



Transcript for the video: MCC - offering and asking for assistance: Physical disabilities

Physical disability can range from lower body impairments, which may require use of canes, walkers or wheelchairs or to upper body impairments, which may result in limited or no use of hands.

How can you accommodate your workspace for a disabled person?

You can accommodate your workspace for students or workers with mobility physical disability and offer assistants for specific tasks, offer accessible locations of the workplace, adjustable tables and equipment located within reach, materials available in electronic format. Computers can be equipped with special devices such as voice input, and alternative keyboards. Job-related items or study material needs to be accessible.

Also keep in mind that wheelchairs and walkers need space. Avoid clutter and maintain a well-organized space.

What would you recommend to people who are interacting with people who have a physical disability?

When you interact with people with physical disabilities, talk directly to them, not to their accompanying person or caregiver.

When you interact with someone who uses a wheelchair, do not push, lean on, or hold the person's wheelchair.

Try to put yourself at eye level when talking with someone in a wheelchair.

Offer to help (opening a door, writing something, opening a bottle of water etc.) If it helps, you can ask yourself first, "Would I want help in a similar situation?"

Speak to a person who uses a wheelchair, walker, cane, or crutches in a normal voice and tone.

Feel free to use phrases such as "walk this way" with a person who cannot walk. Users with physical disabilities commonly use those phrases.

Resources:

(2022, December 24). How to create an accessible workplace for people with disabilities. Office Reality. <https://www.officereality.co.uk/blog/how-to-create-an-accessible-workplace-for-people-with-disabilities>