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:

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 inclusion.nchpad.org/graids/strategies.

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:

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.

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