

## CONSIDER THIS...

- ( 1 ) What changes would you like to see made to our playground?
- ( 2 ) What would make this play installation even more fun?
- ( 3 ) How can you support inclusive play practices within the community?



## I WANT TO HEAR FROM YOU!

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The Student Experience Programme [SEP] is a new initiative of the CPA in which grad students can bring their research to Cabbagetown and Cabbagetowners.

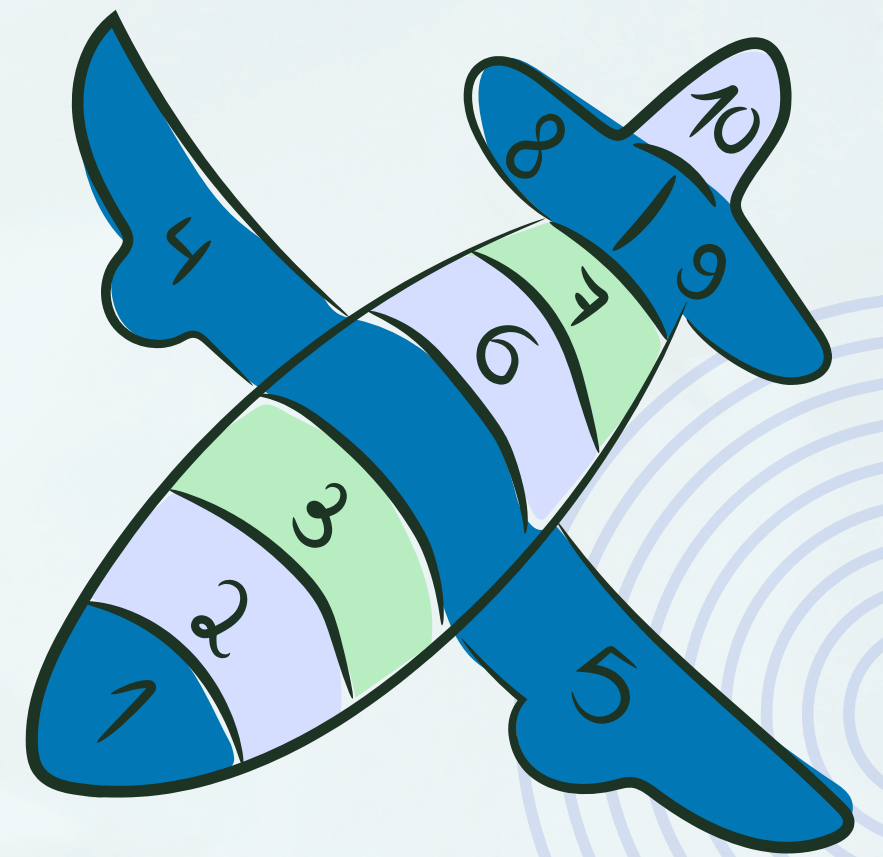
Shalaine is a holder of a 2022-2023 CPA Student Experience Programme Award.

In this installation, Shalaine was motivated to collaborate and preserve existing infrastructure, to provide everyone the opportunity to fully enjoy the communities rich and unique parks and heritage.

This installation was supported by the Cabbagetown Preservation Association (CPA).

Go to <https://cabbagetownpa.ca> for more information on the CPA, their programs/activities and to join the mailing list.

# ALL-ABILITIES ADVENTURE



## AN INSTALLATION BY: SHALAIN SEDRES

First presented at the 2023 Forsythia Festival organized by the Cabbagetown Residents Association



# MEET SHALAINE

Shalaine is a graduate rehabilitation science student at the University of Toronto's Rehabilitation Science Institute, with specialization in accessible design and inclusive programming creation.



Throughout her graduate studies, Shalaine found herself evaluating local infrastructure and wanting to change the space to better support children with disabilities so they could engage in community play. Shalaine's research, conducted under the supervision of Dr. Tim Ross at Holland Bloorview Kids Rehabilitation Hospital, explores the playground programming needs and desires of children with disabilities, their parents, as well as education and health care professionals to develop programming recommendations for accessible playgrounds.

Shalaine aspires to carry forward her efforts in inclusive design by assessing, creating, and incorporating accessible design principles into both existing and upcoming local infrastructure projects, ensuring inclusivity for all.

## WHY ARE INCLUSIVE AND ACCESSIBLE PLAYGROUNDS/SPACES IMPORTANT?

Playgrounds are cherished childhood spaces where we make memories, develop social skills, and learn teamwork. However, many playgrounds fail to accommodate the needs of all children, particularly those with disabilities, leading to social isolation and limited opportunities. On the other hand, inclusive playgrounds promote inclusivity by removing barriers and welcoming children of all abilities. They foster community, connection, and growth, while providing equitable access to play opportunities. These playgrounds feature universally accessible equipment, sensory components, specialized swings, and safe, accessible surfaces for unrestricted movement.

### LOCAL EXAMPLE:



The splash pad in Wellesley Park is a space that can be enjoyed by children of all abilities because of its hard and flat surface.

## INSTALLATION INSPIRATION



### HIGH LEVEL INSPIRATION:

Children of all abilities should have equal access to playgrounds that enable them to play alongside their peers, discover new wonders, and enjoy the outdoors.

### INSTALLATION INSPIRATION:

While going on her runs through the community, Shalaine noticed the Wellesley Park playground. Her experiences and background inspired her to envision a play space that would be both inclusive and enjoyable for children of all abilities. The installation includes a flat and simple design that incorporates fun actions that can be tailored to each child's unique abilities.

### INSTALLATION PURPOSE:

Increasingly, playground designers are recognizing the relevance of inclusivity research and are bringing this into their designs. This installation draws inspiration from the growing field of inclusive design research and serves as an example of its principles. The All-Abilities Adventure is one example of how these ideas can be realized in the community and enable children of all abilities and ages to play together.