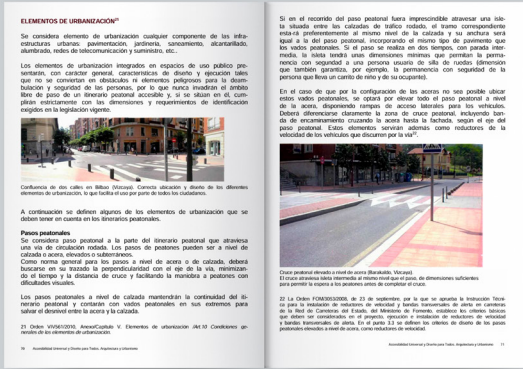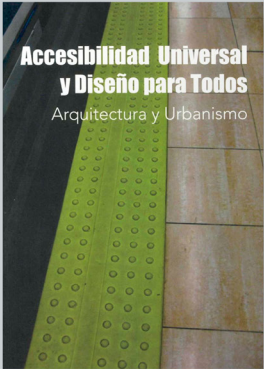**MP 1**

Accesibilidad Universal y Diseño para Todos. Arquitectura y Urbanismo

2011, Madrid - Fundación ONCE, Fundación Arquitectura COAM

This guide explores in detail the principles of universal design, with a particular focus on architecture and urban planning. Through its chapters, it discusses the criteria and regulations needed to create built environments, natural spaces and transport systems that are accessible and usable by all people, regardless of their abilities or disabilities. Topics such as spatial orientation with wayfinding, the adaptation of historic buildings, the importance of assistive products and risk prevention are addressed. The book highlights the relevance of universal design as a tool to promote social inclusion and improve the quality of life of the entire population.

Wayfinding: making things easy to navigate

Effective wayfinding enhances accessibility and inclusion by ensuring that all individuals, regardless of their abilities, can navigate environments with ease, promoting independence and improving quality of life for everyone.
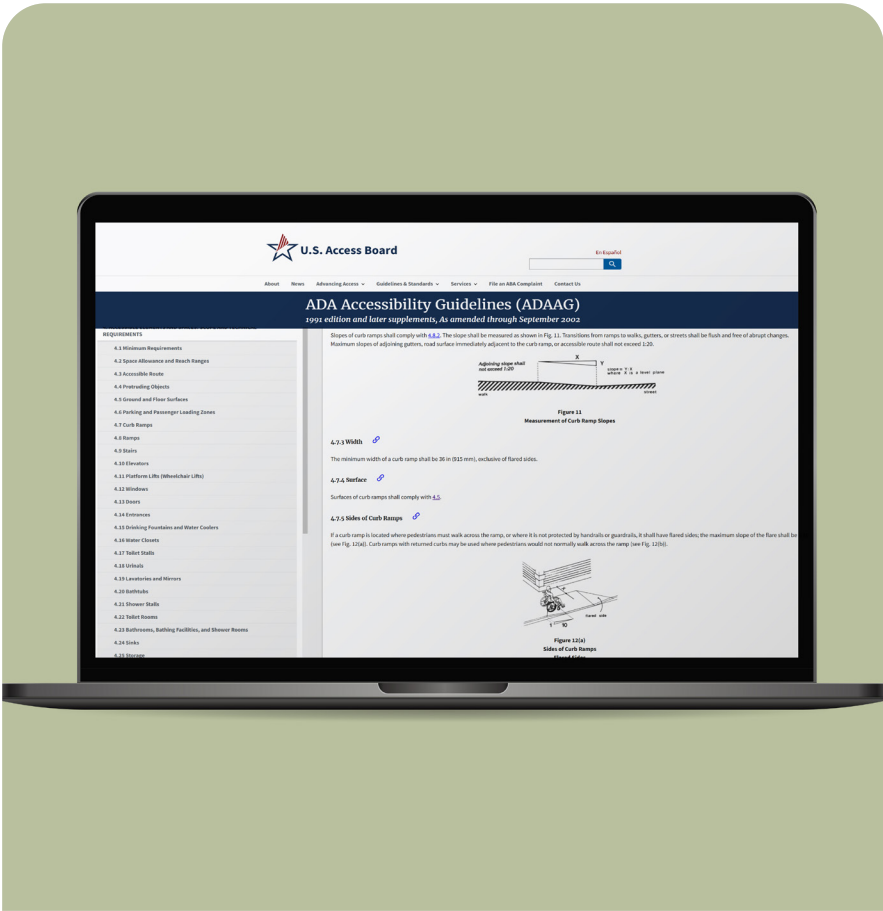
— **Light, contrasting colors: Use colors that are easy to distinguish so everyone can see them well.**

— **Clear and simple lettering: Choose letters that are easy to read, such as round or semi-bold letters, and leave some space between them. Avoid highly decorated letters.**

— **Familiar symbols: Use symbols that are easy for everyone to understand.**

— **Easy-to-understand maps: Maps should be clear and show where we are and how to get to important places.**

— **Tactile information: In addition to seeing, people can also use touch to understand things. That is why it is important to use materials that can be touched and that have different textures.**

Universal Design | Hearing impairment | Visual impairment | Cognitive abilities | Physical abilities and features | Temporary | Gender perspective

Carers | Older people | Children | Low-education | Low-income | Decolonial perspective | Digital barrier | Enviroment | Other(+)

MP 2

ADA Accessibility Guidelines

1991, USA - U.S. Access Board

The ADA Accessibility Guidelines (ADAAG) play a critical role in ensuring that public and private buildings and facilities are accessible to individuals with disabilities, promoting inclusion and equal access. These guidelines outline specific design, construction, and alteration standards that address the needs of people with disabilities across various spaces, such as entrances, restrooms, parking, and transportation facilities. By setting technical requirements for elements like ramps, elevators, and accessible routes, the ADAAG helps eliminate barriers that prevent individuals from fully participating in society. The guidelines not only support physical accessibility but also emphasize the importance of creating environments that are safe, functional, and inclusive for everyone, ultimately fostering a more equitable and accessible built environment.

Source: https://www.access-board. gov/adaag-1991-2002.html#purpose

Promote an inclusive, user-friendly experience for all

Creating spaces that are accessible to everyone is essential for inclusivity and equity. By adhering to accessibility guidelines, we ensure that all individuals, regardless of ability, can navigate, use, and enjoy public and private facilities with ease.

— **Design routes, entrances, and hallways to meet access requirements.**

— **Provide accessible signage for key features like elevators and restrooms.**

— **Include wheelchair-accessible stalls, grab bars, and proper sink and mirror placement.**

— **Ensure ramps and elevators are accessible.**

— **Design parking spaces with proper width and signage for people with disabilities.**

— **Incorporate universal design principles to make spaces accessible for all users.**

Universal Design · Hearing impairment · Visual impairment · Cognitive abilities · Physical abilities and features · Temporary · Gender perspective · Carers · Older people · Children · Low-education · Low-income · Decolonial perspective · Digital barrier · Enviroment · Other(+)

MP 3

Building for Everyone: A Universal Design Approach

Dublin - The Centre for Excellence in Universal Design

Building for Everyone: A Universal Design Approach provides a comprehensive framework for implementing universal design principles in the built environment, ensuring accessibility and inclusivity for all individuals, including those with disabilities, the elderly, and people with temporary impairments. Through a series of booklets covering external environments, entrances, vertical circulation, internal spaces, sanitary facilities, building types, and policy considerations, the guide highlights the importance of designing environments that promote safety, independence, and ease of use. By addressing both physical and policy-related aspects, the document serves as a valuable resource for architects, planners, policymakers, and other stakeholders committed to creating universally accessible spaces.

