

# Promoting Inclusiveness

## Low Vision Aids and Adaptions

- Magnifying glasses (high powered reading glasses)
- Hand-held magnifiers
- Font color and highlighting – **white letters on a black background** or **black letters on a yellow background**
- Large print (16- or 20-font size)
- Alt Text for e-readers
- Add spacing between lines
- Using BoldWriter 20 (also called 20/20) pens create EASY-TO-SEE and READ, highly visible, crisp, black lines; does not smudge or bleed through most paper.



- Audio tapes, CDs, Podcasts/videos
- Avoid paper with a glossy finish because of the glare

## Deaf/Hard of Hearing Aids and Adaptions

- Subtitles and captions on videos for those who don't sign (good for all individuals for both seeing and hearing the message)
- American Sign language (ASL) interpreters

## Deaf/Hard of Hearing Aids and Adaptions (con't)

- Provide seating near the coaches/presenters/instructors
- Ensure your face can be seen clearly
- Repeat/rephrase information, when possible
- Ask if you are being heard clearly
- Limit background noise
- Speak clearly with more volume
- Always talk face-to-face

## Local Strategies Towards Inclusion (AMOB Examples)

<b>Include</b>	Low-vision adaptions from Maine Health – A Matter of Balance Low-Vision Tool Kit in all coach trainings and binders.
<b>Model and experience</b>	The low-vision exercises during training.
<b>Provide</b>	Coaches with regular and low-vision exercise handouts. encourage them to start with the low-vision ones to ensure proper instructions and modeling.
<b>Remind</b>	Coaches that larger font and audio versions of the participant materials are available.
<b>Work</b>	With community partners who already serve the Deaf/Hard of hearing/visually impaired community to maximize resources and provide adaptions for participants.