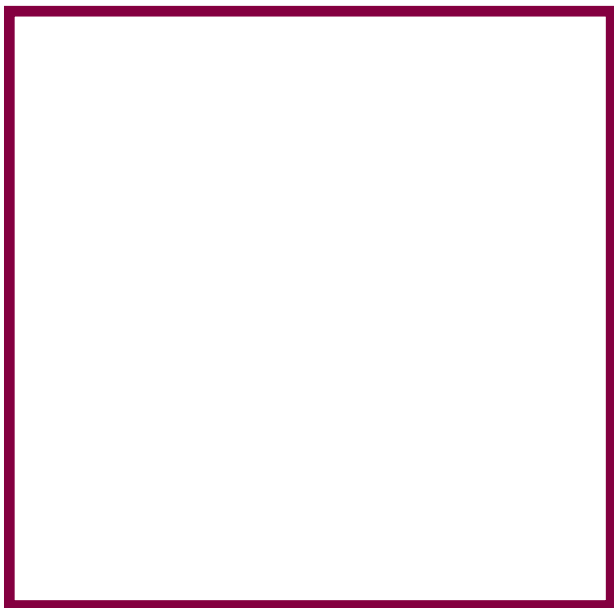
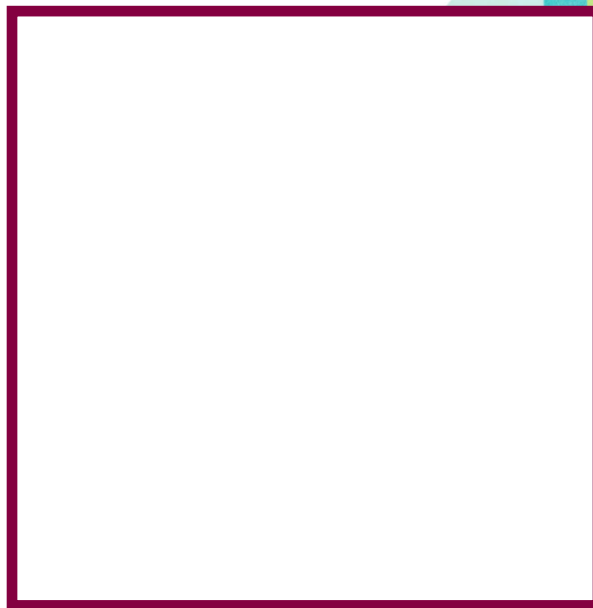
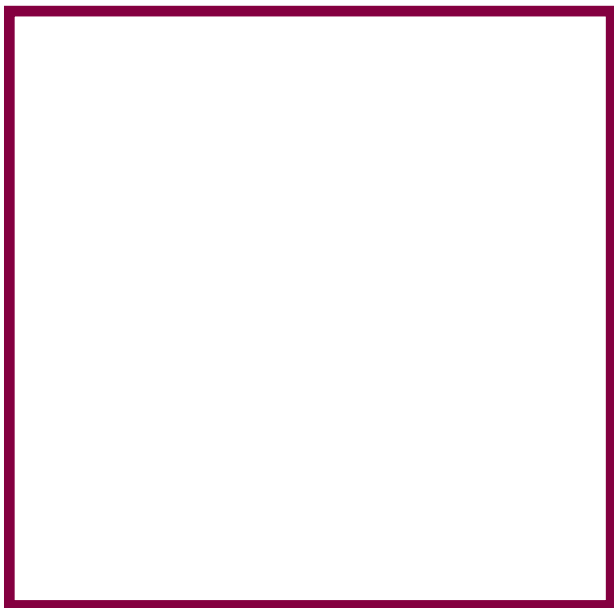
Take a picture of a feature or service you think could improve it's accessibility and document:

- 1. What is inaccessible about this feature?**
- 2. How could it be improved?**
- 3. Who could be contacted to make a change to this feature?**

Print out your pictures and stick them on the next page with your reflection and use them to think about your end of month reflections.

Challenge Checklist

Print your pictures and place them here:





Smart Goals

Can you set one goal for the month of April that could help you advocate or improve your understanding of accessibility issues and inclusion practices?

Think back on your reflections to inform your goal.

Specific

What exactly needs to be accomplished?

Who else will be involved?

Where will this take place?

Why do I want to accomplish the goal?

Measurable

How will I know I've succeeded?

How much change needs to occur?

How many accomplishments or actions will it take?

Attainable

Do I have or can I get, the resources needed to achieve the goal?

Is the goal a reasonable timeframe for me?

Are the actions I plan to take likely to bring me success?





Smart Goals

Relevant

Is this a worthwhile goal for me right now?

Is it meaningful to me?

Would it delay or prevent me from achieving a more important goal?

Am I willing to commit to achieving this goal?

Time bound

What is the deadline for reaching the goal?

When do I need to take action?

What can I do today?





End of month Reflections

Take time at the end of the month to reflect on your goals, challenges and plans.

How has your goal and reflections changed the way you see access and inclusion features within the community?

Have I made any progress in identifying and addressing physical or other barriers that affect mine or others access to places or services in daily life??

What steps have I taken to overcome or mitigate these barriers?

How has my understanding of universal/inclusive design evolved throughout the month?

In what ways have I seen the principles of universal/inclusive design implemented in the environments around me?

Outside of a physical design such as a wheel chair ramp, what services or features have you seen in your community that have been implemented to improve access?

Did I identify any new opportunities or avenues for creating positive change in my community? How can I leverage these opportunities moving forward?

How can I continue to advocate for improvements in accessibility, both for myself and for others in my community?



Planning Guide

On the next page you will find a monthly spread page. Use this guide to help you fill in your spread and incorporate your goals and personal time into your month.

Reflection time:

Schedule the time you for your monthly reflections. This can also include giving your self some quiet down time .

Key symbol:



Smart Goal Setting Day:

Allocate a day each month to disconnect from digital devices. Use your planner to choose a date and plan alternative activities like reading, journaling, or outdoor adventures.

Key symbol:



Weekly Reorg & tidy:

Plan a day to reorganise your life and set your self up for a productive week.

Key symbol:



Planning Example

See our example below of how you might like to use your monthly calendar:

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Goal
Setting
day

6



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