Integral Universal Design

By integrating universal design from the start, ensuring mobility, usability, clear navigation, policy enforcement, continuous evaluation, and professional awareness we create safe, inclusive, and accessible environments

— **Incorporate universal design principles from the early planning stages to ensure accessibility is integral to the project.**

— **Design entrances, pathways, and circulation routes to be barrier-free, accommodating individuals with varying mobility needs.**

— **Ensure that internal environments, including sanitary facilities and building services, are user-friendly for all.**

— **Implement clear and inclusive wayfinding systems to assist people with visual, cognitive, or mobility impairments.**

— **Develop policies that mandate universal design in both public and private sector construction projects.**

— **Regularly evaluate and update building management strategies to maintain accessibility standards.**

— **Foster awareness and training among architects, developers, and policymakers to encourage the widespread adoption of universal design practices.**

Universal Design | Hearing impairment | Visual impairment | Cognitive abilities | Physical abilities and features | Temporary | Gender perspective
Carers | Older people | Children | Low-education | Low-income | Decolonial perspective | Digital barrier | Enviroment | Other(+)

MP 4

Built4People

2021, European Union - European Union

The Built4People program promotes human-centered design in the built environment by prioritizing inclusivity, accessibility, and sustainability. It emphasizes the importance of involving diverse communities, particularly people with disabilities, in the design process to ensure that spaces meet real needs. The program advocates for universal design principles that create adaptable environments capable of evolving with users' changing needs. Additionally, it encourages the integration of sustainable practices, eco-friendly materials, and energy-efficient solutions to enhance both the environmental and human well-being. Overall, Built4People aims to foster inclusive, accessible, and resilient spaces that support healthier, more equitable communities.

Involve diverse communities, particularly people with disabilities, in the design process to ensure spaces meet real needs

These practices ensure the creation of inclusive, resilient spaces that enhance the well-being of individuals and contribute to healthier, more equitable communities.
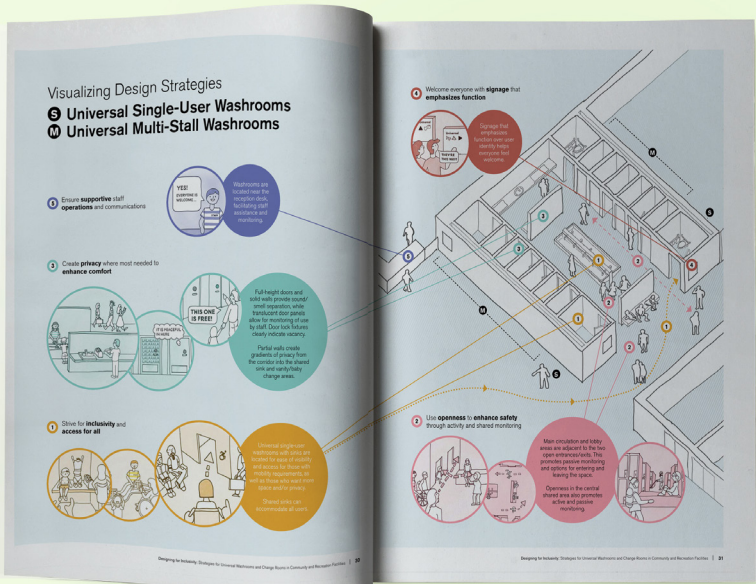
— **Design inclusively from the start, ensuring accessibility for people of all abilities and backgrounds.**

— **Create adaptable environments that can meet evolving user needs.**

— **Engage underrepresented populations in the design process for accurate feedback.**

— **Ensure comfort and safety by considering factors like lighting, noise, and air quality.**

— **Design seamless, obstacle-free paths with clear, intuitive wayfinding.**

— **Incorporate sustainable practices that promote both environmental and user well-being.**

— **Plan for ongoing maintenance to keep accessibility features functional over time**

Universal Design   Hearing impairment   Visual impairment   Cognitive abilities   Physical abilities and features   Temporary   Gender perspective

Carers   Older people   Children   Low-education   Low-income   Decolonial perspective   Digital barrier   Enviroment   Other(+)

Designing for Inclusivity: Strategies for Universal Washrooms and Change Rooms in Community and Recreation Facilities

2018, Vancouver - HCMA Architecture + Design

Universal washrooms and change rooms are essential in fostering inclusivity, accessibility, and safety in public and community spaces. This document highlights their growing importance and their alignment with human rights advancements. Traditional gender-designated facilities often fail to meet the needs of diverse users, including people with disabilities, families, and transgender individuals. By prioritizing privacy, clear signage, and supportive operational strategies, universal facilities enhance dignity, efficiency, and user comfort. Integrating these spaces into urban planning reflects a forward-thinking approach that promotes equitable access and a more inclusive built environment.

Source: https://hcma.ca/wp-content/uploads/2018/01/HCMA_Designing-for-Inclusivity_V1-1.pdf

Inclusive Washrooms

Inclusive washrooms and change rooms ensure privacy, accessibility, and safety for all users, including people with disabilities, families, and transgender individuals. By prioritizing clear signage, privacy, and thoughtful design, these spaces promote dignity and comfort for everyone.

— **Design spaces that accommodate individuals with disabilities, families, and those with personal health or mobility needs.**

— **Provide enclosed stalls, adequate lighting, and sightline control to ensure comfort and security for all users.**

— **Implement signage that emphasizes needs rather than gender, ensuring clarity and welcoming messaging.**

— **Utilize layouts that promote visibility and shared monitoring while maintaining individual privacy where needed.**

— **Equip staff with knowledge on inclusive practices and ensure effective communication about facility policies.**

— **Provide both universal and gender-specific facilities where possible to maximize user choice and comfort.**

Universal Design · Hearing impairment · Visual impairment · Cognitive abilities · Physical abilities and features · Temporary · Gender perspective · Carers · Older people · Children · Low-education · Low-income · Decolonial perspective · Digital barrier · Enviroment · Other(+)

Espacios para la vida cotidiana. Auditoría de Calidad Urbana con persectiva de Género

2014, Barcelona - Col·lectiu Punt 6 Adriana Ciocoletto

This handbook provides tools for evaluating our neighborhoods and cities as good places to live. It looks at whether public spaces are safe and accessible to all, and whether the decisions that are made consider people's needs. It involves neighbors to make sure their opinions are heard. In sum, it seeks to improve daily life, understood as the set of activities we carry out in the productive (work), reproductive (care), self (personal development) and political (social development) spheres.

