

## Appendix A

### Accessible Pregnancy Action Plan: Accommodations and Supports

Let's get started brainstorming accommodations and supports for your pregnancy, labor, birth, and hospital stay after your baby is born. This document is built by and for our disability community. You'll be adding to it alongside other pregnant people with disabilities.

Types of Disability	Accommodations and Supports
Blind/Low Vision	<ul style="list-style-type: none"><li>• Private room</li><li>• Lighting preferences</li><li>• Audio descriptions for videos</li><li>• Materials in Braille</li><li>• Large print</li><li>• Access to screen reader</li><li>• Human guide</li><li>• May need accommodations for number of "visitors" as support people are not visitors</li><li>• Lactation support</li><li>• Visual reminders for nurses and doctors to describe what they're doing</li></ul>

<p>Cognitive, Intellectual, or Developmental Disability</p>	<ul style="list-style-type: none"> <li>● Assistance completing surveys and patient intake forms</li> <li>● Checking for understanding</li> <li>● Closed captioning during telehealth or video visits</li> <li>● Information in advance</li> <li>● A support person to discuss medical decisions with during visits</li> <li>● Information in writing to summarize visit</li> <li>● Visuals and pictures to explain concepts</li> <li>● A doll or model to practice or demonstrate what to expect</li> <li>● Reduced sensory input</li> <li>● Audio recording of appointments or classes (i.e. birthing classes)</li> <li>● Visual aids to describe birthing process</li> </ul>
<p>Deaf, Hard-of-Hearing, DeafBlind</p>	<ul style="list-style-type: none"> <li>● Assistive Listening Devices (ALDs)</li> <li>● ASL interpreter</li> <li>● Closed captioning for telehealth or video visits</li> <li>● Providers wear clear masks</li> <li>● Provide directions and follow-up information in written form</li> <li>● Real time captioning</li> <li>● Quiet space for communication</li> </ul>

	<ul style="list-style-type: none"> <li>● Noise canceling headphones if there is noise from equipment</li> <li>● Instruction for providers and staff to face patient for lipreading</li> </ul>
Mental Health	<ul style="list-style-type: none"> <li>● Additional structure and assistance regulating emotions</li> <li>● Clear protocols to help me prepare for care</li> <li>● Need for reduced sensory input</li> <li>● Provide directions/follow-up in writing</li> <li>● Modifications to the COVID-19 mask policy</li> </ul>

<p>Mobility Disability and/or Wheelchair Use</p>	<ul style="list-style-type: none"> <li>• Adjustable tables</li> <li>• Assistance with transfers and walking</li> <li>• Availability of transfer equipment (e.g., a lift, a transfer board)</li> <li>• Human assistance with transfers</li> <li>• Larger exam rooms</li> <li>• Wheelchair scales</li> <li>• Modifications to the COVID-19 mask policy</li> <li>• Personal care attendant (PCA) support, including during antenatal recovery</li> <li>• Meeting accommodations needs in hospital room</li> </ul>
<p>Respiratory</p>	<ul style="list-style-type: none"> <li>• Modifications to the COVID-19 mask policy</li> <li>• Need for oxygen tank</li> <li>• Plug outlet for oxygen concentrator</li> </ul>

Speech/Communication	<ul style="list-style-type: none"> <li>● Closed captioning during video visits</li> <li>● Confirm that I understand</li> <li>● Give me additional time to speak</li> <li>● Understanding prompts from the provider</li> <li>● Whiteboards for communication</li> </ul>
Other Sensory	<ul style="list-style-type: none"> <li>● Fragrance-free environment</li> <li>● Limit touch</li> <li>● Placement in room early</li> </ul>
Upper Body and Fine Motor Skill Impairment	<ul style="list-style-type: none"> <li>● Assistance with clothing management</li> <li>● Assistance with completing surveys/patient intake</li> <li>● Assistance with transfers</li> <li>● Modifications to the COVID-19 mask policy</li> <li>● Bladder program and skin breakdown assessments</li> <li>● Alternate positions during birthing/exams</li> </ul>
What else?	