



HMD Alliance Newsletter

EMPOWERING OURSELVES

We trust you had a renewing holiday season and are starting this new year with a commitment to manage your health and mobility.

Our aim this year is to further publicize the need for accommodations for those of us with hidden mobility disabilities and to engage with at least one best practice partner to explore ways to modify the built environment and public spaces so that they are accessible to all. You can help with this objective by suggesting possible best practice partners. We look forward to hearing from you.

Together we can make a difference!

Encourage New Members!

We can advocate more effectively the larger our Alliance is.

Invite friends and family to join!

Reaching Broader Audiences

We continue to need your help in identifying potential advocates for removing **distance barriers** in all areas of public life. What contacts do you have that could be helpful in reaching out to:

- Government departments responsible for accessibility policy
- City planners
- Architects

Let the Alliance know and we will act!

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55th International Making Cities Livable Conference on

HEALTHY, 10-MINUTE NEIGHBORHOODS

In May 2018, the Alliance will have an opportunity to give international visibility to the issue of hidden mobility disabilities! Here is the first part of the blog about the Conference program:

What makes a healthy, 10-minute neighborhood?

The 10-Minute walking radius:

The 10-minute walking radius for a healthy neighborhood is a valuable rule of thumb. In his new book, *Within Walking Distance*, Philip Langdon, New Urban News Editor studied some highly reputed neighborhoods renowned for their walkability and will report on his findings in a keynote address.

Dorothy Riddle, President, Hidden Mobility Disabilities Alliance, will point out that planning focused on "walkable" 10-minute neighborhoods must also provide accessibility solutions for those who can walk only 35-50 feet without incurring serious health consequences.

Rating Yourself on the Holiday Season

In the last newsletter, we provided suggestions for how to ensure that you didn't over-walk or over-stand during holiday season activities. So how did you do? Did you:

- Let people at holiday events know that you could not walk too far or stand too long?
- Call ahead to make sure that you would not have to walk too far or stand too long?
- Stop to rest before your pain or breathing difficulty increased?

Educate others!

Visual cues are excellent for self-advocacy & to educate others.

12 Core Members
94 Supporting Members