Source: https://www.punt6.org/es/books/espacios-para-la-vida-cotidiana/

LOS ESPACIOS DE LA VIDA COTIDIANA DESDE LA PERSPECTIVA DE GÉNERO

Perform urban quality audit with a gender perspective

Make an urban design process that deals with all dimensions of life, from the personal to the community, involving all stakeholders and considering the particularities of each place.

— **Integrated and cross-boundary approach: Urban planning must address all spheres of daily life.**

— **Interdisciplinary collaboration: It is essential that architects, urban planners and other disciplines work together to ensure a comprehensive vision of the city, involving neighbors in the planning process.**

— **Open communication of the design process to share information and make common decisions.**

— **The gender perspective, proximity, adaptation to context, and diversity and safety of spaces must be integrated into the design.**

Universal Design | Hearing impairment | Visual impairment | Cognitive abilities | Physical abilities and features | Temporary | Gender perspective

Carers | Older people | Children | Low-education | Low-income | Decolonial perspective | Digital barrier | Enviroment | Other(+)

Friendly design handbook. Designing public spaces with children with autism and their families. ASD Publics

2022, Barcelona - Vv.Aa

This Manual is a New European Bauhaus project. Activating Spaces with neuroDiverse Publics aims to improve public space, and particularly public playgrounds for and with children with autism and their families and caregivers. Its main interest lies in the methodology used, from sessions with children and their caregivers as co-designers, to a compendium of very detailed recommendations on how to design or manage playgrounds.

Source: https://openaccess.uoc. edu/bitstream/10609/147117/4/ ASD-Publics_Design-Handbook_ ENG.pdf

Design safe, diverse and inclusive play areas for children and their caregivers that support the full development of their experience

Designing inclusive play areas ensures that all children, including those with autism, can engage, develop, and thrive in safe, supportive environments, fostering social interaction and providing equal opportunities for play and growth.

— **Prioritize creating calm and inviting spaces where children can relax and focus.**

— **Design flexible and adaptable play environments that can be easily modified to meet the needs of all children.**

— **Provide opportunities for sensory-rich experiences that stimulate children's senses.**

— **Offer a variety of motor-based activities to promote physical development.**

— **Create inclusive play spaces that accommodate children of all abilities and ages.**

— **Incorporate a person for a play support to facilitate caregivers.**

— **Create spaces that minimize external stimuli and distractions, while encouraging social interaction and easy navigation.**

Universal Design · Hearing impairment · Visual impairment · Cognitive abilities · Physical abilities and features · Temporary · Gender perspective · Carers · Older people · Children · Low-education · Low-income · Decolonial perspective · Digital barrier · Enviroment · Other(+)

Guía básica de accesibilidad para Centros Educativos

2020, Madrid - Area of Educational and Professional Development COCEMFE Central Services

This document aims to provide a practical guide for the implementation of accessibility measures in educational centres, in compliance with current national regulations. It is based on the Technical Building Code DB-SUA and Order VIV/561/2010, establishing a clear reference framework to ensure universal accessibility in all areas of the educational environment. The contents are structured around horizontal mobility, vertical mobility, toilets and furniture. But this manual also understands accessibility as a chain of links or measures in which if one link is broken, accessibility breaks down. Thus, accessibility is conceived as a process ranging from the architectural design of buildings, to their urban environment, the provision of technological tools and the training of teaching staff, among others.

Source: https://www.cocemfe.es/wp-content/uploads/2020/02/Guia-basica-accesibilidad-centros-educativos.pdf

Make schools more accessible

Ensuring schools are accessible fosters an inclusive environment where all students, regardless of their abilities, can learn, participate, and thrive, contributing to a more equitable educational experience.

— **Ensure that all pathways within the school are clear, well-lit, and free of obstacles. Use non-slip flooring materials. Provide clear and consistent signage throughout the school.**

— **Install ramps with appropriate gradients and handrails to provide access to different levels. Provide elevators , design staircases with handrails on both sides and non-slip treads.**

— **Provide accessible toilets with adequate space, grab bars, and lower sinks. Consider providing unisex toilets to accommodate diverse needs.Provide changing facilities for students with disabilities.**

— **Provide adjustable desks and chairs to accommodate different heights and postures.Ensure Accessible seating.**

Universal Design | Hearing impairment | Visual impairment | Cognitive abilities | Physical abilities and features | Temporary | Gender perspective

Carers | Older people | Children | Low-education | Low-income | Decolonial perspective | Digital barrier | Enviroment | Other(+)

MP 9

Guía de Accesibilidad Cognitiva en centros de Educación Infantil y Primaria

2021, Mérida - OACEX. Oficina de Accesibilidad Cognitiva de Extremadura y Plena inclusión Extremadura

The manual proposes that educational centers adopt a universal design methodology that ensures a comprehensive understanding of the environment by all users. This methodology seeks to create spaces that are intuitive, accessible and safe for people with diverse cognitive, cultural and linguistic abilities. To achieve this, it is essential to establish a chain of cognitive accessibility that ensures the continuity of information throughout the user's journey within the center. This chain should cover aspects such as location, orientation, identification of spaces, safety and personal attention.

Source: https://observatoriodelaaccesibilidad.es/wp-content/uploads/2022/05/Guia-de-Accesibilidad-Cognitiva-en-Centros-de-educacion-infantil-y-primaria.pdf

Create spaces where everyone can navigate easily and confidently

Creating intuitive and navigable spaces ensures that everyone, regardless of cognitive, cultural, or linguistic differences, can easily access and engage with the environment, promoting a sense of safety and inclusion for all.
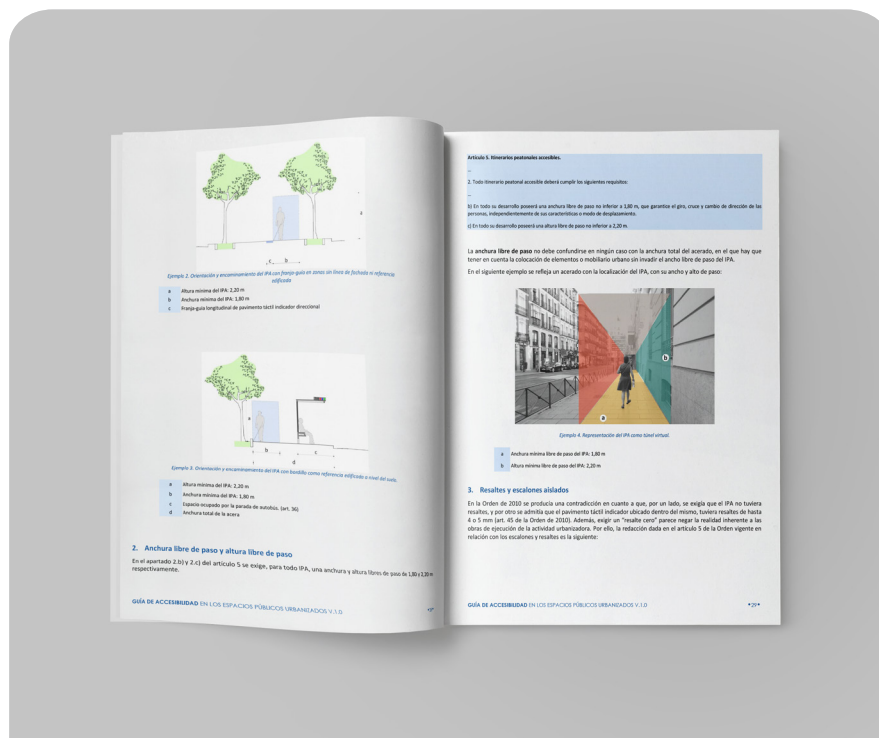
— **Intuitive and secure design: Design spaces so that they are easy to understand and use.**

