

Is this actually accessible?

A survey for classrooms, workshops, events, doctors' offices, and workplaces. Score the habitat, not the person trying to survive it.

Most access checklists ask whether a thing is *possible*. This one asks who has to do the work to make it happen. **Access that only exists when you ask for it is a bill, and disabled people are the ones paying it.**

PLACE OR EVENT

TYPE OF SPACE

SURVEYED BY

DATE

How to score each line. Mark one box per row.

- 3 Built in** Already true when you walk in. Nobody has to request it or be told.
- 2 If you ask** They will do it, willingly, once you identify yourself as someone who needs it.
- 1 Uphill** Technically obtainable after paperwork, permission, a fight, or a favor.
- 0 No** Not available, or the request itself gets you treated badly.
- n/a** Genuinely does not apply here. Pulled out of the math, not counted as a zero.
- ★ Starred** The ten-line quick pass. Score only these when you do not have the capacity for all 41.

The dealbreaker column is separate from the score on purpose. One flagged line beats a good average, and the tally sheet at the end says so.

Getting in the door

section 1 of 8

	Built in	If you ask	Uphill	No	n/a	Deal breaker
★ Step-free route from the street or the parking lot to every room you would actually use, without asking anyone to unlock, move, or carry something.						
Accessible parking, a drop-off, or a transit stop within a short and level distance of the entrance you are told to use.						
Doors you can open with one hand, a hip, or a wheelchair, and hallways wide enough to turn around in.						
The address, the correct entrance, and the room number are findable before you arrive, and they are accurate.						
Seating you can actually use: different heights, some with backs and arms, floor space to park a chair, room to stand at the back.						

Cheapest fix for getting in: the smallest change that moves the most lines, and who would have to make it

The sensory environment

section 2 of 8

	Built in	If you ask	Uphill	No	n/a	Deal breaker
★ Lighting you can change or escape. No unavoidable overhead fluorescents, and some access to dimming or daylight.						
Sound floor low enough to hear one person speak, with no surprise PA announcements, alarm tests, or music nobody can turn down.						
Fragrance-free in practice, not just on the flyer. Check cleaning products, diffusers, candles, and staff.						
★ A quiet or low-stimulus space that you can reach in under two minutes and that is not being used for storage.						
You can use your own equipment (headphones, sunglasses, stim toys, hat, blanket) without commentary or a rule about it.						

Cheapest fix for the sensory environment: the smallest change that moves the most lines, and who would have to make it

Time, pacing, and leaving

section 3 of 8

	Built in	If you ask	Uphill	No	n/a	Deal breaker
Breaks are built into the schedule rather than the first thing sacrificed when the session runs long.						
★ You can leave the room at any moment without explaining, apologizing, being marked absent, or losing your seat.						
The real length is stated up front, including the setup, the lingering, and the part after the official end time.						
There is a way to arrive late, leave early, or catch up later without losing access to the whole thing.						
The pace can flex when someone needs more time, and asking for more time does not cost you your turn.						

Cheapest fix for time and pacing: the smallest change that moves the most lines, and who would have to make it

Information and instructions

section 4 of 8

	Built in	If you ask	Uphill	No	n/a	Deal breaker
★ You can find out what will happen, in what order, before you get there.						
Instructions exist in at least two formats. Spoken and written is the floor.						
Plain language throughout. Jargon, acronyms, and inside references get explained the first time.						
★ Captions, transcripts, or interpreters are provided by default for anything spoken, filmed, or streamed.						
Materials are readable: strong contrast, real text you can enlarge or run through a screen reader, not a photograph of a page.						

Cheapest fix for information: the smallest change that moves the most lines, and who would have to make it

Executive function load

section 5 of 8

	Built in	If you ask	Uphill	No	n/a	Deal breaker
★ Signing up takes one step on one platform and does not require a phone call.						
Forms can be filled out in advance, saved partway through, and do not ask for the same information three times.						
Reminders arrive with the time, the place, the link, and what to bring, close enough to the event to be useful.						
Nothing important depends on knowing an unwritten rule, a nickname for a room, or who to ask.						
When you miss a step there is an obvious way to fix it that does not require an apology or a special favor.						

Cheapest fix for executive function load: the smallest change that moves the most lines, and who would have to make it

Bodies: food, meds, bathrooms, rest

section 6 of 8

	Built in	If you ask	Uphill	No	n/a	Deal breaker
★ Water and food are allowed in the room, all the time, without a rule fight or a side conversation.						
Bathrooms are close, safely usable for trans and nonbinary people, and the accessible stall is not full of chairs.						
You can sit, stand, lie down, pace, rock, or lean without being redirected.						
The temperature is livable, or you can add layers, move seats, or change it.						
Medication, injections, blood sugar checks, feeding tubes, and medical devices are unremarkable here.						

Cheapest fix for bodies: the smallest change that moves the most lines, and who would have to make it

Social and communication demands

section 7 of 8

	Built in	If you ask	Uphill	No	n/a	Deal breaker
★ Participating in writing, in the chat, or silently counts as fully participating.						
No forced icebreakers, eye contact, hand-raising, name games, or performing in front of the group.						
Group work is optional or built so one person's absence does not sink everyone else.						
You can handle the important parts by email or text instead of speaking on the phone.						
Difference in tone, volume, affect, stimming, or bluntness is not read as rudeness, disinterest, or threat.						

Cheapest fix for social demands: the smallest change that moves the most lines, and who would have to make it

	Built in	If you ask	Uphill	No	n/a	Deal breaker
★ Access needs are asked about in writing, in advance, by someone with the authority to actually do something about the answer.						
Getting an accommodation does not require a diagnosis, a doctor's letter, or a fee.						
You can ask privately. The request does not get announced to the group or narrated to you in front of people.						
The answer arrives before you have to spend money, book travel, or commit.						
There is a stated sliding scale, free spot, or scholarship, offered without a performance of gratitude.						
When access fails, somebody changes the condition instead of only apologizing to the person it failed.						

Cheapest fix for asking and repair: the smallest change that moves the most lines, and who would have to make it

Adding it up

Count only the lines you actually scored. Every line marked n/a comes out of both columns, so a space is never punished for lacking something it has no reason to have.

A. Lines scored, not counting n/a		B. $A \times 3 =$ points possible	
C. Points earned, all marks added		D. $C \div B \times 100 =$ habitat score	

The three numbers the percentage hides

Requests you would have to make every line you marked 2. This is the tax. A place can score 70 percent and still cost you eleven conversations before you get in the door.	
Uphill or refused every line you marked 1 or 0. These are the ones that need somebody with authority, not a polite email.	
Dealbreakers flagged if this number is above zero, the percentage does not matter. Write down which ones.	

Reading the score

85 - 100	Built for people. Access is already in the room, so nobody has to out themselves to use it. Rare. Find out who made those decisions and ask them how.
65 - 84	Workable, at a cost. Most of what you need exists and you will spend energy collecting it. Fine for one afternoon. Expensive as a place you go every week.
40 - 64	Access by request only. The space is not hostile, it is unfinished. Everything hinges on whether you have the nerve, the words, and the spoons to ask on the day.
0 - 39	It expects you to adapt to it. The load has been handed entirely to the disabled person. Going anyway is a real choice, and it is worth deciding in advance what you will not do to be there.

What happens next

A survey that only produces a grade tells disabled people what they already knew. Pull the three cheapest fixes off the section pages, name who can actually authorize each one, and send it to them.

The fix	Who can authorize it	By when

Fix the habitat, not the habit. Copy it, print it, change the wording, hand it to a principal. It is meant to be used.