



Hidden Mobility Disabilities Alliance

Persons with a hidden mobility disability (HMD) are independently mobile but can only walk a short distance or stand unsupported for a brief time without serious health consequences.

Hidden Mobility Disabilities Alliance Ltd. (HMDA) is an incorporated non-profit formed to address meaningful accessibility for persons with hidden mobility disabilities (HMD). The purpose of HMDA is to:

- Raise awareness regarding accessibility issues facing persons with HMD.
- Develop and implement strategies to educate the public on how to meet the needs of those with HMD in all areas of public and community life.
- Advocate for persons with HMD so they may be empowered to live with dignity and enjoy a full life without being hindered in, or prevented from doing so, by attitudinal barriers or requirements to walk further or stand longer than they can without negative health consequences.

The causes of hidden mobility disabilities are varied, encompassing over two dozen physical conditions, and the environmental barriers are many, involving a range of disciplines and social contexts. HMDA offers both individual and organizational memberships.

HMDA is interested in **collaborating with other organizations** that are focused in areas such as the following, *with particular attention to ensuring that “walkable” is defined as less than 50 feet:*

- Policies regarding accessibility and accommodation
- Active aging and seniors’ support
- Age Friendly Cities, Mobility in Aging, and similar initiatives with a “walkability” component
- Healthy Cities, Healthy Communities, and other initiatives with a “walkability” component
- Walkability in the built environment (public buildings, airports, hospitals, etc.)
- Accessibility of retail services (banks, supermarkets, shopping malls, etc.)

HMDA is also searching for partners willing to **educate their membership** about hidden mobility disabilities. Many individuals with hidden mobility disabilities do not identify as having a disability and are unaware of the social model saying that “disability” is produced by the interaction between a functional limitation and a lack of accommodation in the environment. Instead they think that their difficulties with walking or standing are personal failings, and they may increase their functional limitations through a lack of appropriate self-care. ***HMDA has developed tools and guidelines to help individuals with HMD manage their activity level for the best quality of life.***

Visit www.HiddenMobilityDisabilities.com/research-report/ to view the first ever research on the lived experience of persons with hidden mobility disabilities. Accessibility guidelines:

- Short distance = 35 feet (1 school bus in length)
- Brief time standing = 1-2 minutes

HMDA is purposely structured as a virtual organization without membership dues and wishes to work in partnership with other organizations. **Join us in making a difference!**

www.HiddenMobilityDisabilities.com alliance@hiddenmobilitydisabilities.com