— **Clear and concise information: Provides information in a simple and straightforward manner, avoiding data overload. Use clear and concise language and organize information logically.**

— **Effective signage: Uses clear, easy-to-understand signs to guide people through the space. Use colors, symbols and text that are easy to identify and remember.**

— **Accessible maps and floor plans: Provide simple, clear maps and floor plans that show the location of different spaces.**

— **Staff training: Train staff to be able to assist people who need guidance or additional information.**

— **Consistency in signage: Use a consistent signage system throughout the building.**

Universal Design · Hearing impairment · Visual impairment · Cognitive abilities · Physical abilities and features · Temporary · Gender perspective · Carers · Older people · Children · Low-education · Low-income · Decolonial perspective · Digital barrier · Enviroment · Other(+)

MP 10

Guía de accesibilidad en los espacios públicos urbanizados

2021, Madrid - Ministerio de transportes, Movilidad y Agenda Urbana

It provides a thorough framework for implementing accessibility in urban public spaces, in line with Ministerial Order TMA/851/2021. The guide is divided into two main sections: general considerations and specific clarifications of the articles in the legislation. The first part stresses the need for updating previous regulations, referencing relevant technical standards, and ensuring that the new order reflects modern practices. The second part delves into the specific elements of urban public spaces, including pedestrian paths, recreational areas, intersections, street furniture, transportation components, and necessary signage. Aligned with European standards, the guide incorporates recognized technical specifications such as UNE, EN, and ISO norms, ensuring that the accessibility conditions in Spain are consistent with international requirements. Furthermore, it harmonizes with European directives related to accessibility and non-discrimination, promoting equality in the design and use of public spaces. Through clear graphic examples and implementation recommendations, the guide seeks to ensure that public urban areas are not only accessible but also comfortable and secure for all users.

Source: https://cdn.mitma.gob. es/portal-web-drupal/estudios_y_ publicaciones/guia_accesibilidad. pdf

Ensure all public urban spaces are designed with universal accessibility and safety features to accommodate people of all abilities

Ensuring that public spaces are designed with universal accessibility in mind is crucial for fostering inclusivity, equality, and independence.
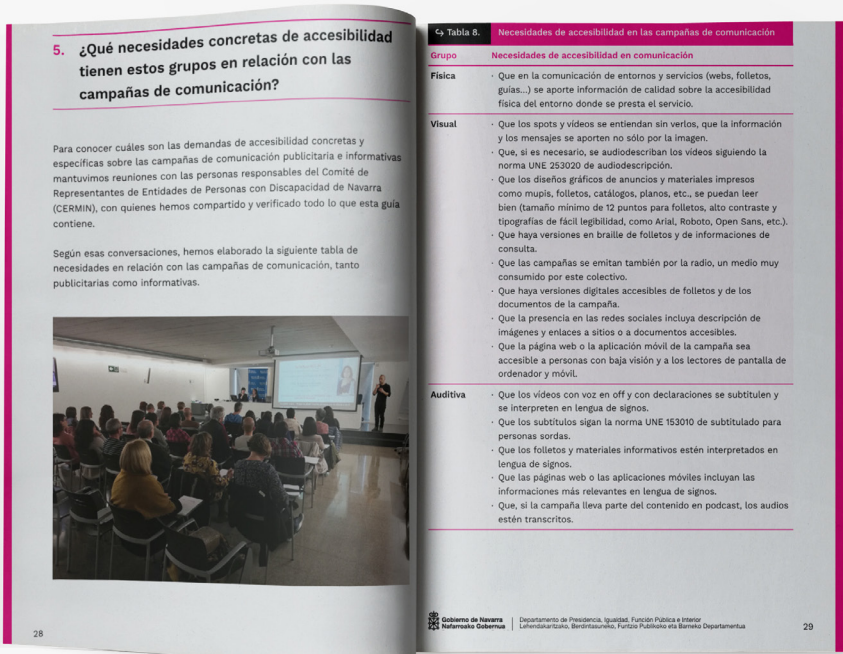
— **Ensure pedestrian routes are wide, clear, and obstacle-free for all users, including those with mobility impairments.**

— **Use visible, understandable signage with tactile elements for easy navigation.**

— **Include accessible seating and shaded areas for comfort and accessibility.**

— **Ensure all urban elements, like sidewalks and public furniture, are accessible to people with different abilities.**

— **Design crossings with clear markings, ramps, and audible signals for safety.**

— **Incorporate European and international accessibility standards for quality and consistency.**

— **Ensure parks and green areas are inclusive, with accessible paths and recreational spaces.**

— **Consult people with disabilities and experts to ensure spaces meet real needs.**

Universal Design · Hearing impairment · Visual impairment · Cognitive abilities · Physical abilities and features · Temporary · Gender perspective · Carers · Older people · Children · Low-education · Low-income · Decolonial perspective · Digital barrier · Enviroment · Other(+)

Guía de comunicación y eventos inclusivos y accesibles

2023, Pamplona - Gobierno de Navarra

The presented guide addresses the implementation of accessibility practices in two key areas: communication and event organization. In terms of communication, it details how to ensure that information campaigns are understandable to all people, regardless of their abilities. This involves adapting various content formats, such as videos, podcasts and printed materials, to make them accessible to people with visual, hearing or cognitive disabilities. Regarding events, the guide provides guidelines for organizing inclusive events that allow full participation of all people. Aspects such as the adaptation of physical spaces, clear and concise communication, and the provision of support services are addressed.

Source: https://gobiernoabierto. navarra.es/sites/default/files/ guia_de_comunicacion_y_eventos_ inclusivos_y_accesibles_del_ gobierno_de_navarra.pdf

Create inclusive events

Ensuring that events are inclusive fosters equal participation for everyone, regardless of ability, creating a more diverse, accessible, and welcoming environment for all attendees.

— **Everything accessible: Design materials and spaces that can be used by everyone. Make sure venues, rooms and pathways are accessible to people with disabilities.**

— **Clear and simple communication: Use language and visual elements that are easy to understand. Provide accessible formats, such as Braille, large print, sign language interpretation, and digital documents. Include elements such as accessible seating, hearing loops and assistive technology.**

— **Training: Train staff on how to interact with people with disabilities.**

— **Test and improve: Periodically review your work with people with disabilities to make sure it is accessible.**

Universal Design | Hearing impairment | Visual impairment | Cognitive abilities | Physical abilities and features | Temporary | Gender perspective

Carers | Older people | Children | Low-education | Low-income | Decolonial perspective | Digital barrier | Enviroment | Other(+)

Guías para el diseño, uso y regulación del espacio público inclusivo y seguro para mujeres y niñas (parques y mercados)

2020, Cuenca - ONU Mujeres, GAD Municipal de Cuenca, Vv. Aa

The guide proposes to design urban spaces, such as parks and markets, in a gendered perspective. In order to explain the daily lives of users, the guide associates the female gender with caregiver roles, which directly links these users to parks (places where children play) and markets (places where shopping takes place). According to the manual and the theories on which it is based, users (women) who move around the city with children, the elderly and people with disabilities are forced to live with the same limitations that these users experience in public space. Furthermore, it adds that the quality design of these spaces has been relegated to a secondary level, as so far the focus has been on the design of cities from a productive perspective (routes to work, productive public spaces, etc.).

