

# GRAIDS:

## *Guidelines, Recommendations, Adaptations, Including Disability*

### What are the GRAIDS?

A tool and framework used to adapt evidence-based health promotion programs to be inclusive of people with disabilities. The GRAIDS are broken down by potential changes in 5 inclusion domains.

**Inclusion Domains:** A common set of items used to ensure participation by individuals with disabilities in an existing health promotion program or strategy. The five inclusion domains are: Built Environment, Services, Instruction, Equipment & Technology, and Policy.



**Built Environment:** Structural features.

- a. Examples include: ramps, signage, clear paths/sidewalks, curb cuts, hard floor surfaces, park play equipment, adequate temperature and lighting.



**Service:** Person-to-person assistance or other assistance that increases participation.

- a. Examples: providing transportation, a personal shopping aide for a person with a disability, a peer assistant in a physical activity program, and inclusive advertisement or communication.



**Instruction:** (Training & Education) Technique(s) used to enhance learning for the staff within an organization or for the individual with a disability and their family members or caregivers.

- a. Examples: webinars, lunch and learns, in-service trainings, seminars



**Equipment & Technology:** Products or tools used to promote and allow for participation.

- a. Examples: sports-related products, utensils, automatic sliding doors, bus lifts, communication devices.



**Policy:** Laws, regulations, rules, protocols, and procedures designed to guide or influence behavior. Policies can be either legislative or organizational in nature.

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### ***Two ways to use the GRAIDs:***

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**1**

GRAIDs as a tool:

Apply existing nutrition and physical activity recommendations and adaptations.

- a. Use the existing recommendations and adaptations to make inclusive changes to a program
- b. Adapt recommendations and adaptations to fit the needs of your program or service
- c. These recommendations and adaptations can be found at [www.new.reduceobesity.org](http://www.new.reduceobesity.org)

**2**

GRAIDs as a Framework:

Adapt programs and services using the five inclusion domains.

- a. Apply each of the five domains to the program or service to ensure it is inclusive of people with disabilities
- b. Identify strategies that address areas that are not inclusive of people with disabilities
- c. Implement inclusive changes to your program or service

### ***Remember:***

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**1**

Conduct assessments (e.g., Community Health Inclusion Index) to identify where there are gaps in disability inclusion or accessibility then use the GRAIDs tool and/or framework to identify solutions.

**2**

Include people with disabilities in the process when adapting your program and services.