

'Walkabout' - Empathy and Understanding Exercise



Accessible is a word that describes something that can be reached, entered, or used by people who have a disability. A lot of the time disabled people are limited in their mobility, which is something we need to change to make everyone able to enjoy the neighbourhood.

This task involves going on a walk with a parent, grandparent, or carer. The goal is to go on a walk and think about accessibility - if you were in a wheelchair, would you be able follow the exact same route as you would usually on foot? If you had to use a walking stick or crutches, would this be a safe and easy way to get to where you want to go? If there's something that limits you in some way, make sure to make a note of it or take a photo.



For example, this car parked on the pavement would mean someone in a wheelchair might not be able to get past at all!

Things to look out for:

- Steps or stairs
- Things blocking the pavement
- Uneven or slippery walking surfaces

Make sure to document your thoughts into a series of photos, a video, or a piece of writing. You can also complete one of our empathy maps – what would someone with a disability think, feel, say and do if they came across something that limited them on their walk? Email them to thelunaprojectuk@gmail.com to have a chance to get them on our website or social media to help raise awareness about making our local environments more friendly for disabled people!