Source: https://ecuador.unwomen. org/sites/default/files/2022-11/ GUI%CC%81A-10-B.pdf

Design public space from a gender perspective, focusing on parks, markets and spaces of day-to-day life

Designing urban spaces such as parks and markets to be inclusive and accessible to all, prioritises the care of urban areas that are primarily used by women and their caregivers.

— **Prioritise safety by designing safe pedestrian routes, with good lighting.**

— **Incorporate ramps, lifts and clear signage for people with reduced mobility.**

— **Provide basic services by equipping spaces with accessible toilets, rest areas and information points.**

— **Consider specific needs by designing spaces that respond to the needs of different groups of people, such as mothers with young children, older people or people with disabilities.**

— **Encourage inclusion by creating environments that promote social interaction and equal opportunities.**

Universal Design · Hearing impairment · Visual impairment · Cognitive abilities · Physical abilities and features · Temporary · Gender perspective · Carers · Older people · Children · Low-education · Low-income · Decolonial perspective · Digital barrier · Enviroment · Other(+)

MP 13

Guide des aménagements pour les transports publics routiers tl
2017, Lausanne - TL

This technical reference document prepared by Transports publics de la région lausannoise (tl) provides a detailed and comprehensive guide for the optimization of infrastructure and services related to public transport by bus. It addresses a wide range of topics, from bus stop design to route planning and signaling. Its main objectives are: Improve the user experience by facilitating passenger mobility, comfort and safety; optimize the operation of bus lines by increasing efficiency and regularity of service; and promote the use of public transport. It is an essential tool for urban planners, traffic engineers, architects and all those involved in public transport management.

Optimize infrastructure and bus services

Consider the following technical standards in public transport design.

— **Bus stop design: Location, equipment, accessibility, user information.**

— **Signage: Vertical and horizontal signage, real-time information, passenger orientation.**

— **Integration of the bus in the urban space: coexistence with other modes of transport, traffic management, pedestrian zones.**

Universal Design · Hearing impairment · Visual impairment · Cognitive abilities · Physical abilities and features · Temporary · Gender perspective

Carers · Older people · Children · Low-education · Low-income · Decolonial perspective · Digital barrier · Enviroment · Other(+)

MP 14

Guidelines. Accessibility in Building Design

2015, Berlin - Federal Ministry for the Environment, Nature Conservation, Building and Nuclear Safety

The guideline provides a comprehensive framework for integrating accessibility planning and barrier-free building into construction projects, particularly within the context of German federal construction guidelines (RBBau). It outlines the relevant legal frameworks and standards, integrates accessibility considerations into the entire planning and construction process, emphasizes the specific needs of people with disabilities, provides practical guidance on various aspects of accessibility, and includes a case study to illustrate its application.

Accesibility from start to finish

Understand accesibility as a core consideration throughout the entire process.

— Accessibility is a core consideration throughout the entire process. Identify needs and establish special requirements when planning your design.

— Accessibility requirements must be integrated into every step, involving stakeholders, including disability representatives.

— Accessibility concepts and proofs must be developed and updated. Evaluate alternative solutions to meet accessibility requirements.

Universal Design | Hearing impairment | Visual impairment | Cognitive abilities | Physical abilities and features | Temporary | Gender perspective

Carers | Older people | Children | Low-education | Low-income | Decolonial perspective | Digital barrier | Enviroment | Other(+)

habitaTU. Guía para cruzar los límites de la normativa

2024 - Vv.Aa

This guide provides a comprehensive framework for designing residential spaces that are accessible, adaptable and supportive of people's well-being throughout their lives. It compiles standards, offers expert opinions, and promotes innovative solutions for creating inclusive, age-friendly living environments. In addition to accessibility, the guide highlights the importance of creating spaces that support people's physical and mental health. This includes designing spaces that encourage social interaction, physical activity and relaxation. It also stresses the importance of creating spaces that are flexible and adaptable to changing needs, such as aging or caring for family members.

Source: https://observatorio2030. com/sites/default/files/2024-07/ HABITATU%20-%20Guia%20 para%20cruzar%20los%20 limites%20de%20la%20 normativa%20-%20CAST.pdf

Design living spaces that go beyond the standards

Create homes that are more inclusive, accessible, and supportive of people's well-being.

— **Accessibility for all by addressing physical, cognitive and sensory needs through clear signage, adjustable lighting, adaptive spaces and smart home devices. Design housing that caters to people with neurodiverse conditions.**

— **Emotional well-being: Create spaces that promote mental health and reduce stress. This may involve using calming colors, incorporating elements of nature, and providing quiet spaces for relaxation.**

— **Sustainability, community and social interaction: Prioritize environmentally friendly building materials and practices. Foster a sense of community by designing spaces that encourage social interaction and connection with nature.**

— **Aging at home: Design homes that allow people to age in comfort and independence. This involves creating spaces that are adaptable to changing needs, such as wider doorways and grab bars.**

Universal Design | Hearing impairment | Visual impairment | Cognitive abilities | Physical abilities and features | Temporary | Gender perspective

Carers | Older people | Children | Low-education | Low-income | Decolonial perspective | Digital barrier | Enviroment | Other(+)

Healthier Cities and Communities Through Public Spaces

2025, Nairobi - UN - HABITAT

Green and open public spaces are vital for improving the health and well-being of urban communities. They encourage physical activity, enhance mental wellness, and foster social interactions while simultaneously reducing air pollution and elevating the overall quality of life. Investing in public spaces, particularly urban parks, offers significant economic benefits by lowering healthcare costs and promoting healthier lifestyles. These areas also help mitigate stress levels and improve air quality, leading to better health outcomes and economic resilience. Integrating well-designed public spaces into urban planning ensures equitable access for all residents, regardless of socioeconomic status. By providing multifunctional and inclusive environments, such spaces accommodate diverse community needs and promote social cohesion, which is crucial for mental health. Ultimately, well-maintained public spaces enhance community engagement and contribute to healthier, more vibrant urban areas.

Source: https://unhabitat.org/sites/ default/files/2025/01/final_public_ space_and_urban_health.pdf

Enhancing Urban Health through Public Spaces

To maximize the potential of public spaces in promoting urban health and well-being, the following strategic recommendations are essential for urban planners, policymakers, and community stakeholders.

