

Adaptive & Inclusive Micro-mobility (AIM)

City of Mississauga Cycling Committee



AIMing to bring accessibility and inclusion in micro-mobility

Thank you

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AIM Committee Members

- **Citizen Members**
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- **Stakeholders**
 - Matthew Sweet, Active Transportation Manager, City of Mississauga
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- **Access 2 Accessibility Members**
 - Carol-Ann Chafe, Founder & Chair
 - Mary Daniel, Business Development & Community Engagement



Access 2 Accessibility (A2A)

Who is Access 2 Accessibility?

- Canadian Non-Profit based in Mississauga, Ontario.
- Central Resource Hub for accessibility.
- Led by professionals, and entrepreneurs, with disabilities.
- A goal to empower other people with disabilities and older adults.
- Lead by example of “see us for our Abilities” not just our (dis)Abilities.

What A2A does and for who?

- Workshops and support for people with (dis)abilities and older adults.
- In-person and virtual networking opportunities.
- Examples of A2A's programs and events:
 - Entrepreneurs & Professionals with disAbilities
 - Adaptive & inclusive Micro-mobility
 - Global Accessibility Awareness Day.

What is Micro-mobility?

- Lightweight personal travelling devices
- Single or double rider capable.
- Privately owned or part of a 'ride-share' rental program.
- Most known: pedal bike, skateboard, e-bike, and e-scooter
- There are several key benefits:
 - Low Cost & Sustainable
 - Efficient and more convenient for urban transit.
 - A convenient “last mile” option.



What is a disability?

6.1

Visible - Invisible

Sporadic – Temporary - Situational



Fibromyalgia
The invisible illness

- Night driving difficulty
- Fatigue
- Numbness/Tingling
- Mood Swings
- Difficulty remembering, concentrating, and performing simple mental tasks "fibro fog"
- Directional Disorientation
- Unaccountable Irritability
- Chronic muscle pain
- Anxiety/Depression
- Balance & Coordination
- Insomnia
- Abdominal pain
- Migraines
- Menstrual Problems
- Muscle Twitches
- Severe Musculoskeletal Pain
- Sensory Overload
- Irregular Heartbeat

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Accessible / Adaptive Micro-mobility



- Features designed, or adapted, for persons with temporary or permanent disabilities.
- Can be electric-assisted or manually operated.
- People with hidden disabilities may only need an e-device to compensate for breathing issues such as COPD or asthma.
- Adaptive micro-mobility includes recumbent bicycles, handcycles, tricycles, side/side or front/back tandem bicycles, companion cycles, and cargo trikes.



Conclusion

- Micro-mobility should be for everyone.
- A Moveable Inclusive City means inclusive of all people and inclusive of varying modes of micro-mobility.
- Connect with AIM:
 - [AIM Micro-mobility | Access 2 Accessibility](#)
 - AIM@Access2Accessibility.com
 - Complete our survey
 - #AIM