



## Know Your Rights!

# ADA & Older People

## Why is the ADA important for older people?

Getting older offers both opportunities and challenges. While you may have more free time than ever before, you may also start experiencing physical changes that can make it harder for you to get around or enjoy activities like you used to. Fortunately, ADA laws have brought about changes in the last 25 years that help people take part in all aspects of life regardless of their age or physical condition.

Content was developed by the Northeast Center and is based on professional consensus of ADA experts and the ADA National Network.



## How does the ADA help?

### Run into a problem?

While the ADA and other civil rights laws give people with disabilities rights and create obligations for organizations. They don't always get implemented the way that they should. The ADA National Network provides information on how and where to file complaints when someone refuses to accommodate your customers either in the community or while at work.

### Accessible parking

means that you can reserve your energy for the fun stuff once you get to where you are going.

### Clear, wide paths without stairs

ensures that no matter how you get around these days (a cane, a walker, or a wheelchair), you can easily get where you want to go with more confidence.

### No more heavy doors

mean you can more easily open door if you have arthritis or use a cane for extra balance.

### Going to a show?

If you can no longer hear as well as you used to, theatres offer assisted listening devices to help! A percentage of these devices must be hearing aid compatible so you can still enjoy the show.

### Entrances and aisles

have to be wide enough so that you are less likely to run into stuff due to overcrowding in stores when you can't see as well as you used to.

### Precise directional and informational signage

in high contrast colors with clear, large type and good lighting is easier to navigate in today's giant stores.

### Accessible printed materials

that use large, clear type, in high contrast colors on solid backgrounds means that you'll be able to read them even if you don't see as well as you used to.

### Websites

designed to be visually accessible and easy to understand means enhanced comfort level and improved online shopping experience for web users.

Older people represent 14.5% of the U.S. population, or about 1 in every 7 Americans. By 2040, this age group is expected to increase to 21.7%.

Administration on Aging, 2016

"Accessibility allows us to tap into everyone's potential"

Debra Ruh, CEO  
Ruh Global Communication

Want to know more about how the ADA can support community participation benefiting all?

Contact the ADA National Network at  
[www.adaTA.org](http://www.adaTA.org) | 1.800.949.4232

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