— **Integrate health considerations into urban policymaking by collaborating with urban planners, health experts, and policymakers, utilizing frameworks like "Health in All Policies" to prioritize urban health across initiatives.**

— **Invest in training programs for urban planners to enhance their understanding of health-promoting design principles, facilitating knowledge exchange through partnerships with academic institutions and ongoing professional development.**

— **Use existing health data and surveys to identify spatial disparities and accessibility issues in public spaces, engaging professionals from various fields and involving residents in the planning process to address their needs.**

— **Allocate dedicated financial resources for the development and maintenance of public spaces, utilizing public-private partnerships and sponsorships to demonstrate the economic benefits of healthier communities.**

— **Focus on designing public spaces for multifunctional use, allowing for diverse events and activities that promote community engagement and active lifestyles, while also addressing environmental challenges.**

Universal Design | Hearing impairment | Visual impairment | Cognitive abilities | Physical abilities and features | Temporary | Gender perspective

Carers | Older people | Children | Low-education | Low-income | Decolonial perspective | Digital barrier | Enviroment | Other(+)

How to guarantee public transport inclusiveness considering aging, gender, disabilities and reduced mobility

2022, European Union - Expert Group for Urban Mobility set up by Commission Decision C(2022)

The report from the European Commission's Expert Group on Urban Mobility underscores the necessity of inclusiveness in public transport systems, highlighting accessibility as a prerequisite for social cohesion and economic vitality. It advocates for integrating shared mobility solutions and addressing legislative frameworks at both EU and national levels to create an inclusive transport ecosystem. Key recommendations include a holistic definition of public transport that encompasses diverse modes and a commitment to the "Mobility as a Right" concept, which emphasizes accessibility for all individuals regardless of their socio-economic status or physical capabilities. The report identifies critical dimensions of transport inclusivity—availability, accessibility, affordability, and acceptability—while addressing barriers such as insufficient infrastructure, inadequate signage, and high fares. By prioritizing user engagement and innovative solutions, the report aims to create a transportation system that empowers all citizens, ultimately enhancing their quality of life and fostering economic participation.

Accessibility and Social Cohesion in Public Transport Systems

These recommendations emphasize the need for a holistic approach that enhances the availability, affordability, and acceptability of public transport services.

— **Expand the definition of accessibility to include all individuals with impairments, ensuring measures cater to diverse passenger needs throughout their entire journey.**

— **Foster collaboration between urban and regional transport systems to design seamless, accessible door-to-door routes that facilitate smooth transitions between different transport modes.**

— **Focus on making public transport fully accessible by enhancing both physical and digital infrastructure, ensuring all passengers can use multimodal transport without barriers.**

— **Implement clear, inclusive communication strategies using diverse formats (audio, visual, braille) for all accessibility-related information, ensuring it is understandable for all passengers.**

— **Conduct inclusive public campaigns to improve social attitudes toward individuals with disabilities and engage representatives in developing transport standards, ensuring solutions meet real needs.**

— **Incorporate accessibility features from the design stage of transport infrastructure, ensuring facilities and equipment cater to all passengers, including those with disabilities.**

— **Regularly assess the effectiveness of accessibility measures through feedback from user groups and utilize data to identify areas for improvement and ensure continuous enhancements in transport services.**

Universal Design · Hearing impairment · Visual impairment · Cognitive abilities · Physical abilities and features · Temporary · Gender perspective · Carers · Older people · Children · Low-education · Low-income · Decolonial perspective · Digital barrier · Enviroment · Other(+)
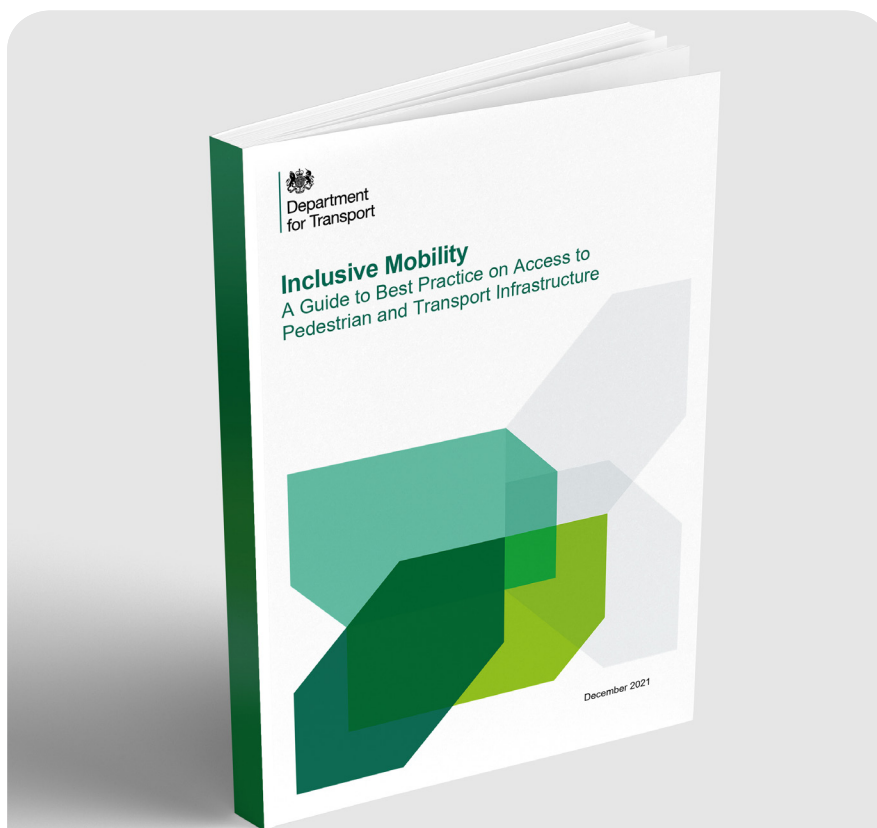
Inclusive Mobility A Guide to Best Practice on Access to Pedestrian and Transport Infrastructure

2021, London - Department for Transport Great Minister House

The Inclusive Mobility guidance is a critical resource for ensuring that pedestrian and transport infrastructure is designed to be universally accessible, fostering social inclusion and equal participation. By emphasizing inclusive design, the document ensures that public spaces and transport systems accommodate people with diverse mobility, sensory, and cognitive needs. The guidance outlines the importance of barrier-free environments, clear navigation systems, and accessible infrastructure, recognizing that these features benefit not only people with disabilities but also parents with strollers, travelers with luggage, and individuals with temporary impairments. By advocating for engagement with affected communities and ongoing evaluation, the document provides a framework for sustainable, inclusive development in both new projects and upgrades to existing infrastructure.

Source: https://accessible-eu-centre.ec.europa.eu/content-corner/digital-library/inclusive-mobility-guide-best-practice-access-pedestrian-and-transport-infrastructure_en

Inclusive Mobility
A Guide to Best Practice on Access to Pedestrian and Transport Infrastructure

Department for Transport

December 2021

Ensure inclusive, barrier-free infrastructure

These recommendations are crucial for promoting independence, legal compliance, and long-term accessibility for all.

