

Lane County, Oregon Inclusive Walk With Ease® Toolkit

Guidance for Walk With Ease® Leaders to Incorporate Adaptations for People with Disabilities and Mobility Limitations




**LANE COUNCIL
of GOVERNMENTS** Oregon



Oregon State University
Extension Service



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The Lane County NiCIP Committee

The purpose of the NiCIP (National Center on Health, Physical Activity and Disability's Inclusive Community Implementation Program) grant program is to bring together local-level partnerships to plan and implement changes that improve access to local health programs for people with disabilities and mobility limitations. Under this program, the Oregon Office on Disability and Health joined with partners to convene the **Lane County NiCIP Committee**, which aims to increase accessibility and inclusivity of chronic disease self-management programs for people with disabilities in Eugene and the surrounding Lane County, with a proposed focus on inclusive adaptations to the Walk With Ease® (WWE) program, through partnerships between both local and state-level entities. The **Lane County NiCIP Committee** includes partners from the Oregon Office on Disability and Health, the Community Integrated Network of Oregon, Lane Council of Governments Oregon, Oregon State University Extension Services, Lane Independent Living Alliance, and Oregon Health and Science University.

The **Lane County NiCIP Committee** learned about issues that might limit program accessibility and possible local solutions from the disability community in Lane County, local leaders of Walk With Ease programs, partner organizations in Lane County, and The Arthritis Foundation. Based on this input, the committee launched a pilot Walk With Ease® workshop to pilot several inclusive adaptations to the existing Walk With Ease program. As a result of this pilot, the **Lane County NiCIP Committee** developed a set of tools to support leaders in making adaptations that are inclusive for people with disabilities and mobility limitations. The Toolkit builds on ideas outlined in the Arthritis Foundation's Disability Adaptation Guide for Walk With Ease®, sharing examples that adapt programs to be more accessible and inclusive.



Using Hyperlinks and QR Codes

Links

Throughout the guide, links are identifiable through the use of underlined text.

How to use links:

- 1 Hover over underlined text
- 2 Left click on mouse
- 3 Navigate to the new window that pops up
- 4 Browse the resources available!

Example of Links

[Oregon Office on Disability and Health](#)

QR Codes

QR codes allow users to access websites by scanning a box with a smartphone or tablet.

How to use QR Codes:

- 1 Open your phone camera. Depending on your phone type, you may need to download a QR reader app
- 2 Hold your device over a QR code so that it's clearly visible within your smartphone's screen
- 3 Two things can happen when you correctly hold your smartphone over a QR code:
 - Phone automatically scans code
 - Some readers scan once a picture is taken
- 4 Browse the resources available!

Example of QR Code



Using a Two-Leader Model to Promote Accessibility and Inclusion

When planning a series of inclusive Walk With Ease® classes, it is important to include two people to co-lead the program for a variety of reasons, including improving accessibility and disability representation. Choosing one leader with lived experience in disability allows participants to see how people approach movement and exercise differently.

- Have two leaders co-teach sessions to allow for different perspectives to be represented and shared with participants. Including one leader with lived experience with disability can offer this difference in perspectives.
- When classes are facilitated by two leaders, one can demonstrate the standard Walk With Ease® stretching and strengthening activities while the other models adapted activities to represent both options.
- With two leaders teaching, one leader can focus on modeling physical activity and stretching while the other focuses on instructing from the leader's manual, and alternate roles each class.
- Two leaders can better support a broader range of participation in the walking portion of the workshops. Leaders can accompany participants walking at different paces or support varied activities or locations for movement.

Tips for being a positive co-leading team include:

- Being supportive and friendly to one another
- Making the teaching environment comfortable for both leaders
- Dividing responsibilities for each class
- Both being prepared to jump into different activities
- Spending a brief amount of time coordinating before each session so that each leader plays an active leadership role
- If one leader needs to make an adaptation for themselves, the other should model what support around moving differently looks like

Assessing the Accessibility of Both Indoor and Outdoor Spaces

Leaders can ensure participants with disabilities are able to access the meeting and walking spaces by assessing the accessibility of the venue before hosting classes at a location. Assessing facilities like restrooms, building access, and ensuring walking paths are accessible and obstacle-free, more participants will be able to take part in all activities. In addition to walkability, location selection should consider other important factors for your community. Community members with disabilities in Eugene told us that affordable and accessible transportation options to program locations are very important to them. We chose a location close to the town center that was on a bus line to meet this need. These considerations should not overrule accessibility considerations, however. Pilot leaders found that accessible space and walking paths are essential for delivering accessible Walk With Ease®.



Tool

Accessibility Audit for Outdoor and Indoor Spaces for People with Disabilities and Mobility Limitations

This tool is designed to be used with Walk With Ease® (WWE) leaders to assess the accessibility and walkability of both indoor and outdoor spaces. This checklist can assist leaders in determining whether or not a space is designed inclusively for participants with disabilities or mobility limitations to access, and helps leaders in making accommodations or other modifications to existing spaces.



