# Lighting

Congregational Worksheet on Accessibility

for greater inclusion for Disabled UU’s

Full participation in all aspects of congregational life for people with disabilities is the aspiration for UU congregations. This is a big undertaking and one that is ongoing. **Accessibility is only one part of this, but it is essential. Here, we cover one of the many areas within congregational accessibility.** As new technologies emerge, this list will change. Additionally, the brief accessibility checklist is not complete or specific to you. This checklist is meant to start the conversation. Your building, grounds, or policies are unique to your congregation. We encourage everyone to participate, either through a survey created for your congregation, or helping with or giving input, on accessibility projects.

Each worksheet has four sections and should be revisited for updates.

1. Links to EDUCATIONAL RESOURCESwith detailed information.
2. CHECKLIST:
   1. Check **Yes or No** as it applies at this moment even if you have plans to add this accessibility in the future.
   2. Mark **NA** if it does not nor ever will apply. For example, an elevator would never be installed in a single-story building with no basement.
   3. In the **Action** column, note what needs to happen next. Does another committee need to be involved? If so, what committee? Would this item be best handled by someone on the staff? Use the **Notes** for additional space.
3. SOME THINGS TO CONSIDER poses questions to start conversations on dismantling ableism in your congregation.
4. ADDITIONAL RESOURCES are articles, blog posts, activities, and other information that is current and will be revised every three months.

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| Educational Links:Lighting and Universal Design [http://www.sdalighting.com/blog/lighting-universal-design/](about:blank) HUD Requirements for Light Switches, Electrical Outlets, Thermostats, and Other Environmental Controls in Accessible Locations [https://www.huduser.gov/portal/publications/pdf/fairhousing/fairch5.pdf](about:blank) | | | | |
| Checklist: | Yes | No | N/A | Action |
| 1. Are light switches mounted 48 inches high? |  |  |  |  |
| 1. Are Light Switches able to be operated with a closed fist? |  |  |  |  |
| 1. Are the rest room lights on a motion sensor? |  |  |  |  |
| 1. Is the lighting in the parking lot bright? |  |  |  |  |
| 1. Is the chancel well lit? |  |  |  |  |
| 1. Is lighting on dark surfaces designed to reduce glare? |  |  |  |  |
| 1. Do alarm systems including flashing lights for people who are Deaf or hard of hearing? |  |  |  |  |
| Notes: | | | | |
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Some things to consider:Have you ever tried to read someone’s facial reaction when they were in the shadows? What about singing a song from the hymnal with a flickering florescent bulb? It may seem like efforts should focus on making sure your church and grounds are well lit and the ADA requirements do focus on that, yet there’s so much more to lighting. Your church membership numbers may be lower if you don’t take photosensitivity into account. Read this article, [*Light Sensitivity and Autism Spectrum Disorder*.](about:blank) People who have epilepsy, frequent headaches, migraine headaches, and others could be affected as well. Read*,* [*A Decade Lived in the Dark,*](about:blank) for a personal perspective.

## Additional Resources:

What is Photosensitivity? [https://www.lupus.org/resources/what-is-photosensitivity](about:blank)

Sensory Lighting: What Helps And What Doesn’t [https://harkla.co/blogs/special-needs/sensory-lighting](about:blank)

Adjust Lighting & Reduce Glare [https://www.teachingvisuallyimpaired.com/adjust-lighting.html](about:blank)

Artificial Lighting and the Blue Light Hazard [https://lowvision.preventblindness.org/2011/10/03/artificial-lighting-and-the-blue-light-hazard/](about:blank)

We welcome your feedback and additions to this form: [aim@uua.org](about:blank)