— **Integrate inclusive design principles from the outset to ensure transport and pedestrian infrastructure is universally accessible.**

— **Actively engage with people with disabilities and advocacy groups to identify barriers and develop effective solutions.**

— **Design pedestrian environments with obstacle-free pathways, even surfaces, and intuitive navigation aids.**

— **Implement tactile paving, clear signage, and assistive features that enhance accessibility without introducing new challenges.**

— **Ensure full compliance with the Equality Act 2010 by eliminating both direct and indirect discrimination in public infrastructure.**

— **Provide training for urban planners, policymakers, and transport authorities on best practices for inclusive design.**

— **Establish continuous assessment and updates to infrastructure to address evolving accessibility needs and regulatory standards.**

Universal Design · Hearing impairment · Visual impairment · Cognitive abilities · Physical abilities and features · Temporary · Gender perspective · Carers · Older people · Children · Low-education · Low-income · Decolonial perspective · Digital barrier · Enviroment · Other(+)
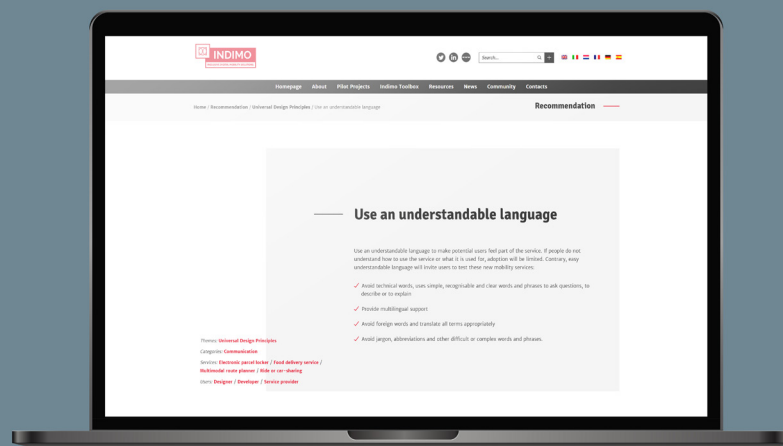
INDIMO – Inclusive Digital Mobility Solutions

2020-2022, European Union - Indimo Project

The INDIMO Inclusive Digital Mobility Toolbox is a comprehensive tool that facilitates the design and evaluation of inclusive digital mobility solutions. By providing access to methodologies, guidelines, and assessments, it enables developers, operators, and policymakers to implement accessible and personalized services. Its Universal Design approach ensures understandable and secure interfaces, promoting equity in digital mobility access. Additionally, its adaptability to different linguistic and cultural contexts enhances its applicability across various regions.

Source: https://www.indimoproject. eu/indimo-digital-mobility-toolbox/ recommendations/

Foster equitable and effective services

By integrating Universal Design principles, user involvement, security measures, intuitive interfaces, continuous evaluation, and multilingual accessibility we ensure that digital mobility solutions are inclusive, user-centered, and adaptable

— **Actively involve users in all design phases to ensure solutions meet their real needs.**

— **Apply Universal Design principles from the project's conception to maximize accessibility.**

— **Customize digital tools to accommodate a variety of users, including people with disabilities.**

— **Implement strict security and privacy measures to protect user data.**

— **Design intuitive interfaces that facilitate understanding and usage of digital services.**

— **Conduct periodic evaluations and adjustments based on user feedback to enhance the experience.**

— **Ensure the tool's availability in different languages and cultural contexts to expand its reach and effectiveness.**

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INFRAESTRUCTURAS INCLUSIVAS. Guía para el diseño de infraestructuras de transporte terrestre con perspectiva de género

2024, Madrid - VIC, MITMA

This guide brings together a series of solutions to be considered in order to create inclusive infrastructures with an integrated gender perspective. Traditionally, infrastructure planning has followed a public-private approach, prioritizing efficiency and vehicular mobility, without adequately addressing the needs of groups in vulnerable situations such as women, the elderly or people with different abilities. This exclusion has perpetuated inequalities in the access and enjoyment of these spaces. The guide proposes a paradigm change in the inclusive design of infrastructures, with solutions adapted to the local context. Organized in didactic sheets, it addresses issues such as accessibility, safety and comfort, promoting the improvement of the quality of public infrastructures.

Source: https://www.transportes. gob.es/ministerio/proyectos-singulares/guia-para-el-diseno-de-infraestructuras-inclusivas

Design inclusive and equitable infrastructures from a gender perspective

Designing inclusive infrastructures with a gender perspective ensures that all users, especially groups in vulnerable situation like women, the elderly, and people with disabilities, have equal access to public spaces, improving overall accessibility, safety, and social equity.

— **Establish design criteria such as: proximity, vitality, diversity, autonomy, perception of safety, comfort, co-responsibility, representativeness and participation.**

— **When dealing with transport infrastructures, it is important to take into consideration multiple situations, in places such as new construction sites, railway stations, highway-roads, service areas, rest areas, parking lots, network pacification, reused infrastructures, suburbs, and so on.**

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MANUAL DE DISEÑO ACCESIBLE E INCLUSIVO

Departamento de logística
Medicos Sin Fronteras

This manual from Doctors Without Borders provides a series of parameters for making building services accessible: access, horizontal and vertical communications, and bathrooms and toilets. In addition, it offers a holistic and diverse perspective on the needs of users, incorporating cultural inclusion factors as well as forgone factors (there is a part dedicated to designing inclusive restrooms for menstruating people).

Source: https://disabilityinclusion. msf.org/assets/files/ACCESSIBILI- TY-GUIDELINES_ES.PDF

Ensure that the facilities are accessible for all

Ensuring that facilities are accessible for all people, including those with disabilities and specific cultural or physiological needs, promotes inclusivity, safety, and dignity for all users, regardless of their abilities or background.

— **Wide and Clear Paths:** Paths should be wide enough and well marked so that everyone can move around easily.

— **Safe Stairs:** Stairs should have handrails and steps with adequate steps to prevent accidents.

— **Comfortable Ramps:** Ramps should have a gentle slope and enough space for wheelchairs to get on and off without problems.

— **Accessible Doors:** Doors should be easy to open and close, and should have enough space for people in wheelchairs to pass through.

— **Adapted Restrooms:** Restrooms should have enough space to maneuver a wheelchair and have adequate grab bars and seating. They must also contemplate the various physiological needs, such as those of menstruating people.

— **Safe Showers:** Showers should have a non-slip floor, seats and grab bars to facilitate entry and exit.

— **Clear Signage:** It is important to use clear and visible signs to indicate the different spaces and elements of the place.

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Manual de soluciones basadas en la naturaleza
2023, Madrid - Vv.Aa

The Madrid City Council's Manual of Nature-Based Solutions is a technical reference document in the field of sustainable urban planning and environmental management. It identifies problems that cities face, considering ecological, social and economic aspects, and offers practical nature-based solutions to be applied to green infrastructures, roads, vacant lots, buildings, etc. The recommendations are addressed not only to urban planners, architects and landscape architects, but also to municipal managers and any professional interested in promoting urban sustainability.

