

# Contents

## **FOREWORD \_7**

## **INTRODUCTION \_9**

## **IMPAIRMENTS AND DISABILITIES \_12**

Motor impairments \_12

Sensory impairments \_13

Cognitive impairments \_14

## **TYPES OF BARRIER \_15**

Barriers to mobility \_15

Barriers to operating controls \_17

Barriers to orientation \_18

## **PLANNING REQUIREMENTS \_20**

Planning for children \_21

Planning for older people \_22

Planning for mobility-impaired people and wheelchair users \_24

Planning for visually impaired and blind people \_27

Planning for hearing-impaired and deaf people \_30

Planning for people with cognitive impairments \_31

## **CONSTRUCTION AND TECHNICAL REQUIREMENTS \_33**

Construction components \_33

In-house systems \_42

Access elements \_44

## **ROOM PLANS \_49**

Building entrance areas \_49

Transit areas and halls \_50

Entrance area of homes \_51

Living and sleeping space \_52

Working areas \_53

Baths and sanitary rooms \_54

Kitchens and dining rooms \_58

Balconies and terraces \_60

## **OUTDOOR FACILITIES \_62**

Pavements and open spaces \_62

Outdoor guidance systems \_65

Parking areas and garages \_68

## **IN CONCLUSION \_71**

## **APPENDIX \_72**

Literature \_72

Regulations and standards \_72

Picture credits \_73

The authors \_73