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Prepared by the Lane County NiCIP Committee



Inclusive Marketing

Leaders can help reach a broad audience that includes people with disabilities by making sure that the wording and imagery used in marketing materials are inclusive of disability. In addition, accessible and readable marketing materials help ensure that people can use the information.



Tool

Example Marketing Flyer

This example of an inclusive flyer includes several features to ensure people with disabilities and mobility limitations feel welcome to register for Walk With Ease®.

Inclusion tips include:

Tip 1: Choose imagery that features people with disabilities or mobility limitations. In the example, we chose an image that features an individual who requires a cane to walk and navigate the space around them.

Tip 2: Choose inclusive language on marketing materials. Language used in this example includes the word “move” to accompany the word “walk”, pointing out that participants of Walk With Ease® can move however it feels best for them. The flyer also gives a clear method to request accommodations.

Tip 3: Choose a font that is sanserif and is at least 14 pt to ensure people with disabilities can easily read the information. Using large sanserif font sizes are chosen to ensure that people with limited sight can read the written content.

Tip 4: Think about which colors are used in marketing materials, and choose high contrasting colors. Avoid using colors to convey meaning to ensure that participants can easily read all the information. High contrast colors, like black font on a white background, or white font over a green background, are used in places colors are featured to ensure people with limited sight can easily read written content. In the example flyer, color is also not used to convey any meaning.



Move in a way that works for you. You will learn about ways to make movement safe and comfortable in a small, supportive group.

- Alternative choices for movement
- Reducing and avoiding pain with movement
- Safety tips for outdoor and indoor terrain
- You will walk and move together every session

FREE

1 hour class meets 2 time per week for 6 weeks.

Space is limited; Reservations required.

Dates: Oct 7 - Nov 20, 2025
Time: 2pm-3pm
 Tuesdays & Thursdays
Place: In person
 OSU Extension Office
 996 Jefferson Street
 Eugene, OR

Register:

Call: 541-682-4103
 Email: LivingWell@lcoog.org
 Scan QR code



Making Adaptations to Programming to be Inclusive of Participants of all Abilities

Leaders can make accommodations and adaptations to ensure that people with disabilities who want to participate in Walk With Ease® are able to. By using tools to make changes, more participants can fully engage with the program and move how it feels best for them.

Use the following resources and tools to make adaptations or accommodations to group meetings:

Tool [Disability Adaptation Guide, by the Arthritis Foundation](#)

The purpose of this guide is to educate providers of the Arthritis Foundation Walk With Ease® program on tips and strategies to include people with physical, sensory, communication and intellectual disabilities in their program.



Tool [Adaptations of Walk With Ease® Stretching and Strengthening Exercises for People with Disabilities and Limited Mobility](#)

This tool is designed to be used with Walk With Ease® (WWE) participants with varying levels of ability, and includes seated options and arm alternatives to standing exercises. Strengthening activities and stretches are informed by a variety of adaptive physical activity sources, and are intended to help WWE leaders easily adapt exercises for participants at all ability levels.



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Prepared by the Lane County NiCIP Committee



Making Adaptations to Programming to be Inclusive of Participants of all Abilities



Tool

Group Alternatives to Walking for People with Disabilities and Mobility Limitations

This tool is designed to be used with Walk With Ease® (WWE) participants with varying levels of ability or mobility. In this example class timeline, there are a number of alternative activities to group walking for participants with disabilities or mobility limitations.



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Prepared by the Lane County NICIP Committee





Tool *Accessibility Audit for Outdoor and Indoor Spaces for People with Disabilities and Mobility Limitations*

https://www.ohsu.edu/sites/default/files/2026-06/final_5.29-accessibility-audit-for-outdoor-and-indoor-spaces-for-people-with-disabilities-and-mobility-limitations_vsr.pdf



Tool *Example Marketing Flyer*

https://www.ohsu.edu/sites/default/files/2026-06/final_5.29_example-of-an-inclusive-marketing-flyer_vsr.pdf



Tool *Disability Adaptation Guide, by the Arthritis Foundation*

https://www.arthritis.org/getmedia/b4337141-647e-4a3c-9b66-94da590497d5/Disability_Adaptation_Guide-062025.pdf



Tool *Adaptations of Walk With Ease® Stretching and Strengthening Exercises for People with Disabilities and Limited Mobility*

https://www.ohsu.edu/sites/default/files/2026-06/final_5.29_adaptations-of-walk-with-ease-r-stretching-and-strengthening-exercises-for-people-with-disabilities-and-limited-mobility_vsr.pdf



Tool *Group Alternatives to Walking for People with Disabilities and Mobility Limitations*

https://www.ohsu.edu/sites/default/files/2026-06/final_5.29_group-alternatives-to-walking-for-people-with-disabilities-and-mobility-limitations_vsr.pdf