Source: https://www.madrid.es/UnidadesDescentralizadas/ZonasVerdes/TodoSobre/PlanBiodiversidad/ArchivosPB/03.%20Anexo%20III.%20Manual%20de%20SBN.pdf
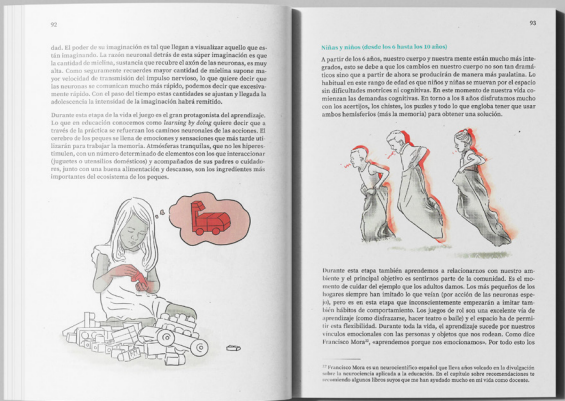

Use Nature-Based Solutions (NBS)

Nature-based solutions (NBS) use natural processes to solve problems. They offer many benefits, like cleaner water, a better climate, and more green spaces. To be successful, NBS need the help of different stakeholders, including governments, communities, and businesses

— **Consider nature as a tool to deliver solutions (NBS) Seek to work with nature, rather than against it, to solve problems.**

— **NBS often offer multiple benefits, such as improving water quality, mitigating climate change, and creating green space for the community.**

— **Multi-stakeholder involvement: Successful implementation of NBSs requires the collaboration of diverse stakeholders, including governments, local communities, non-governmental organizations and the private sector.**

— **NBS must be able to adapt to changing conditions and new scientific knowledge.**

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Neuroarquitectura. Aprendiendo a través del espacio

2022, Madrid - Ana Mombiedro

The study of the relationship between the environment and the body (in psychology, 'learning') is the starting point of neuroarchitecture, which seeks to develop design tools that study the relationship between users and the built space. Thus, it explains how environmental factors directly affect the nervous system and that is why each user behaves differently in the same place depending on the climate, time, environment… In the same way, neuroarchitecture seeks to generate environmental qualities with a positive impact on users, and that is why, more than an architectural style, it is an empathetic look with which to approach to space and users.

Source: https://www.anamombiedro. com/libro-mombiedro-neuroarquitectura

Do an empathy exercise with the space users

When designing, make an exercise of constant empathy with the users of the space.
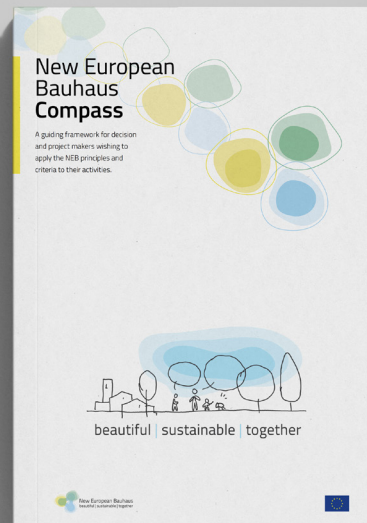
— **Integrate natural light to enhance mood, productivity, and overall well-being in your designs.**

— **Incorporate biophilic elements, such as plants and natural materials, to create a calming, nature-connected atmosphere.**

— **Design flexible spaces that can adapt to different activities, allowing users to personalize their environment for comfort and functionality.**

— **Pay attention to acoustics, ensuring spaces are sound-controlled to minimize noise distractions and promote focus.**

— **Consider color psychology to use hues that evoke the desired emotional responses, like calming blues or energizing yellows.**

— **Prioritize user-centered design by considering individual needs, including privacy, accessibility, and comfort, for a more inclusive environment.**

— **Utilize sustainable materials that contribute to both the physical health of users and the long-term well-being of the planet.**

— **Collaborate with experts in neuroscience and psychology to understand the effects of space on the mind and body, ensuring a positive impact on users.**

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New European Bauhaus

2019, European Union - European Union

The New European Bauhaus represents a transformative approach to addressing the dual challenges of climate change and social inequality, blending sustainability, aesthetics, and inclusion in innovative ways. By integrating the principles of the European Green Deal with cultural and creative practices, it seeks to inspire a holistic rethinking of the built environment and societal systems. This interdisciplinary initiative not only prioritizes eco-friendly design but also ensures accessibility and inclusivity, making sustainable living attainable for all. Its focus on community engagement and collaborative projects underscores the importance of participatory design in fostering solutions that resonate both functionally and emotionally. By reimagining the ethos of the original Bauhaus for the 21st century, the initiative embodies a visionary effort to align human creativity with the urgent need for environmental stewardship and social cohesion.

Source: https://neweuropeanbauhaus.es/

New European Bauhaus
Compass

A guiding framework for decision and project makers wishing to apply the NEB principles and criteria to their activities.

beautiful | sustainable | together

Design spaces that are sustainable, beautiful, inclusive, and co-created with communities

This approach is vital to creating spaces that combat climate change, foster inclusion, empower communities and preserve cultural and natural ecosystems, ensuring sustainable and adaptable environments for all.

— **Prioritize renewable, recycled, or low-impact materials to minimize environmental impact.**

— **Design buildings with energy-saving features, such as passive solar design, efficient insulation, and renewable energy systems.**

— **Create spaces that are universally accessible, meeting the needs of people of all ages and abilities.**

— **Engage local communities in the design process to ensure spaces reflect their needs and cultural identity.**

— **Integrate green roofs, urban gardens, and natural habitats to support local ecosystems.**

— **Respect and incorporate local architectural traditions while embracing modern, innovative solutions.**

— **Design flexible spaces that adapt to different uses and promote shared, community-centered living.**

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The Universal Design File: Designing for People of All Ages and Abilities

1998, North Carolina - Story, Molly Follette; Mueller, James L.; Mace, Ronald L. Mace

This source highlights the essential role of universal design in creating accessible, inclusive, and user-friendly environments and products. It critiques traditional design approaches that assume an "average" user and emphasizes the diversity of human abilities, urging the development of solutions that accommodate people of all ages, sizes, and abilities. As the population ages and the number of individuals with disabilities increases, universal design becomes increasingly crucial. The source demonstrates that designing for a wide range of users not only benefits those with disabilities but also improves usability for everyone, making products simpler, more intuitive, and enjoyable. It stresses that universal design is a continuous process, requiring ongoing evaluation and adaptation to meet the evolving needs of society.

Source: https://eric.ed.gov/?id=ED460554

Practice effective universal design

These recommendations provide practical guidance for creating inclusive, accessible, and adaptable designs that benefit all users.

— **Prioritize inclusivity and flexibility in design.**

— **Consider a wide range of abilities, including visual, auditory, cognitive, and mobility needs.**

— **Engage with diverse users throughout the design process to gather valuable feedback.**

— **Incorporate customizable features that allow users to adjust the design to their needs.**

— **Design with both permanent and temporary impairments in mind to accommodate all users.**

— **Move beyond the concept of an "average" user to ensure broad accessibility.**

— **Create solutions that work effectively for everyone, regardless of their abilities.**

— **Continuously evaluate and adapt designs based on user feedback and evolving needs.**

— **Make accessibility a central principle in every design decision.**

— **Ensure that your designs remain usable and inclusive at every stage of life.**

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